

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

APRIL 2025

MON	TUES	WED	THURS	FRI	SAT
 <p>Light & Easy Dance/ Strength & Tone 7 10:00am-12:00pm George Washington & Morristown 1:00pm-2:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-8:00pm</p>	<p>Watercolor Class 1 10:00am-11:30am QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm</p>	<p>Light & Easy Dance 2 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</p>	<p>Seated QiGong 3 10:30am-11:15am Mahjong 1:00pm-2:30pm Aged to Perfection Senior Club 1:00pm-3:00pm 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</p> 	<p>Nursing Services 4 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Classic Hollywood Costume Design with Robbie Amodeo 1:00pm-2:00pm Stitches of Totowa 1:00pm-3:00pm</p>	<p>Restorative Yoga 5 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Help with Your iPhone! 10:30am-11:30am</p>
<p>Light & Easy Dance/ Strength & Tone 7 10:00am-12:00pm George Washington & Morristown 1:00pm-2:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-8:00pm</p>	<p>Watercolor Class 8 10:00am-11:30am QiGong Fusion 1:15pm-2:00pm Open House Celebration 6:00pm</p>	<p>Light & Easy Dance 9 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 Social Security Seminar 6:30pm-7:30pm</p>	<p>Seated QiGong 10 10:30am-11:15am Mahjong 1:00pm-2:30pm Mandolin Players 1:00pm-4:00pm Medicare Seminar 1:15pm-2:15pm Adult Yoga 5:45pm-6:45pm Friends Bunco Night @ American Legion 6:00pm-9:00pm Reiki Sessions 6:45pm-7:45pm</p> 	<p>Nursing Services 11 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm</p>	<p>Restorative Yoga 12 8:00am-9:00am Zumba 10:30am-11:30am Help with Your iPhone! 10:30am-11:30am</p>
<p>Light & Easy Dance/ Strength & Tone 14 10:00am-12:00pm Spring Movie Festival: Wicked 1:00pm-3:30pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-8:00pm</p>	<p>Watercolor Class 15 10:00am-11:30am Passports & Veteran ID's 10:00am-1:00pm 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</p>	<p>Light & Easy Dance 16 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</p>	<p>Seated QiGong 17 10:30am-11:15am Mahjong 1:00pm-2:30pm Mandolin Players 1:00pm-4:00pm Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm</p>	<p>Library Closed for Good Friday 18</p> 	<p>Restorative Yoga 19 8:00am-9:00am Help with Your iPhone! 10:30am-11:30am</p> 
<p>Light & Easy Dance/ Strength & Tone 21 10:00am-12:00pm Spring Movie Festival: The Beekeeper 1:00pm-2:30pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-8:00pm</p> 	<p>QiGong Fusion 22 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Calligraphy Workshop 6:15pm-7:15pm Reiki Sessions 7:00pm-8:00pm</p> 	<p>Light & Easy Dance 23 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 Beekeeping Program 6:15pm-7:15pm</p>	<p>Seated QiGong 24 10:30am-11:15am Mahjong 1:00pm-2:30pm Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm</p> 	<p>Nursing Services 25 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm</p>	<p>Restorative Yoga 26 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Town Wide Garage Sale 9:00am-3:00pm Food Drive + Paper Shredding 9:00am-1:00pm Clothing Drive 9:00am-4:00pm</p> 
<p>Light & Easy/ Strength & Tone 28 10:00am-12:00pm Spring Movie Festival: Twisters 1:00pm-3:00pm Afternoon Book Club 2:00pm-3:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-8:00pm Food Friends Cookbook Club 6:30pm-7:30pm</p>	<p>Book Talk: In the Matter of Edwin Potter 29 1:00pm-2:00pm QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm</p> 	<p>Light & Easy Dance 30 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</p>			<p>Programs are subject to change. Registration is encouraged at totowapl.org/register for the latest updates!</p>

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

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