

BOROUGH OF TOTOWA PUBLIC LIBRARY

ADULT PROGRAMS

JUNE 2025

MON	TUES	WED	THURS	FRI	SAT
Library Closed for Staff Development Day 	QiGong Fusion 1:15pm-2:00pm Sign Language for Adults 4:45pm-5:30pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm	Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm Foundations of Investing 6:30pm-7:30pm	Seated QiGong 10:30am-11:15am Senior Club: The History of Crossword Puzzles 1:00pm-2:00pm Mandolin Players 1:00pm-4:00pm Passports & Veteran ID's 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm	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	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Help with Your iPhone! 10:30am-11:30am
FRIENDS Trip: Resorts Casino 8:30am-6:00pm Light & Easy Dance/Strength & Tone 10:00am-12:00pm Spring Movie Festival: Flight Risk 1:00pm-3:00pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm	QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Pearl Mania: The Paterson Gem Rush of 1857 6:30pm-7:30pm Reiki Sessions 7:00pm-8:00pm	Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm	Nursing Services 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Audrey Hepburn: Historical Presentation by Robbie Amodeo 1:00pm-2:00pm Stitches of Totowa 1:00pm-3:00pm	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Zumba 10:30am-11:30am Help with Your iPhone! 10:30am-11:30am Monthly Meditation Class 11:00am-12:00pm
Light & Easy Dance 10:00am-11:00am Strength & Tone 11:15am-12:00pm Spring Movie Festival: Capote 1:00pm-3:00pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm	Passports & Veteran ID's 10:00am-1:00pm QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm	Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm Ballroom Dancing w/ Denise 7:00pm-8:00pm	Seated QiGong 10:30am-11:15am Season with Herbs 1:00pm-2:00pm Mandolin Players 1:00pm-4:00pm Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm	Rug-Hooking Workshop 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	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Help with Your iPhone! 10:30am-11:30am
Light & Easy Dance/Strength & Tone 10:00am-12:00pm Spring Movie Festival: Brooklyn 1:00pm-3:00pm Afternoon Book Discussion 2:00pm-3:00pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm	QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Medicare Seminar 6:30pm-7:30pm Reiki Sessions 7:00pm-8:00pm	Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm The Wildcats! A Doo Wop Concert 1:00pm-2:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm	FRIENDS Trip: Queens of Country 9:30am-5:30pm 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	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Help with Your iPhone! 10:30am-11:30am
Light & Easy Dance 10:00am-11:00am Strength & Tone 11:15am-12:00pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm Food Friends Cookbook Club 6:30pm-7:30pm					Programs are subject to change. Registration is encouraged at totowapl.org/register for the latest updates!

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

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