

The New York Public Library
Kips Bay Library

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

JUNE 2019 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 2PM- Stay Well Exercise	4	5	6	7 1PM- Film "Finding Forester"	8 10:30 AM- Kips Bay Library Classic Literature Discussion Group
9	10 2PM- Stay Well Exercise	11	12 2PM- Stroke 101 Workshop	13 12PM- Film " Paths of Glory" 3PM- Film "The Green Book"	14	15
16	17 2PM- Stay Well Exercise	18	19	20 3PM- Film "The Mule"	21 1PM- Film "Road to Perdition"	22 11am- Yoga for beginners
23	24 2PM- Stay Well Exercise	25	26	27 12PM- Film " Touch of evil" 3PM- Film "Mary Queens of Scots"	28	29
30						

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



Strokes 101

Wednesday, June 12
2 PM

Did you know? A stroke is a “brain attack”. It occurs when blood flow to brain is cut off and brain cells die. A stroke happens every 40 seconds in the U.S., but up to 80% of strokes can be prevented through education and lifestyle changes. Knowing the early signs, symptoms and acting F.A.S.T. can increase your chance of survival.

Join us! This workshop is free. You do not need to pre-register.

Yoga For Beginners

Saturday, June 22
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

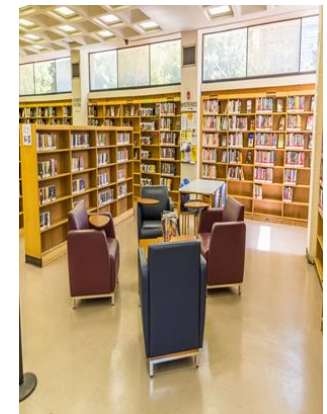
EVENTS & CLASSES

June 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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Partially Accessible

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