

The New York Public Library
Kips Bay Library

446 3rd Ave
 New York, NY, 1221
 212-683-2520

OCTOBER 2018 | FREE Programs

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 7 | 1 2PM- Stay Well Exercise | 2 Library Closed | 3 Library Closed | 4 Library Closed | 5 Library Closed | 6 Library Closed | 7 Library Closed |
| 14 | 8 Library Closed | 9 Library Closed | 10 Library Closed | 11 Library Closed | 12 Library Closed | 13 Library Closed | 14 Library Closed |
| 21 | 15 2PM- Stay Well Exercise | 16 2PM- Stay Well Exercise | 17 2PM- Stay Well Exercise | 18 2PM- Stay Well Exercise | 19 2PM- Stay Well Exercise | 20 2PM- Stay Well Exercise | 21 2PM- Stay Well Exercise |
| 28 | 22 2PM- Stay Well Exercise | 23 2PM- Stay Well Exercise | 24 2PM- Stay Well Exercise | 25 2PM- Stay Well Exercise | 26 2PM- Stay Well Exercise | 27 2PM- Stay Well Exercise | 28 2PM- Stay Well Exercise |

*****All programs subject to change or cancellation without prior notice.

FREE PROGRAMS

Kips Bay Library

EVENTS & CLASSES

October 2018

Yoga For Beginners

Saturday, October 13
11 AM
In this session, you will learn simple but powerful yoga postures to balance and stabilize your system. No prior experience with yoga is necessary.

Elder Abuse: Proctect Yourself form Arm

Wednesday, October 17
1 PM
This presentation addresses the types of abuses that are committed against older adults. You will learn how to recognize the signs of abuse. Protect yourself and your peers against harm. This workshop is free; you do not need to register.

Stay Well Exercise

Every Monday
2 PM
The New York Public Library and Department for Aging are jointly sponsoring weekly "Stay well Exercise" classes for older adults.

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HOURS

| | |
|-----------|------------|
| Monday | 11 AM-7 PM |
| Tuesday | 11 AM-7 PM |
| Wednesday | 11 AM-7 PM |
| Thursday | 11 AM-7 PM |
| Friday | 10 AM-5 PM |
| Saturday | 10 AM-5 PM |
| Sunday | CLOSED |



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STATEN ISLAND

nypl.org

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