

## Find Us!

701 Truxtun Avenue  
Bakersfield, CA 93301

[www.kernlibrary.org](http://www.kernlibrary.org)

## Contact Us!

Phone  
661-868-0701

email  
[info@kernlibrary.org](mailto:info@kernlibrary.org)

## Hours

Monday - Thursday	10:00 a.m. - 7:00 p.m.
Friday	10:00 a.m. - 6:00 p.m.
Saturday	10:00 a.m. - 4:00 p.m.



## Closed for Memorial Day

In honor of Memorial Day, all Kern County Library locations will be closed on Monday, May 26.

Find us on social!



May 2025

# Adults' EVENTS GUIDE

## Beale Memorial Library



# Events for Adults

## Tea Party Ton



SATURDAY, MAY 3 | 12-2 P.M.  
AUDITORIUM

Attention all dukes, diamonds and lieges of the library, come to the Auditorium in your best regalia as we host a wonderful Bridgerton themed tea party! Stay for tea and light refreshments, mini games and prizes, and see who will named Diamond of the Season.

## Dungeons and Dragons



SATURDAY, MAY 3, 17, 31 | 1-3 P.M.  
TEJON ROOM

Join us for Dungeons and Dragons, a collaborative tabletop RPG where you create characters and embark on epic adventures guided by a Dungeon Master. Engage in storytelling, strategy, and dice-based combat - your choices shape the narrative! Get ready to roll!

## Creative Writing Workshop



FRIDAY, MAY 9 & 23 | 4:30-5:30 P.M.  
TEJON ROOM

An opportunity for writers of all backgrounds to generate ideas and stimulate creativity. The setting will be informal and may have a theme. There will typically be a writing prompt and discussion.

## Volunteer Orientation



MONDAY MAY 12 | 11:30-12:30 P.M.  
THURSDAY MAY 22 | 5:30-6:30 P.M.  
TEJON ROOM

Orientation for people seeking to volunteer at Beale Memorial Library.

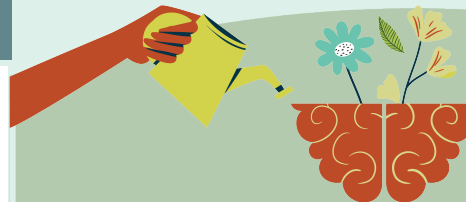
## Yoga with Claudia



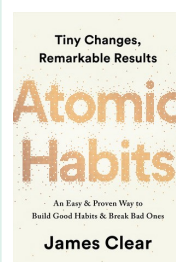
MONDAY MAY 12 | 5:30-6:30 P.M.  
AUDITORIUM

Enjoy an hour of yoga with a certified yoga instructor!

# A HEALTHY MIND IS THE GREATEST TREASURE TO FIND

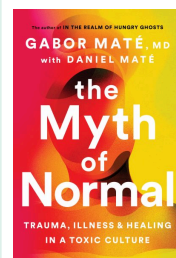


May is Mental Health  
Awareness Month:  
Find These Resources at  
the Library



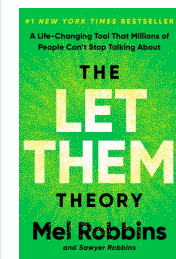
## Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear

If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.



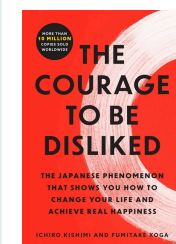
## The Myth of Normal by Gabor Maté

Renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really "normal" when it comes to health?



## The Let Them Theory by Mel Robbins

If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you. The problem is the power you give to other people. Two simple words—Let Them—will set you free. Free from the opinions, drama, and judgments of others. Free from the exhausting cycle of trying to manage everything and everyone around you. The Let Them Theory puts the power to create a life you love back in your hands—and this book will show you exactly how to do it.



## The Courage to Be Disliked: How to Free Yourself, Change your Life and Achieve Real Happiness by Ichiro Kishimi, Fumitake Koga

The Japanese phenomenon that teaches us the simple yet profound lessons required to liberate our real selves and find lasting happiness. *The Courage to Be Disliked* shows you how to unlock the power within yourself to become your best and truest self, change your future and find lasting happiness.

