

BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS

FEBRUARY 2025

MON	TUES	WED	THURS	FRI	SAT
					Restorative Yoga 1 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am
Light & Easy 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	QiGong Fusion 1:15pm-2:00pm Adult Sign Language 4:45pm-5:30pm 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 Aged to Perfection Senior Club: George Washington 1:00pm-3:00pm Mahjong 1:00pm-2:30pm 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 Valentine's Day Traditions with Robbie Amodeo 1:00pm-2:00pm Stitches of Totowa 1:00pm-3:00pm	Restorative Yoga 8 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am First-Time Homebuyer's Seminar 11:00am-12:30pm
Light & Easy 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	QiGong Fusion 1:15pm-2:00pm 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-2:30pm Mandolin Players 1:00pm-4:00pm Medicare Seminar 1:15pm-2:15pm 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 15 8:00am-9:00am Advanced HIIT Fitness Class 9:15am-10:15am
Library Closed for Presidents' Day	Passports & Veteran ID's 10:00am-1:00pm QiGong Fusion 1:15pm-2:00pm 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-2:30pm Aged to Perfection Senior Club 1:00pm-3:00pm Mandolin Players 1:00pm-4:00pm 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 22 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 Afternoon Book Club: The Good Sister 2:00pm-3:00pm Barre Class/ Strength Training 5:15pm-7:00pm Creative Writing 6:15pm-8:00pm Food Friends Cookbook Club 6:30pm-7:30pm	QiGong Fusion 1:15pm-2:00pm 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-2:30pm 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