

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

APRIL 2024

MON	TUES	WED	THURS	FRI	SAT
Light & Easy 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 1	QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm  2	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm Portrait Drawing Class 6:30pm-8:00pm 3	"Aged to Perfection" Senior Club - Wellness 1:00pm-3:00pm Mandolin Players 1:00pm-2:00pm Passports & Veteran ID's 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 4	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 5	Saturday Morning Fitness 9:15am-10:15am  6
Light & Easy 10:00am-11:00am Strength & Tone 11:15am-12:00pm Movie Matinee: Greek Wedding 1:00pm-2:30pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm 8	QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm Open House Celebration 6:00pm-8:00pm  9	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Adult Sign Language 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm Portrait Drawing Class 6:30pm-8:00pm 10	Mandolin Players 1:00pm-2:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm  11	Nursing Services 10:00am-2:00pm Stitches of Totowa 1:00pm-3:00pm  12	AARP Smart Driving Course 9:00am-3:30pm 13
MVC Agency-on-Wheels 9:00am-2:30pm Light & Easy 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 15	Passports & Veteran ID's 10:00am-1:00pm QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm "tbr" book club @ la serra gardens 6:30pm-7:30pm Lary Doby: A Paterson Legend 6:30pm-7:30pm 16	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm Portrait Drawing Class 6:30pm-8:00pm 17	"Aged to Perfection" Senior Club - Lunch & Learn 1:00pm-3:00pm Mandolin Players 1:00pm-2:00pm Passaic County Surrogate's Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 18	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 19	Saturday Morning Fitness 9:15am-10:15am Zumba 10:30am-11:30am 20
Light & Easy/Strength & Tone 10:00am-12:00pm Movie Matinee: Mission Impossible 1:00pm-2:30pm Afternoon Book Discussion 2:00pm-3:00pm Barre Class/Strength Training 5:15pm-7:00pm Creative Writing 6:15pm-8:00pm 22	QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm Bee Keeping 6:15pm-7:15pm  23	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm Barbie: An American Icon 6:15pm-7:15pm 24	History of Department Stores 1:00pm-2:00pm Mandolin Players 1:00pm-2:00pm Passaic County Surrogate's Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 25	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 26	Borough-Wide Trash-to-Treasure Sale 9:00am-3:00pm Food Drive, Clothing Drive, Shredding & E-Waste Collection, Eyeglass, Paper Tube, & Plastic Bag Collection 9:00am-1:00pm Saturday Morning Fitness 9:15am-10:15am Adult Sign Language 11:00am-12:00pm 27
Light & Easy 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 29	QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm  30				

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