

The New York Public Library

Kips Bay Library

446 3rd Ave
 New York, NY, 10016
 212-683-2520

OCTOBER 2017 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2PM- Stay Well Exercise	3 1PM- Adult Coloring Book Club	4	5 4PM- Film "Going In Style"	6	7
8	9 NYPL closed for Columbus Day	10 1PM- Adult Coloring Book Club	11 2PM- French Class	12 1PM- Film "Skeffington" 4PM-Film "The Shack"	13 1PM- Film "What Dreams May Come"	14 10:30 AM- Kips Bay Library Classical Discussion Group
15	16 2 PM- Stay Well Exercise	17 1PM- Adult Coloring Book Club	18	19 4PM- Film "Kong: Skull Island"	20	21 10:30AM- Kips Bay Library Book Discussion Group
22	23 2 PM- Stay Well Exercise	24 1PM- Adult Coloring Book Club	25 2PM- French Class	26 1PM- Film "Earthquake" 4PM- Film "Beauty and the Beast"	27 1PM- Film "Night Hunter"	28
29	30 2 PM- Stay Well Exercise	31 1PM- Adult Coloring Book Club				

***All programs subject to change/cancellation without notice



Meditation for a More Peaceful and Healthy Life

Tuesday, October 10
3:30 PM

Meditation For a More Peaceful and Healthy Life Many people all over the world are turning to meditation to help them lead a more peaceful and healthy life-style. Scientific studies have proven that the practice of meditation reduces stress and anxiety, as well as decreases the risk of disease. Many Dr's recommend meditation to their patients, and those who practice meditation attest to its healing power in their lives. Please join us for this engaging and informative workshop and learn to incorporate a simple yet powerful technique into your life.

Reducing Anxiety through Meditation

Tuesday, October 17
2 PM

When we are in a state of physical and mental calmness, we have more control over our reactions towards life's stressors. Through meditation, we can cope with the stresses of life. Meditation helps us replace anxiety with joy and peace. Join Dr. Frank Pawlowski for this informative lecture. There will even be a short meditation sitting.

Exclusive screening: Edgar Allan Poe: Buried Alive

Tuesday, October 24
2 PM

Written and directed by Eric Stange (*The War That Made America, American Experience: Murder at Harvard*), the new documentary **American Masters – Edgar Allan Poe: Buried Alive** draws on the rich palette of Poe's evocative imagery and sharply drawn plots to tell the real story of the notorious author. The film premieres nationwide Monday, October 30 at 9 p.m. on PBS (check local listings) and will be available to stream the following day, Halloween, via pbs.org/americanmasters and PBS apps.

Get a Library card!

**92 LOCATIONS
BRONX • MANHATTAN
STATEN ISLAND**

nypl.org

Kips Bay Library

EVENTS & CLASSES

October 2017

446 3rd Ave
New York, NY, 10016
212-683-2520

HOURS

Monday	11 AM – 7 PM
Tuesday	11 AM – 7 PM
Wednesday	11 AM – 7 PM
Thursday	11 AM – 7 PM
Friday	11 AM – 7 PM
Saturday	11 AM – 7 PM
Sunday	11 AM – 7 PM



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