

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

MAY 2024

| MON | TUES | WED | THURS | FRI | SAT |
|--|---|--|--|---|---|
|  |  | Light & Easy 10:00am-11:00am 1 Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm Social Security Seminar 6:30pm-7:30pm | "Aged to Perfection" Senior Club - Home Remedies 2 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 | Nursing Services 3 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm |  |
| Light & Easy 10:00am-11:00am 6 Strength & Tone 11:15am-12:00pm Mike Luipersbeck Concert 2:00pm-3:30pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm | QiGong Fusion 7 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm Medicare Seminar 6:30pm-7:30pm | Light & Easy 10:00am-11:00am 8 Chair Cardio 11:15am-12:00pm Adult Sign Language 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm  | Mandolin Players 9 1:00pm-2:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm | MVC Agency-on-Wheels/ REAL IDs 10 9:00am-2:30pm Nursing Services 10:00am-2:00pm Stitches of Totowa 1:00pm-3:00pm | Safe Sitter Course 11 9:00am-2:00pm  |
| Light & Easy 10:00am-11:00am 13 Strength & Tone 11:15am-12:00pm Movie Matinee: Moving On (R) 1:00pm-2:30pm Barre Class 5:15pm-6:00pm Strength Training 6:15pm-7:00pm Creative Writing 6:15pm-8:00pm | QiGong Fusion 14 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm Celebrating Our National Parks 6:15pm-7:15pm | Light & Easy 10:00am-11:00am 15 Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm | "Aged to Perfection" Senior Club - Physical Activity 16 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 | Rug Hooking 17 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 | Saturday Morning Fitness 18 9:15am-10:15am Zumba 10:30am-11:30am Totowa Mandolin Orchestra Concert 2:00pm-3:00pm |
| Light & Easy 10:00am-11:00am 20 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 Food Friends Cookbook Club 6:30pm-7:30pm  | QiGong Fusion 21 1:00pm-1:45pm Basics of Cryptocurrency 3:00pm-4:00pm Youth Engagement Team (YET) 4:00pm-4:45pm Adult Yoga 5:30pm-6:30pm Basics of Cryptocurrency 6:00pm-7:00pm "Ib" book club @ la serra gardens 6:30pm-7:30pm | Light & Easy 10:00am-11:00am 22 Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm | Mandolin Players 23 1:00pm-2:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm | Nursing Services 24 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm | Adult Sign Language 25 11:00am-12:00pm  |
| Library Closed for Memorial Day 27  | QiGong Fusion 28 1:00pm-1:45pm Adult Yoga 5:30pm-6:30pm A Club in Motion Demo 6:45pm-7:45pm | Light & Easy 10:00am-11:00am 29 Chair Cardio 11:15am-12:00pm Knitting for Fun 5:45pm-7:45pm | Mandolin Players 30 1:00pm-2:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm | Nursing Services 31 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Stitches of Totowa 1:00pm-3:00pm | |

Visit totowapl.org/resources to access databases, eBooks, audiobooks, films, newspapers, magazines and so much more!
537 Totowa Road Totowa, NJ 07512 | 973-790-3265 | totowapl@gmail.com