

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

AUGUST 2024

MON	TUES	WED	THURS	FRI	SAT
 <p>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 6:15pm-8:00pm</p> <p>5</p>	 <p>QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm</p> <p>6</p> 	 <p>FRIENDS River Cruise 9:15am-5:00pm Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm</p> <p>7</p>	<p>Seated QiGong 10:30am-11:15am 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>1</p>	<p>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</p> <p>2</p>	<p>Saturday Morning Fitness 9:15am-10:15pm (Library Closed Saturdays in July & August)</p> <p>3</p>
<p>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 6:15pm-8:00pm</p> <p>12</p>	<p>QiGong Fusion 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm</p> <p>13</p>	<p>Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Food Labels 101 12:15pm-1:15pm Knitting for Fun 5:45pm-7:45pm</p> <p>14</p> 	<p>Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm</p> <p>15</p>	<p>Rug-Hooking Workshop 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</p> <p>16</p>	<p>Saturday Morning Fitness 9:15am-10:15pm (Library Closed Saturdays in July & August)</p> <p>17</p>
<p>Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm</p> <p>19</p>	<p>Passports & Veteran ID's 10:00am-1:00pm Adult Yoga 5:30pm-6:30pm "ibr" book club @ TPL 6:30pm-7:30pm</p> <p>20</p> 	<p>Knitting for Fun 5:45pm-7:45pm</p> <p>21</p> 	<p>Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm</p> <p>22</p>	<p>Nursing Services 10:00am-2:00pm Stitches of Totowa 1:00pm-3:00pm</p> <p>23</p> 	<p>24</p> 
<p>Light & Easy Dance 10:00am-11:00am Strength & Tone 11:15am-12:00pm Afternoon Book Discussion 2:00pm-3:00pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm</p> <p>26</p> 	<p>Adult Yoga 5:30pm-6:30pm</p> <p>27</p> 	<p>Light & Easy Dance 10:00am-11:00am Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm</p> <p>28</p>	<p>Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm</p> <p>29</p>	<p>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</p> <p>30</p>	<p>Saturday Morning Fitness 9:15am-10:15pm (Library Closed Saturdays in July & August)</p> <p>31</p>

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