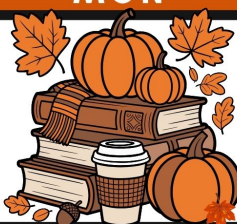


BOROUGH OF TOTOWA PUBLIC LIBRARY

ADULT PROGRAMS

OCTOBER 2025

MON	TUES	WED	THURS	FRI	SAT
 Quilting Class 10:00am-12:00pm 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 Adult Acrylic Painting 6:30pm-7:30pm 6	 Beginners Bridge Club 10:00am-11:30am QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm FRIENDS Line Dancing 6:00pm-10:00pm The World of Hot Teas 6:30pm-7:30pm Reiki Sessions 7:00pm-8:00pm 7	Light & Easy Dance/ Chair Cardio 10:00am-12:00pm Movie: Going in Style 1:00pm-3:00pm Keyboard Lessons - Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm 1	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 2	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 Halloween Monsters w/ Robbie Amodeo 1:00pm-2:00pm 3	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Meditation Class 11:00am-12:00pm 4
Quilting Class 10:00am-12:00pm 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 Adult Acrylic Painting 6:30pm-7:30pm 6	Beginners Bridge Club 10:00am-11:30am QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm FRIENDS Line Dancing 6:00pm-10:00pm The World of Hot Teas 6:30pm-7:30pm Reiki Sessions 7:00pm-8:00pm 7	Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Movie: The Hangover 1:00pm-3:00pm Keyboard Lessons - Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm Low-Tox Living 101 6:00pm-7:00pm Ballroom Dancing 7:00pm-7:45pm 8	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 9	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 10	Restorative Yoga 8:00am-9:00am AAA Driving Course 9:00am-4:00pm Advanced HIIT Fitness Class 9:15am-10:15am 11
Library Closed for Columbus Day 13	Beginners Bridge Club 10:00am-11:30am QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm 14	Movie: The Hangover 2 1:00pm-3:00pm Keyboard Lessons - Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm Travel Tips: Walt Disney World 6:30pm-7:30pm Ballroom Dancing 7:00pm-7:45pm 15	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 16	Rug-Hooking Workshop 10:00am-2:00pm Nursing Services 10:00am-2:00pm Stitches of Totowa 1:00pm-3:00pm Flu Clinic 2:30pm-4:30pm 17	Restorative Yoga 8:00am-9:00am Meditation Class 11:00am-12:00pm 18
Quilting Class 10:00am-12:00pm 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 20	Beginners Bridge Club 10:00am-11:30am Family Caregiver Support Group 1:00pm-2:00pm QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm ABC's of Candy 6:30pm-7:30pm Reiki Sessions 7:00pm-8:00pm 21	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 - Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm 22	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 23	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 24	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Zumba 10:30am-11:30am 25
Light & Easy/ Strength & Tone 10:00am-12:00pm Afternoon Book Discussion 2:00pm-3:00pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Adult Acrylic Painting 6:30pm-7:30pm Food Friends Cookbook Club 6:30pm-7:30pm 27	Beginners Bridge Club 10:00am-11:30am QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm 28	Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons - Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm Ballroom Dancing 7:00pm-7:45pm 29	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 30	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 31	Programs are subject to change. Register 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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