

# BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

## NOVEMBER 2024

MON	TUES	WED	THURS	FRI	SAT
					
<b>hello fall</b>			<b>SWEATER weather</b>	<b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>1960's Walk Down Penny Lane with Robbie Amodeo</b> 1:00pm-2:30pm <b>Stitches of Totowa</b> 1:00pm-3:00pm	<b>Saturday Morning Fitness</b> 9:15am-10:15am
<b>MVC Agency-On-Wheels</b> 9:00am-2:30pm <b>Adult Chess Club</b> 1:00pm-2:30pm <b>Barre Class</b> 5:15pm-6:00pm <b>Strength Training</b> 6:15pm-7:00pm <b>Creative Writing</b> 6:15pm-8:00pm	<b>Library Closed for Election Day</b> 	<b>Adult Coloring Club</b> 10:00am-11:30am <b>Light &amp; Easy/Chair Cardio</b> 10:00am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm <b>Social Security Seminar</b> 6:15pm-7:15pm	<b>Seated QiGong</b> 10:30am-11:15am <b>"Aged to Perfection" Senior Club</b> 1:00pm-3:00pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Passports &amp; Veteran ID's</b> 5:00pm-7:00pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm	<b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm	<b>Saturday Morning Fitness</b> 9:15am-10:15am <b>Zumba</b> 10:30am-11:30am 
<b>Library Closed for Veterans Day</b> 	<b>Bridge Club</b> 10:00am-11:30am <b>Watercolor Class</b> 10:30am-12:00pm <b>QiGong Fusion</b> 1:00pm-1:45pm <b>Restorative Yoga</b> 5:45pm-6:45pm	<b>Adult Coloring Club</b> 10:00am-11:30am <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm <b>Calligraphy Workshop</b> 6:30pm-7:30pm 	<b>Seated QiGong</b> 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm	<b>Rug Hooking</b> 10:00am-2:00pm <b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm 	<b>Saturday Morning Fitness</b> 9:15am-10:15am <b>Mandolin Orchestra</b> <i>Hosted in the Council Chambers at the Municipal Building</i> 2:00pm-3:30pm 
<b>Light &amp; Easy/ Strength &amp; Tone</b> 10:00am-12:00pm <b>Adult Chess Club</b> 1:00pm-2:30pm <b>Barre Class/ Strength Training</b> 5:15pm-7:00pm <b>Creative Writing</b> 6:15pm-8:00pm	<b>Bridge Club</b> 10:00am-11:30am <b>Watercolor Class</b> 10:30am-12:00pm <b>QiGong Fusion</b> 1:00pm-1:45pm <b>Restorative Yoga</b> 5:45pm-6:45pm <b>Clean Eating with Gabrielle Arlotta</b> 6:30pm-7:30pm 	<b>Adult Coloring Club</b> 10:00am-11:30am <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm <b>Medicare Seminar</b> 6:30pm-7:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm	<b>Seated QiGong</b> 10:30am-11:15am <b>Mahjong</b> 1:00pm-2:30pm <b>"Aged to Perfection": Fraud Tip Seminar</b> 1:30pm-5:00pm <b>Mandolin Players</b> 1:00pm-4:00pm <b>Passaic County Surrogate's Night Court</b> 5:30pm-7:00pm <b>Adult Yoga</b> 5:45pm-6:45pm <b>Reiki Sessions</b> 6:45pm-7:45pm 	<b>Nursing Services</b> 10:00am-2:00pm <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Stitches of Totowa</b> 1:00pm-3:00pm	<b>Saturday Morning Fitness</b> 9:15am-10:15am 
<b>Light &amp; Easy/ Strength &amp; Tone</b> 10:00am-12:00pm <b>Adult Chess Club</b> 1:00pm-2:30pm <b>Fall Movie Matinee: The Whale</b> 1:00pm-5:00pm <b>Afternoon Book Club: The Christie Affair</b> 2:00pm-3:00pm <b>Barre Class/ Strength Training</b> 5:15pm-7:00pm <b>Creative Writing</b> 6:15pm-8:00pm <b>Food Friends Cookbook Club</b> 6:30pm-7:30pm 	<b>Bridge Club</b> 10:00am-11:30am <b>QiGong Fusion</b> 1:00pm-1:45pm <b>Restorative Yoga</b> 5:45pm-6:45pm	<b>Adult Coloring Club</b> 10:00am-11:30am <b>Light &amp; Easy</b> 10:00am-11:00am <b>Chair Cardio</b> 11:15am-12:00pm <b>Keyboard Lessons for Adults</b> 5:00pm-6:00pm <b>Knitting for Fun</b> 5:45pm-7:45pm 	<b>Library Closed for Thanksgiving</b> 	<b>Library Closed for Thanksgiving</b> 	<p>Programs are subject to change. Please visit <a href="http://totowapl.org/register">totowapl.org/register</a> for the most up-to-date information!</p>

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