

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

MAY 2023

MON	TUES	WED	THURS	FRI	SAT
Light & Easy 10:00am-11:00am Strength & Tone 11:15am-12:00pm Fitness w/ Kathryn 5:15pm-6:00pm Monday Evening Yoga 6:30pm-7:30pm 1	Chirothin Weight Loss with Kimberly Fox 6:00pm-7:00pm 2	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Adult Yoga 5:30pm-6:30pm Knitting for Fun 5:45pm-7:45pm 3	TPL Activity Hour 12:00pm-1:00pm Mandolin Players 1:00pm-3:00pm Passports & Veteran ID's 5:00pm-7:00pm 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 Fitness 9:15am-10:00am 6
Light & Easy 10:00am-11:00am Strength & Tone 11:15am-12:00pm Fitness w/ Kathryn 5:15pm-6:00pm Monday Evening Yoga 6:30pm-7:30pm 8	Creative Writing 10:00am-12:00pm Social Security Workshop 6:00pm-7:30pm 9	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Adult Yoga 5:30pm-6:30pm Knitting for Fun 5:45pm-7:45pm 10	Mandolin Players 1:00pm-3:00pm  11	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 12	Saturday Fitness 9:15am-10:00am  13
Light & Easy 10:00am-11:00am Strength & Tone 11:15am-12:00pm Fitness w/ Kathryn 5:15pm-6:00pm Monday Evening Yoga 6:30pm-7:30pm 15	 16	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Adult Yoga 5:30pm-6:30pm Knitting for Fun 5:45pm-7:45pm 17	FRIENDS Casino Trip Mandolin Players 1:00pm-3:00pm 18	Nursing Services 10:00am-2:00pm Rug Hooking Workshop 10:00am-2:00pm Light & Easy/ Chair Cardio 10:00am-12:00pm Doo Wop Concert 1:00pm-2:30pm Stitches of Totowa 1:00pm-3:00pm 19	Saturday Fitness 9:15am-10:00am Zumba 10:30am-11:30am 20
Light & Easy 10:00am-11:00am Strength & Tone 11:15am-12:00pm Adult Book Discussion 2:00pm-3:00pm Fitness w/ Kathryn 5:15pm-6:00pm Google Workshop 6:00pm-7:00pm Monday Evening Yoga 6:30pm-7:30pm 22	Creative Writing 10:00am-12:00pm  23	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Adult Yoga 5:30pm-6:30pm Knitting for Fun 5:45pm-7:45pm 24	Sew What! Mending 10:30am-11:30am Mandolin Players 1:00pm-3:00pm Sew What! Mending 4:30pm-5:30pm Pencil Drawing Class 6:00pm-8:00pm 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	Saturday Fitness 9:15am-10:00am 27
Library Closed for Memorial Day 29	 30	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Adult Yoga 5:30pm-6:30pm Knitting for Fun 5:45pm-7:45pm 31			

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537 Totowa Road Totowa, NJ 07512 | 973-790-3265 | totowapl@gmail.com