

The New York Public Library
Kips Bay Library
 446 3rd Ave
 New York, NY, 1221
 212-683-2520

JANUARY 2019 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Library Closed	2	3	4	5
6	7 2PM- Stay Well Exercise	8	9 2 PM- Falls Prevention Exercises	10 1PM- Film "Sweet Smell of Success" 4PM- Film "Disney's Christopher Robin"	11 1PM- Film "All the Prseident's Men"	12 10:30 AM- Kips Bay Library Classic Literature Discussion Group
13	14 2PM- Stay Well Exercise	15	16	17 1PM- Film "Never Say Goodbye" 4PM- Film "Ant-Man & The Wasp"	18 10:30 AM- La Leche League Toddler Meeting	19 10:30 AM- Kips Bay Library Discussion Group
20	21 Library Closed	22	23	24 4 PM- Film "Crazy Rich Asians"	25 1PM- Film "The Firm"	26 11 AM- Yoga for Beginners
27	28 2PM- Stay Well Exercise	29	30	31 4PM- Film "Alpha"		

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



Kips Bay Library present Falls Prevention Exercises

Wednesday, January 9
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. Physical Therapists are trained to evaluate your body's movement and they are experts at teaching techniques to improve mobility, strength and coordination. Come exercise with Bellevue Physical Therapists and learn how you can:

1. Prevent yourself from falling at home and outside.
 2. Strengthen your legs with gentle exercises you can do at home.
 3. Do generalized musculoskeletal exercises to improve your balance.
- This workshop is free. You do not need to pre-register.

For more information, please call 212-562-7790.

Yoga For Beginners

Saturday, January 26
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

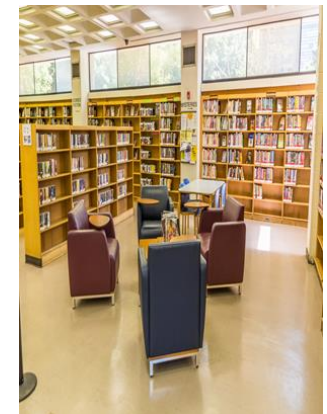
EVENTS & CLASSES

January 2019

446 3rd Ave
New York, NY, 1221
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	10 AM-5 PM
Saturday	10 AM-5 PM
Sunday	CLOSED



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Partially Accessible

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