



Adult Coloring

Coloring is an activity we think of as being for kids. However, it can be beneficial for adults. Coloring helps us de-stress because when we focus on a particular activity, we focus on it and not on our worries. Coloring generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity.

Coloring sheets and colored pencils will be provided. Adults only, please.

Fridays @ 11am
Hamilton Grange Library
Lower Level



New York
Public
Library

Hamilton Grange Library
503 West 145th Street, New York, NY 10031
(212) 926-2147

 Partially Accessible

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