

The New York Public Library  
**Kips Bay Library**

446 3<sup>rd</sup> Ave  
 New York, NY, 1221  
 212-683-2520

# MARCH 2019 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> 2PM- Stay Well Exercise	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 1PM- Film "The Outsiders"	<b>9</b> 10:30 AM- Kips Bay Library Classic Literature Discussion Group
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 12PM- Film " Duck Soup" 3PM- Film "Operation Finale"	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> 2PM- Stay Well Exercise	<b>19</b>	<b>20</b> 2PM- Falls Prevention Exercises WorkshopS	<b>21</b> 3PM- Film "The Nutcracker and the Four Realms"	<b>22</b> 1PM- Film A Dog's Purpose"	<b>23</b> 11AM- Yoga for Beginners
<b>24</b>	<b>25</b> 2PM- Stay Well Exercise	<b>26</b>	<b>27</b> 2PM- Meditation Workshop	<b>28</b> 12PM- Film " The Searchers" 3PM- Film "The Equalizer 2"	<b>29</b>	<b>30</b> 10:30 AM- Kips Bay Library Discussion Group
<b>31</b>						

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



## Kips Bay Library present Falls Prevention Exercises

Wednesday, March 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.

## Meditation for Stress Reduction & Well Being

Wednesday, March 27  
2 PM  
Join Dr. Vidich, PhD author, educator, consultant and international speaker as he discusses the extraordinary effect of meditation to reduce stress-related responses, improve concentration, and enhance clarity of thought and mental equilibrium. He will also present a simple, yet powerful meditation technique that can enrich one's life personally, professionally and spiritually.

## Yoga For Beginners

Saturday, March 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](http://nypl.org)

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# Kips Bay Library

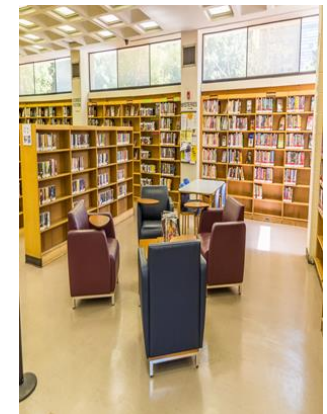
# EVENTS & CLASSES

## March 2019

446 3rd Ave  
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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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