

# BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

## MAY 2025

MON	TUES	WED	THURS	FRI	SAT
<p><i>Programs are subject to change. Registration is encouraged at <a href="http://totowapl.org/register">totowapl.org/register</a> for the latest updates!</i></p>			<p><b>Seated QiGong</b> 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Passports &amp; Veteran ID's</b> 5:00pm-7:00pm <b>Adult Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm</p>	<p><b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>History of the Met Gala with Robbie Amodeo</b> 1:00pm-2:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm</p>	<p><b>Restorative Yoga</b> 8:00am-9:00am <b>Help with Your iPhone!</b> 10:30am-11:30am</p> 
<p><b>Spring Movie Festival: Hidden Figures</b> 5 1:00pm-3:00pm <b>Barre Class</b> 5:15pm-6:00pm <b>Strength Training</b> 6:15pm-7:00pm <b>Creative Writing</b> 6:00pm-8:00pm</p> 	<p><b>QiGong Fusion</b> 6 1:15pm-2:00pm <b>Sign Language for Adults</b> 4:45pm-5:30pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 7:00pm-8:00pm</p>	<p><b>Mike Luipersbeck and the All-Star Quartet Concert</b> 7 2:00pm-3:30pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm <b>Makeup Workshop w/ Alexa</b> 6:30pm-8:00pm</p> 	<p><b>Seated QiGong</b> 8 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Adult Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm</p>	<p><b>Nursing Services</b> 9 10:00am-2:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm</p>	<p><b>Restorative Yoga</b> 10 8:00am-9:00am <b>Advanced HIIT Fitness Class</b> 9:15am-10:15am <b>Zumba</b> 10:30am-11:30am <b>Help with Your iPhone!</b> 10:30am-11:30am</p> 
<p><b>Light &amp; Easy Dance/ Strength &amp; Tone</b> 12 10:00am-12:00pm <b>Spring Movie Festival: It Ends With Us</b> 1:00pm-3:00pm <b>Barre Class/ Strength Training</b> 5:15pm-7:00pm <b>Mental Health Stress Seminar</b> 6:00pm-7:00pm <b>Creative Writing</b> 6:00pm-8:00pm</p> 	<p><b>QiGong Fusion</b> 13 1:15pm-2:00pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Salve-Making Workshop</b> 6:15pm-7:15pm <b>Reiki Sessions</b> 7:00pm-8:00pm</p> 	<p><b>Light &amp; Easy Dance</b> 14 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm <b>Makeup Workshop w/ Alexa</b> 6:30pm-8:00pm</p>	<p><b>Seated QiGong</b> 15 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Night Court</b> 5:00pm-7:00pm <b>Adult Yoga</b> 5:45pm-6:45pm <b>Garden State Insects</b> 6:30pm-7:30pm <b>Reiki Sessions</b> 6:45pm-7:45pm</p> 	<p><b>Rug-Hooking Workshop</b> 16 10:00am-2:00pm <b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm</p>	<p><b>Restorative Yoga</b> 17 8:00am-9:00am <b>Advanced HIIT Fitness Class</b> 9:15am-10:15am <b>Help with Your iPhone!</b> 10:30am-11:30am</p>
<p><b>Light &amp; Easy Dance/ Strength &amp; Tone</b> 19 10:00am-12:00pm <b>Spring Movie Festival: Gladiator II</b> 1:00pm-2:30pm <b>Creative Writing</b> 6:00pm-8:00pm</p> 	<p><b>QiGong Fusion</b> 20 1:15pm-2:00pm <b>Afternoon Book Discussion: Tom Lake by Ann Patchett</b> 2:00pm-3:00pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 7:00pm-8:00pm</p>	<p><b>Light &amp; Easy Dance</b> 21 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm <b>Celebrate World Meditation Day</b> 6:30pm-7:30pm</p> 	<p><b>Seated QiGong</b> 22 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Adult Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm</p>	<p><b>Nursing Services</b> 23 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm</p>	<p><b>Restorative Yoga</b> 24 8:00am-9:00am <b>Advanced HIIT Fitness Class</b> 9:15am-10:15am <b>Help with Your iPhone!</b> 10:30am-11:30am</p>
<p><b>Library Closed for Memorial Day</b> 26</p> 	<p><b>QiGong Fusion</b> 27 1:15pm-2:00pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 7:00pm-8:00pm</p>	<p><b>Light &amp; Easy Dance</b> 28 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm</p>	<p><b>Seated QiGong</b> 29 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Adult Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm</p> 	<p><b>MVC Agency-on-Wheels</b> 30 9:00am-2:30pm <b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm</p>	<p><b>Restorative Yoga</b> 31 8:00am-9:00am <b>Pencil Art Exhibit</b> 10:00am-3:00pm <b>Help with Your iPhone!</b> 10:30am-11:30am</p> 

Visit [totowapl.org/resources](http://totowapl.org/resources) to access databases, eBooks, audiobooks, films, newspapers, magazines and so much more!

537 Totowa Road Totowa, NJ 07512 | 973-790-3265 | [totowapl@gmail.com](mailto:totowapl@gmail.com)