## MAY 2025

MON TUES WED **THURS** FRI SAT Nursing Services Seated QiGong 10:30am-11:15am Restorative Yoga 10:00am-2:00pm Light & Easy Mahjong 1:00pm-2:30pm 8:00am-9:00am Programs are subject 10:00am-11:00am Mandolin Players 1:00pm-4:00pm Chair Cardio to change. Registration Help with Your 11:15am-12:00pm is encouraged at iPhone! Passports & Veteran ID's 5:00pm-7:00pm History of the Met Gala with Robbie Amodeo totowapl.org/register 10:30am-11:30am Adult Yoga 5:45pm-6:45pm for the latest updates! 1:00pm-2:00pm Stitches of Totowa Reiki Sessions 1:00pm-3:00pm 6:45pm-7:45pm Spring Movie Festival: **QiGong Fusion** Seated QiGona Restorative Yoga Mike Luipersbeck and the Nursina Hidden Figures All-Star Quartet Concert 7 10:30am-11:15am 10 1:15pm-2:00pm 8:00am-9:00am Services 2:00pm-3:30pm 1:00pm-3:00pm **Mahjong** 1:00pm-2:30pm Sign Language for Advanced HIIT Fitness **Keyboard Lessons for** 10:00am-2:00pm **Barre Class** Aďults Class Mandolin Players 5:15pm-6:00pm 4:45pm-5:30pm 9:15am-10:15am 5:00pm-6:00pm Stitches of 1:00pm-4:00pm **Knitting for Fun** Strength Training Restorative Yoaa Zumba Totowa **Adult Yoga** 5:45pm-6:45pm 5:45pm-7:45pm 10:30am-11:30am 6:15pm-7:00pm 5:45pm-6:45pm Makeup Workshop w/ 1:00pm-3:00pm Help with Your iPhone! Creative Writing Reiki Sessions Alexa **Reiki Sessions** 6:00pm-8:00pm 7:00pm-8:00pm 6:30pm-8:00pm 10:30am-11:30am 6:45pm-7:45pm Seated QiGong 10:30am-11:15am Light & Easy Dance/ QiGong Fusion Rug-Hooking Workshop **Light & Easy Dance** Restorative Yoga Strength & Tone Mahjong 10:00am-2:00pm 17 1:15pm-2:00pm 10:00am-11:00am 8:00am-9:00am 10:00am-12:00pm **Nursing Services** Spring Movie Festival: Chair Cardio Restorative Yoga **Mandolin Players Advanced HIIT Fitness** 10:00am-2:00pm 11:15am-12:00pm It Ends With Us 5:45pm-6:45pm **Keyboard Lessons for Adults Liaht & Easy** Class Night Court Barre Class/Strength Training 10:00am-11:00am 9:15am-10:15am Salve-Makina Workshop 5:00pm-6:00pm Adult Yoga 5:45pm-6:45pm 5:15pm-7:00pm **Chair Cardio Knitting for Fun** 6:15pm-7:15pm Mental Health Stress Seminar Help with Your 5:45pm-7:45pm 11:15am-12:00pm Garden State Insects 6:00pm-7:00pm Reiki Sessions iPhone! Makeup Workshop w/ Alexa Stitches of Totowa **Creative Writing** Reiki Sessions 7:00pm-8:00pm 1:00pm-3:00pm 10:30am-11:30am 6:30pm-8:00pm 6:00pm-8:00pm QiGong Fusion Seated QiGong **Light & Easy Dance** Restorative Yoga Nursing Services 10:00am-2:00pm Light & Easy Dance/19 24 10:30am-11:15am 1:15pm-2:00pm 10:00am-11:00am 8:00am-9:00am Strength & Tone Chair Cardio Afternoon Book Mahjong 1:00pm-2:30pm 10:00am-12:00pm **Light & Easy** 10:00am-11:00am 11:15am-12:00pm **Advanced HIIT Fitness** Discussion: Keyboard Lessons Tom Lake by Ann Patchett Spring Movie Festival: **Mandolin Players** Class for Adults 2:00pm-3:00pm Gladiator II 1:00pm-4:00pm 9:15am-10:15am Chair Cardio 5:00pm-6:00pm Restorative Yoga 11:15am-12:00pm 1:00pm-2:30pm Adult Yoga **Knitting for Fun** Help with Your 5:45pm-6:45pm 5:45pm-6:45pm 5:45pm-7:45pm Stitches of Totowa **Creative Writing** iPhone! Reiki Sessions **Reiki Sessions** Celebrate World Meditation Day 1:00pm-3:00pm 6:00pm-8:00pm 10:30am-11:30am 7:00pm-8:00pm 6:45pm-7:45pm

Seated QiGong

10:30am-11:15am

Mahjong 1:00pm-2:30pm

1:00pm-4:00pm

5:45pm-6:45pm

**Reiki Sessions** 

6:45pm-7:45pm

Adult Yoga

Mandolin Players

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**MVC Agency-on-Wheels** 

9:00am-2:30pm

**Nursing Services** 

10:00am-2:00pm

10:00am-11:00am

11:15am-12:00pm

1:00pm-3:00pm

Stitches of Totowa

Liaht & Easv

Chair Cardio

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Restorative Yoga

**Pencil Art Exhibit** 

10:00am-3:00pm

Help with Your

10:30am-11:30am

iPhone!

8:00am-9:00am

31

6:30pm-7:30pm

**QiGong Fusion** 

1:15pm-2:00pm

**Restorative Yoga** 

5:45pm-6:45pm

Reiki Sessions

7:00pm-8:00pm

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Library

Closed

Memorial

for

Day

**Light & Easy Dance** 

**Keyboard Lessons for** 

10:00am-11:00am

11:15am-12:00pm

5:00pm-6:00pm

**Knitting for Fun** 

5:45pm-7:45pm

**Chair Cardio** 

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