BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

JUNE 2025

MON TUES WED **THURS** FRI SAT Seated QiGong **Nursing Services QiGong Fusion Light & Easy Dance** Restorative Yoaa Library Closed 2 10:00am-11:00am Senior Club: The History of Crossword Puzzles 1:15pm-2:00pm 10:00am-2:00pm 8:00am-9:00am Chair Cardio for Staff Light & Easy 10:00am-11:00am Sign Language for **Advanced HIIT Fitness** 11:15am-12:00pm Aďults Mandolin Players Development a Keyboard Lessons for Adults Class 4:45pm-5:30pm Chair Cardio 5:00pm-6:00pm Passports & Veteran ID's 9:15am-10:15am Day **Restorative Yoa** 11:15am-12:00pm **Knitting for Fun** Adult Yoga 5:45pm-6:45pm Help with Your Stitches of Totowa **Reiki Sessions** iPhone! Foundations of Investing Reiki Sessions 6:45pm-7:45pm 1:00pm-3:00pm 7:00pm-8:00pm 6:30pm-7:30pm 10:30am-11:30am FRIENDS Trip: Resorts Casino Seated QiGona **Nursing Services QiGong Fusion** Restorative Yoga **Light & Easy Dance** 10:30am-11:15am 10:00am-2:00pm 8:00am-9:00am 14 1:15pm-2:00pm 10 11 12 13 10:00am-11:00am Light & Easy Dance Light & Easy Advanced HIIT Fitness Restorative Yoga Strength & Tone 10:00am-12:00pm Chair Cardio Mandolin Players 10:00am-11:00am Class 5:45pm-6:45pm 11:15am-12:00pm 1:00pm-4:00pm **Chair Cardio** 9:15am-10:15am Spring Movie Festival: Flight Risk Pearl Mania: 11:15am-12:00pm **Keyboard Lessons for** Adult Yoga Zumba The Paterson Gem Rush Audrey Hepburn: **Barre Class** 10:30am-11:30am Aďults of 1857 5:45pm-6:45pm Historical Presentation Robbie Amodeo 5:15pm-6:00pn 5:00pm-6:00pm Help with Your iPhone! 6:30pm-7:30pm Strength Training Reiki Sessions 10:30am-11:30am 1:00pm-2:00pm **Knitting for Fun Reiki Sessions** 6:45pm-7:45pm **Monthly Meditation Class** Stitches of Totowa **Creative Writing** 5:45pm-7:45pm 7:00pm-8:00pm 6:15pm-8:00pm 1:00pm-3:00pm 11:00am-12:00pm Passports & Veteran Seated QiGong **Light & Easy Dance** Rug-Hooking Workshop **Light & Easy Dance** Restorative Yoga 10:00am-11:00am 17 10:00am-11:00am 18 19 10:00am-2:00pm 16 8:00am-9:00am Season with Herbs Strength & Tone **Nursing Services** 10:00am-1:00pm Chair Cardio 11:15am-12:00pm 10:00am-2:00pm Advanced HIIT Fitness 11:15am-12:00pm **QiGong Fusion** Spring Movie Festival: Capote Mandolin Players Class **Light & Easy Keyboard Lessons for Adults** 1:15pm-2:00pm 10:00am-11:00am **Barre Class** Night Court 5:00pm-7:00pm 5:00pm-6:00pm 9:15am-10:15am Restorative Yoga 5:15pm-6:00pn **Chair Cardio Knitting for Fun** 5:45pm-6:45pm Adult Yoga Strength Training Help with Your 5:45pm-7:45pm 11:15am-12:00pm 6:15pm-7:00pm **Reiki Sessions** iPhone! Stitches of Totowa **Creative Writing** Ballroom Dancing w/ Denise Reiki Sessions 6:45pm-7:45pm 7:00pm-8:00pm 10:30am-11:30am 6:15pm-8:00pm 1:00pm-3:00pm 7:00pm-8:00pm Light & Easy Dance/ **QiGong Fusion Light & Easy Dance** FRIENDS Trip: Queens 27 Seated QiGona Restorative Yoga 28 25 26 Strength & Tone 1:15pm-2:00pm of Country 9:30am-5:30pm 8:00am-9:00am 10:30am-11:15am 10:00am-12:00pp **Chair Cardio** Spring Movie Festival: Brooklyn Restorative Yoga Mandolin Players **Nursing Services** 11:15am-12:00pm Advanced HIIT Fitness 5:45pm-6:45pm 1:00pm-4:00pm Afternoon Book Discussion The Wildcats! A Doo Wop Class **Light & Easy** 10:00am-11:00am Concert **Medicare Seminar** Adult Yoga 9:15am-10:15am Barre Class 1:00pm-2:00pm 6:30pm-7:30pm 5:15pm-6:00pm 5:45pm-6:45pm Chair Cardio **Keyboard Lessons for Adults** Help with Your Strenath Training 11:15am-12:00pm **Reiki Sessions** 5:00pm-6:00pm **Reiki Sessions** 6:15pm-7:00pm iPhone! Stitches of Totowa **Knitting for Fun Creative Writing** 7:00pm-8:00pm 6:45pm-7:45pm 10:30am-11:30am 6:15pm-8:00pm 5:45pm-7:45pm 1:00pm-3:00pm **Light & Easy Dance** 10:00am-11:00am 30 Strength & Tone Rarre Class Programs are subject 5:15pm-6:00pm to change. Registration Strength Training 6:15pm-7:00pm is encouraged at

Creative Writing

Food Friends Cookbook Club 6:30pm-7:30pm

6:15pm-8:00pm

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