

FREE DROP-IN

Documentaries

September/October Schedule

Mindfulness Manual Documentary (3-part series)

Fridays: September 4 - 18

3:00 - 4:00 P.M.

For Self-Care Awareness Month, we watch this 3-part series that explores different forms of meditation in a fast-changing world. All episodes are rated TV-14.

Rick Steves Documentary

Fridays: October 2 and 9

3:00 - 4:00 P.M.

For Italian Heritage Month, we watch these documentaries from Rick Steves.

- October 2: Rick Steves' Rome
- October 9: Rick Steves' Ancient Rome

American Historia: The Untold History of Latino

Mondays: September 14, 21, 28

3:00 - 4:00 P.M.

Join creator and host John Leguizamo on a quest to uncover Latino and Latina heroes and their contributions in this documentary series.

- September 14: Echoes of Empires
- September 21: Threads in the American Tapestry
- September 28 Solidarity in a New Era

Files of the Unexplained

Mondays, October 5, 12, 19, 26

3:00 - 4:00 P.M.

Delve into bizarre unsolved cases and chilling real-life events in this captivating documentary series.

- October 5 Missing Yuba Country Five
- October 12 Floating Feet of Salish Sea
- October 19 Haunting of Lake Lainer
- October 26 Ghosts of Myrtles Plantation

Somebody Feed Phil Documentary

Friday, September 25

3:00 - 4:00 P.M.

For National Cooking Day, we watch this episode of Phil as he visits Mexico City.

Rick Steves Documentary

Fridays: October 16 and 30

3:00 - 4:00 P.M.

Come watch these episodes as Rick Steves takes you on travels through Europe.

- October 16: Rick Steves' Mighty Alps
- October 30: Rick Steves' Island Hopping

