

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

JANUARY 2025

MON	TUES	WED	THURS	FRI	SAT
		Library Closed for New Year's Day 2025 	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 	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	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am
Light & Easy/ Strength & Tone 10:00am-12:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-7:45pm	QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm 	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm	Seated QiGong 10:30am-11:15am Mahjong 1:00pm-3:00pm Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm	Nursing Services 10:00am-2:00pm Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm The Groovy 1970's 1:00pm-2:00pm Stitches of Totowa 1:00pm-3:00pm 	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am 
Light & Easy/ Strength & Tone 10:00am-12:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-7:45pm 	QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm 	Seated QiGong 10:30am-11:15am Mandolin Players 1:00pm-4:00pm Passaic County Surrogate's Night Court 5:00pm-7:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 	Rug Hooking 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	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am Zumba 10:30am-11:30am 
Light & Easy/ Strength & Tone 10:00am-12:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-7:45pm	QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm 	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm	Seated QiGong 10:30am-11:15am Indoor Herb Garden 1:00pm-2:00pm Mahjong 1:00pm-3:00pm Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 	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 	Restorative Yoga 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am
Light & Easy/ Strength & Tone 10:00am-12:00pm Afternoon Book Club: The Magnificent Lives of Marjorie Post 2:00pm-3:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:00pm-7:45pm Food Friends Cookbook Club 6:30pm-7:30pm 	QiGong Fusion 1:00pm-1:45pm Restorative Yoga 5:45pm-6:45pm Reiki Sessions 7:00pm-8:00pm	Light & Easy 10:00am-11:00am Chair Cardio 11:15am-12:00pm Keyboard Lessons for Adults 5:00pm-6:00pm Knitting for Fun 5:45pm-7:45pm 	Seated QiGong 10:30am-11:15am Mahjong 1:00pm-3:00pm Mandolin Players 1:00pm-4:00pm Adult Yoga 5:45pm-6:45pm Reiki Sessions 6:45pm-7:45pm 	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	<i>Programs are subject to change. Registration is encouraged at totowapl.org/register for the latest updates!</i>

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