

LEARNING RESOURCE NEWSLETTER

Issue 74

July 2026

ZEN AND ZEST



Nourish your mind, body, and spirit!



Tuesday, July 14, 10am-12pm

Join the LRC for a morning of mindfulness, creativity, community, and calm featuring breakfast, art, meditation, and the unveiling of our new Meditation Quiet Space.

KID'S CORNER

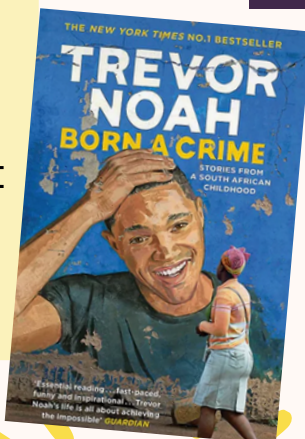
Pipe Cleaner Flowers

July 17 at 11am



BOOK CLUB

Our July book is *Born a Crime* by Trevor Noah. Contact the LRC to sign up and reserve your free copy. Book Club meets on the last Friday of the month, July 31, online.



Check out our calendar on page 3 for the full list of our July activities, including our daily movies!

JUNE RECAP

- June 1-Mindfulness Meditation Monday
- June 3-Therapy Dog Wednesdays
- June 5-National Doughnut Day
- June 8-Mindfulness Meditation Monday
- June 10-Therapy Dog Wednesdays
- June 15-Mindfulness Meditation Monday
- June 17-Therapy Dog Wednesdays
- June 18-Juneteenth Celebration with SIUE
- June 22-Mindfulness Meditation Monday
- June 24-Therapy Dog Wednesdays
- June 25-Computer Basics
- June 26-Kid's Corner: Caterpillars
- June 26-Book Club: Fox and I by Catherine Raven
- June 29-Mindfulness Meditation Monday
- All Month-Movies at 9am and 1pm, Monday-Thursday

PAWS AND PAINT

Paws and Paint continues into July. Join us each Wednesday at 1:30 to enjoy time painting and hanging out with a Therapy Dog. 🐾



*I Bear Witness:
The Untold Stories of American Race Riots*

YOU'RE INVITED:
**"I BEAR WITNESS"
FILM SCREENING**

BRUNCH & LEARN

FRIDAY, JULY 24TH 2026
11AM-12:30PM

"I Bear Witness" uncovers the untold stories of American race riots as part of a century-long pattern of terror used to suppress Black progress. Through scholar interviews and survivor narratives, this powerful short documentary examines five riots and the shared trauma that connects them. Join filmmaker Tiffany Lee for an intimate screening and conversation exploring the film and the lasting impact of race riots in America. Limited seating available.

Free to attend RSVP required

"THIS PROGRAM IS PARTIALLY SUPPORTED BY A GRANT FROM THE ILLINOIS ARTS COUNCIL. THE COMMUNITY ARCHIVE ADMINISTERS THE STATE AGENCY'S EAST ST. LOUIS RAP GRANTS PROGRAM"

Learning Resource Center
601 James R. Thompson Blvd.
Building B. Room 2074
East St. Louis, IL 62201
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618-874-8719

THE LRC IS MADE POSSIBLE BY A GRANT FROM ICCB.

LIMITED SPACE AVAILABLE

 SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE 

PLANETARIUM

Join the LRC on **JULY 8 at 2pm** to gaze at the stars inside a planetarium!. Space is limited so contact us to sign up!



@siue.esl.lrc.1
@SIUE_ESLC_LRC



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Hours of Operation

Monday-Friday 8:30am-4:30pm

MONDAY

MOVIE TIME
Monday-Thursday
9am-Dora and the

6 Search for Sol
Dorado
1pm-Superman
(2025)



TUESDAY

14 Zen &
Zest
10am

**Zen & Zest
Mindfulness
Retreat**
Tuesday, July 14, 2026
10 AM-12 PM
Join us for a morning of
mindfulness practice, yoga,
meditation, and a healthy
breakfast. All are welcome!
No experience necessary!
Learning Resource Center
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601 James R. Thompson
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POPSICLES!
Stop by the LRC for a
popsicle anytime we are
open this summer!

The Learning Resource Center
601 James R. Thompson Blvd. Bldg B
East St. Louis, IL 62201
Monday-Friday, 8:30 a.m. - 4:30 p.m.
The LRC is made possible by a grant from CDR
SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

WEDNESDAY

1 Paws and Paint
Each Wednesday
1:30pm

8 Planetarium
2pm

15 **"PAWS" & PAINT**
SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE
Wednesdays in July
Paint more, stress less. Art often.
1:30 PM - 2:30 PM
Unleash your inner artist in a relaxing, supportive
setting. All are welcome! Bring your dog on site,
and a finished painting to take home.
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Paws and Paint
Each Wednesday
1:30pm

THURSDAY

SUMMER at the LRC
There is something happening every day this summer, so be sure
to make the Learning Resource Center your summer destination!
June 1 - July 31
• Monday-Thursday
◦ Children's Movie at 9 a.m.
◦ Ages 13+ Movie at 1 p.m.
◦ A new movie each week
• Wednesday
◦ Therapy Dogs at 1:30
◦ 4th Wednesdays-
Storytime at 2:30 p.m.
• By Appointment
◦ Resume Help
• Anytime
◦ Popsicles!
LRC 4th Floor
601 James R. Thompson Blvd.
Monday-Friday 8:30 a.m. - 4:30 p.m.
Saturday 9:00 a.m. - 12:00 p.m.
Sunday 10:00 a.m. - 12:00 p.m.
The LRC is made possible by a grant from CDR

16 Kid's
Corner
11am

30 Book
Club
12pm

FRIDAY

3 The LRC will be
CLOSED
Friday, July 3
We apologize for any inconvenience.

10 Kid's
Corner
11am

**KID'S CORNER
PIPE-CLEANER
FLOWERS**
Friday, July 17th, 2026
11 AM-12 PM
Join us for a fun and creative activity where we'll use pipe cleaners to make beautiful flowers. All materials provided!
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24 Brunch &
Learn
11am

31 Trevor Noah
Born a Crime
12pm

**7 DAYS OF
PIZZA & WINE**
The annual event of Southern Illinois University
Edwardsville is back! Join us for a fun and
creative activity where we'll use pipe cleaners to
make beautiful flowers. All materials provided!
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**TREVOR NOAH
BORN A CRIME**
The annual event of Southern Illinois University
Edwardsville is back! Join us for a fun and
creative activity where we'll use pipe cleaners to
make beautiful flowers. All materials provided!
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4TH OF JULY



Word Scramble

1. ITPCIATOR _____
2. MRAEACI _____
3. KREISOFRW _____
4. TFHRUO _____
5. LTEYBRI _____
6. GFAL _____
7. ERMUMS _____
8. CNIEEDEDNNPE _____
9. LYUJ _____
10. LNTREADCOAI _____
11. BEUCBRAE _____
12. ETSAST _____