# Spring Sudoku

	7		4		5	3		
1	3							6
					9	1	4	7
							6	
	8	6		5	4			
3					6	2	1	
	6				3	5	7	
	9		5		1			
5	1	3	7					

## Events for Adults



### Paint Night

THURSDAY, MAY 15 | 3:30-5:00 P.M.  
TEJON ROOM

Join us for a lively Paint Night where creativity takes center stage! You'll switch paints every 10 minutes with your neighbor, blending styles to create a vibrant, collaborative masterpiece. Grab your brushes and let your imagination soar!



### Early American History of Doctors, Medicine and Instruments

TUESDAY, MAY 20 | 1-2:30 P.M.  
AUDITORIUM

Come join us as we explore some old time medical practices.



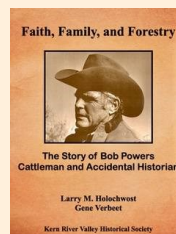
### I Can't Believe It's Not Cake! Picture Frames

THURSDAY, MAY 29 | 3:30-5:00 P.M.  
TEJON ROOM

Create a picture frame that looks good enough to eat!



### Bob Powers: Cattleman and Accidental Historian



SATURDAY, MAY 31 | 11- 12 P.M.  
LOCAL HISTORY ROOM

Fifth-generation Kern River Valley resident, Bob Powers, wrote nine books chronicling the history of the greater Kern River Valley. His books, numbering more than 46,000 in print, are well-known and loved throughout Kern County. The authors of The Story of Bob Powers presentation will guide the audience through the highlights of how a simple cowboy from the small mountain community of Kernville became one of Kern County's best-known historians.

# Events for Adults



## Seniors' Guide to Gadgets

TUESDAYS | 11:30-1:30 P.M.  
REFERENCE AREA

A personalized program that empowers seniors to confidently navigate the digital world. Our 30-minute one-on-one sessions offer tailored support to enhance technology skills in a friendly environment. Bring your questions or concerns about any devices!



## Baby Cafe

TUESDAYS | 11:30-1:30 P.M.  
TEJON ROOM

Receive free, professional help with breastfeeding, pumping, and bottle feeding.



## Clase de Inglés Para Principiantes

TUESDAYS | 5-6 P.M.  
TEJON ROOM

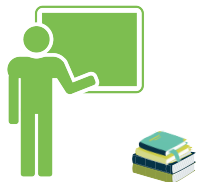
Learn the basics of the English language (for Spanish speakers).



## Free Legal Help

TUESDAYS | 5:30-6:30 P.M.  
INFO AREA & LOBBY

One-on-one free legal help with Victor Vevea and the Law offices of Roger Lampkin.



## Downtown Toastmasters

WEDNESDAYS | 11:30-12:30 P.M.  
TEJON ROOM

Toastmaster experts will help you learn how to speak in public. Helpful for meetings, presentations, speeches, toasts, eulogies or preachers!



## Citizenship Study Group

WEDNESDAYS | 5:30-6:30 P.M.  
TEJON ROOM

Join us to study for the Citizenship Test in a fun and stress-free environment! Drop in to practice civics questions as well as practice English language conversation!

## Embrace Your Journey to Wellness

“The more work we do on building self-awareness and resilience when all is well, the better able we are to face life’s challenges when they come our way.”



— Julie Smith, *Why Has Nobody Told Me This Before?*

## May is MENTAL HEALTH AWARENESS MONTH

### Picture Book *Wild*

by Emily Hughes

The story of a little girl who has known nothing but nature from birth. Bears taught her to eat, birds to speak, foxes to play; she is unabashedly, irrefutably, irrepressibly Wild. That is, until one day she meets a new animal that looks oddly like her...



### Children's Book *Olivia Wrapped in Vines*

by Maude Nepveu-Villeneuve

This quirky picture book is the perfect introduction to the idea of anxiety and those big feelings that seem impossible to manage. Olivia's teacher provides some tricks to help manage the feelings, and a special message at the end of the story encourages young readers to think productively about their own anxieties.



### Young Adult Book *Scout's Honor*

by Lily Anderson

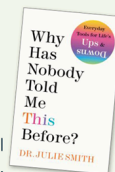
Prudence Perry is a third-generation Ladybird Scout who must battle literal (and figurative) monsters and the weight of her legacy in this YA paranormal.



### Nonfiction Book *Why Has Nobody Told Me This Before?*

by Julie Smith

Drawing on her years of professional experience as a clinical psychologist, the author offers expert advice and powerful coping techniques for fortifying and maintaining mental health, even in the most trying of times.



Get these titles & more at your local Library!