

**ADULT SERVICES
2025**

JANUARY



Woodland Park
Public Library
at Berkeley College
44 Rifle Camp Road
(973) 345-8120
www.abwplibrary.org

SUN

MON

TUE

WED

THU

FRI

SAT

<p>REGISTER FOR PROGRAMS! Scan the QR Code to register for all programs and special events! You can also visit the events tab on our website or call the library!</p>			<p>1 </p>	<p>2 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm Adult Bingo 6:30 pm</p> 	<p>3 Lunch & a Movie 11:00 am</p> 	<p>4 </p>
<p>5 </p>	<p>6 Yoga & Meditation 11:00 am Dancercise 6:30 pm Baumann Book Club 7:00 pm</p> 	<p>7 Coffee and... 11:00 am Guest: Patty Pfeifer from the NJ Coalition Against Human Trafficking</p>	<p>8 Unwind with Crafts 6:30 pm FAB Meeting 6:30 pm</p>	<p>9 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm Bollywood Dance 6:30 pm</p> 	<p>10 </p>	<p>11 <i>Happy Birthday</i> Outlander author Diana Gabaldon 1952</p> 
<p>12 </p>	<p>13 Yoga & Meditation 11:00 am Dancercise 6:30 pm</p> 	<p>14 Vision Board Making 6:30 pm</p> 	<p>15 Unwind with Crafts 6:30 pm</p> 	<p>16 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm</p>	<p>17 </p>	<p>18 </p>
<p>19 <i>Happy Birthday</i> Edgar Allen Poe 1809-1849</p> 	<p>20 MLK DAY MARTIN LUTHER KING DAY I HAVE A DREAM Library Closed</p> 	<p>21 </p>	<p>22 Unwind with Crafts 6:30 pm OverBOOKED Book Club 7:00 pm</p> 	<p>23 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm Passaic County Outreach 5:00 pm Spice Club 6:30 pm</p> 	<p>24 </p>	<p>25 </p>
<p>26 </p>	<p>27 Yoga & Meditation 11:00 am Dancercise 6:30 pm</p> 	<p>28 Crafternoon 1:00 pm</p> 	<p>29 Unwind with Crafts 6:30 pm</p> 	<p>30 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm</p>	<p>31 Arthritis Workshop 1:00 pm</p> 	<p></p>

Please register for all programs at www.abwplibrary.org

Yoga & Meditation

Monday's @ 11:00 am

Learn to relax with a yoga and meditation session from a certified instructor. Remember to bring water to stay hydrated.



Dancercise

Monday's @ 6:30 pm

A fun dance exercise program for adults. Bring water and optional weights.

Unwind with Crafts

Wednesday's @ 6:30 pm

Thursday's @ 11:00 am

Work on your craft projects, crochet, knitting, embroidery at the library. Coloring book supplies & pencils available too!



Sit & Fit

Thursday's @ 12:00 pm

Get fit from your chair! This is a fun, lively exercise class that will help you get into shape while sitting in your chair. Remember to bring your water and optional weights.



Coffee and...

Tuesday, January 7th @ 11:00 am

Start your morning with a warm cup of coffee, a sweet treat, and great conversation! This program invites the community to come together to meet a special guest! **Special Guest: Patti Pfeifer from the NJ Coalition Against Human Trafficking**



Adult Bingo

Thursday, January 2nd @ 6:30 pm

Join us for a fun night of Bingo! Feel free to bring snacks & lucky charms!



Lunch & a Movie

Friday, January 3rd @ 11:00 am

Featuring: You Gotta Believe
Registration required.



Baumann Book Club

Monday, January 6th @ 7:00 pm

Reading: Christmas Bells by Jennifer Chiaverini



Bollywood Dance

Thursday, January 9th @ 6:30 pm

Experience the excitement and energy of Bollywood Dance Class with Vasudha Dance Academy.



Vision Board Making

Tuesday, January 14th @ 6:30 pm

Bring your goals to life! Join us to create a personalized vision board that inspires and motivates your journey.

OverBOOKED Book Club

Wednesday, January 22nd @ 7:00 pm

This is a book club for Gen X and Millennials. Reading: The Last Party by Clare Mackintosh



Crafternoon for Adults

Tuesday, January 28th @ 1:00 pm

Join us to create a beautiful craft. All materials will be supplied.

Passaic County Outreach

Thursday, January 23rd @ 5:00 - 7:00 pm

Passports, Notary Renewals, and Veteran ID cards.



Spice Club

Thursday, January 23rd @ 6:30 pm

Spice: Cumin

You will receive a spice packet, recipe, and a brief history. Members are encouraged to bring samples of dishes using the spice.



Arthritis Workshop

Friday, January 31st @ 1:00 pm

Hosted by Total Recovery Physical Therapy, come find out about your arthritis pain and learn about natural treatment options.



Please register for all programs at www.abwplibrary.org

All programs are free!

Woodland Park residents take first priority when there is a waiting list.