

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

JANUARY 2024

MON	TUES	WED	THURS	FRI	SAT
Library Closed for New Year's Day 1	 2	Light & Easy 3 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm	"Aged to Perfection" Senior Club: Craft 4 1:00pm-3:00pm Mandolin Players 1:00pm-3:00pm Passports & Veteran ID's 5:00pm-7:00pm	Nursing Services 5 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm	Saturday Morning Fitness 6 9:15am-10:15am Zumba 10:30am-11:30am
Quilting Workshop 10:00am-12:00pm Light & Easy/Strength & Tone 8 10:00am-12:00pm Movie Matinee: Indiana Jones 1:00pm-2:30pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:30pm-8:00pm	QiGong Fusion 9 1:00pm-1:45pm Tween Sign Language 4:00pm-4:45pm Adult Yoga 5:30pm-6:30pm Knee & Joint Pain Seminar 6:30pm-7:30pm	Light & Easy/ Chair Cardio 10 10:00am-12:00pm COVID Clinic 2:30pm-4:30pm Adult Sign Language 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm "tbr" book club e Dunkin' 6:30pm-7:30pm	Mandolin Players 11 1:00pm-3:00pm Adult Yoga 5:30pm-6:30pm	Nursing Services 12 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm	Saturday Morning Fitness 13 9:15am-10:15am Acting Studio w/ Maria Tsaroucha 11:00am-1:00pm
Quilting Workshop 10:00am-12:00pm 15 Light & Easy 10:00am-11:00am Strength & Tone 11:15am-12:00pm Library closes at 5:00pm Totowa Library Foundation Italian Family-Style Dinner 6:00pm-9:00pm	QiGong Fusion 16 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm	Light & Easy 17 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm Tax Seminar 6:00pm-7:00pm	"Aged to Perfection" Senior Club 18 1:00pm-3:00pm Mandolin Players 1:00pm-3:00pm Passaic County Surrogate's Night Court 5:00pm-7:00pm Adult Yoga 5:30pm-6:30pm	Rug Hooking 19 10:00am-2:00pm Nursing Services 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm	Saturday Morning Fitness 20 9:15am-10:15am Acting Studio w/ Maria Tsaroucha 11:00am-1:00pm
Quilting Workshop 10:00am-12:00pm 22 Light & Easy/Strength & Tone 10:00am-12:00pm Movie Matinee: About My Father 1:00pm-2:30pm Mike Luipersbeck New Year's Concert 2:30pm-3:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:30pm-8:00pm	QiGong Fusion 23 1:00pm-1:45pm Medicare Program 1:00pm-2:00pm Adult Yoga 5:30pm-6:30pm Backyard Gardening w/ Bracco Farms 6:30pm-7:30pm	Light & Easy 24 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm	Mandolin Players 25 1:00pm-3:00pm Adult Yoga 5:30pm-6:30pm	Nursing Services 26 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm	Saturday Morning Fitness 27 9:15am-10:15am Adult Sign Language 11:00am-12:00pm Acting Studio w/ Maria Tsaroucha 11:00am-1:00pm
Quilting Workshop 10:00am-12:00pm 29 Light & Easy/Strength & Tone 10:00am-12:00pm Afternoon Book Discussion 2:00pm-3:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:30pm-8:00pm Cookbook Club 6:30pm-7:30pm	QiGong Fusion 30 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm	Light & Easy 31 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm			

Visit totowapl.org/resources to access databases, eBooks, audiobooks, films, newspapers, magazines and so much more!

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