

The New York Public Library
Kips Bay Library

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

MAY 2019 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 11 AM- Yoga For Beginners
5	6 2PM- Stay Well Exercise	7	8 2PM-Fall Prevention Workshop	9 12PM- Film "The Life of Emile Zola" 3PM- Film "Instant Family"	10 1PM- Film "The Notebook"	11 10:30 AM- Kips Bay Library Classic Literature Discussion Group
12	13 2PM- Stay Well Exercise	14	15	16 3PM- Film "Creed II"	17	18
19	20 2PM- Stay Well Exercise	21	22	23 12PM- Film "Chinatown" 3PM- Film "Boy Erased"	24 1PM- Film "A Simple Plan"	25 Closed for Memorial Day Holiday
26	27 Closed for Memorial Day Holiday	28	29	30 3PM- Film "Aquaman"	31	

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



Falls Prevention Exercises

Wednesday, May 8
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:

Prevent yourself from falling at home and outside.
Strengthen your legs with gentle exercises you can do at home
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, May 8
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

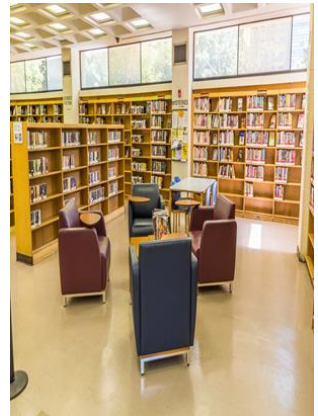
EVENTS & CLASSES

May 2019

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

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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