

The New York Public Library
Kips Bay Library

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

FEBRUARY 2019 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 2PM- Stay Well Exercise	5	6	7	8 1PM- Film "84 Charing Road"	9 10:30 AM- Kips Bay Library Classic Literature Discussion Group
10	11 2PM- Stay Well Exercise	12	13	14 12PM- Film "The Red Shoes" 3PM- Film "Searching"	15	16 10:30 AM- Kips Bay Library Discussion Group
17	18 Library Closed	19	20 2PM- Falls Prevention Exercises	21 3PM- Film "Mission Impossible"	22 1PM- Film "Revolutionary Road"	23 11AM- Yoga for Beginners
24	25 2PM- Stay Well Exercise	26	27 2PM- Alzheimer's Disease, Parkinson's Disease and Lewy Body Dementia	28 12PM- Film "Kings Go Forth" 3PM- Film "Unbroken"		

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



Kips Bay Library present Falls Prevention Exercises

Wednesday, February 20
2 PM

Did you know? There are different exercises for fall risks. Knowing your risks and sharing them with a Physical Therapist can help prevent you from falling.

Alzheimer's Disease, Parkinson's Disease and Lewy Body Dementia

Wednesday, February 20
2 PM

Join us for a presentation exploring Alzheimer's Disease, Parkinson's Disease and Lewy Body Dementia as part of the Weill Cornell Medicine Wellness Series at the Kips Bay Library.

Yoga For Beginners

Saturday, February 23
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.

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.

Get a Library card!

92 LOCATIONS
BRONX • MANHATTAN
STATEN ISLAND

nypl.org

Kips Bay Library

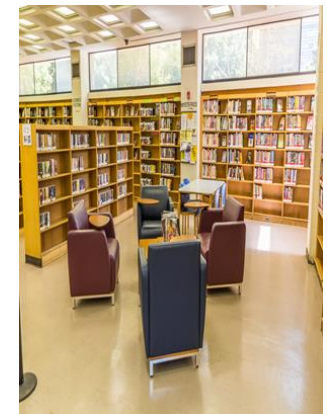
EVENTS & CLASSES

February 2019

446 3rd Ave
New York, NY, 1221
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HOURS

Monday	10 AM-6 PM
Tuesday	10 AM-6 PM
Wednesday	10 AM-6 PM
Thursday	10 AM-6 PM
Friday	10 AM-6 PM
Saturday	10 AM-5 PM
Sunday	CLOSED



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Partially Accessible

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nypl.org/events



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