

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

MARCH 2025

MON	TUES	WED	THURS	FRI	SAT
Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:00pm-8:00pm 3	QiGong Fusion 1:15pm-2:00pm Adult Sign Language 4:45pm-5:30pm  4	Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm 5	Seated QiGong 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 6	Nursing Services 10:00am-2:00pm Life and Style of Jacqueline Kennedy with Robbie Amodeo 1:00pm-2:00pm Stitches of Totowa 1:00pm-3:00pm  7	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am 8
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 6:00pm-8:00pm 10	Watercolor Class 10:00am-11:30am QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Yankee Stadium: From the Organ Bench 6:15pm-7:15pm Reiki Sessions 7:00pm-8:00pm   11	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 12	Seated QiGong 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 13	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 14	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Zumba 10:30am-11:30am 15
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 6:00pm-8:00pm  17	Watercolor Class 10:00am-11:30am Passports & Veteran ID's 10:00am-1:00pm QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm The Great Falls of Paterson 6:15pm-7:15pm Reiki Sessions 7:00pm-8:00pm  18	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 19	Seated QiGong 10:30am-11:15am Mahjong 1:00pm-2:30pm Aged to Perfection Senior Club 1:00pm-3:00pm Mandolin Players 1:00pm-4:00pm Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm  20	Rug Hooking 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 21	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am 22
Light & Easy Dance/Strength & Tone 10:00am-12:00pm Spring Movie Festival: Conclave 1:00pm-3:00pm Afternoon Book Club: Apples Never Fall 2:00pm-3:00pm Barre Class/Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-8:00pm 24	Watercolor Class 10:00am-11:30am QiGong Fusion 1:15pm-2:00pm Restorative Yoga 5:45pm-6:45pm Medicare Seminar 6:30pm-7:30pm Reiki Sessions 7:00pm-8:00pm 25	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 Meditation 101 6:30pm-7:30pm  26	Seated QiGong 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 27	MVC Mobile Unit 9:00am-2:00pm Nursing Services 10:00am-2:00pm Light & Easy/Chair Cardio 10:00am-12:00pm Passaic County Recycling Information 12:30pm-2:30pm Stitches of Totowa 1:00pm-3:00pm  28	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am 29
Light & Easy Dance/Strength & Tone 10:00am-12:00pm Spring Movie Festival: Fall Guy 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    31			<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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