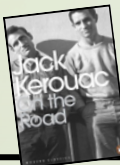


ADULT SERVICES 2025

NOVEMBER



Woodland Park
Public Library
at Berkeley College
44 Rifle Camp Road
(973) 345- 8120
www.abwplibrary.org

SUN	MON	TUE	WED	THU	FRI	SAT
REGISTER FOR PROGRAMS! Scan the QR Code to register for all programs and special events! You could also visit the events tab on our website or call the library! www.abwplibrary.org					1  National Author's Day	
2 	3 Yoga & Meditation 11:00 am Dancercise 6:30 pm Baumann Book Club 7:00 pm	4  Library Closed	5 Unwind with Crafts 6:30 pm One Pot Wonders with ShopRite Dietitian 6:30 pm	6 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm Adult Bingo 6:30 pm 	7 Lunch & a Movie 11:00 am Mahjong 2:00 pm 	8 Bookmark Bonanza 1:00 pm
9 	10 Yoga & Meditation 11:00 am Dancercise 6:30 pm 	11 Library Chef: Breathwork Basics (Virtual) 7:30 pm  Library Closed	12 Unwind with Crafts 6:30 pm 	13 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm 	14 	
16 	17 Yoga & Meditation 11:00 am Dancercise 6:30 pm 	18 Painted Wine Glasses 6:30 pm 	19 Unwind with Crafts 6:30 pm Spice Club 6:30 pm Library Chef: Smart Snacking & Label Reading (Virtual) 7:30 pm	20 Unwind with Crafts 11:00 am Sit & Fit 12:00 pm Benefits of Essential Oils 6:30 pm 	21 Mahjong 2:00 pm 	22 Cinnamon Broom Craft 1:00 pm Holiday Show at the Hunterdon Hills Playhouse
23 	24 Yoga & Meditation 11:00 am Dancercise 6:30 pm	25  Crafternoon 1:00 pm	26 Unwind with Crafts 6:30 pm	27  Library Closed	28  Library Closed	29 

Please register for all programs at www.abwplibrary.org

Yoga & Meditation

Mondays @ 11:00 am

Join us for a chair yoga & meditation session.
Let your problems go for awhile & relax with us.



Dancercise

Mondays @ 6:30 pm

Join us for dancercise class every Monday!



Unwind with Crafts

Wednesdays @ 6:30 pm

Thursdays @ 11:00 am

Work on your craft projects, crochet, knitting, embroidery at the library. Coloring book supplies & pencils available too!



Sit & Fit

Thursdays @ 12:00 pm

Get fit from your chair! This is a fun, lively exercise class to help you get into shape while sitting in your chair. Don't forget to bring your water!



Mahjong

Fridays @ 2:00 pm

Whether you're a seasoned player or a beginner, come enjoy the fun and strategy of this timeless game!



Baumann Book Club

Monday, November 3rd @ 7:00 pm

Reading: *On the Road* by Jack Kerouac



One Pot Wonders with ShopRite Dietician

Wednesday, November 5th @ 6:30 pm

Using your Crockpot to create healthy meals with Shop Rite Dietitian Kamryn Convertino.

Adult Bingo

Thursday, November 6th @ 6:30 pm

Join us for a fun night of Bingo!
Feel free to bring snacks & lucky charms! This program is for adults.



Lunch & a Movie

Friday, November 7th @ 11:00 am

Showing: *The Way We Were*



Join us at the Hunterdon Hills Playhouse
for lunch and their fabulous

HOLIDAY SHOW 2025

SATURDAY MATINEE
NOVEMBER 22, 2025: \$129 p/p

COMING NEXT MONTH

Woodland Park Library Holiday Cookie Swap

Saturday, December 6th
1:00 pm

Send your recipe to
library@abwplibrary.org to be
included in our Recipe Book.



Bookmark Bonanza

Saturday, November 8th @ 1:00 pm

Come in for a casual craft program with a variety of bookmarks to make! Perfect for stocking stuffer gifts.

Painted Wine Glasses

Tuesday, November 18th @ 6:30 pm

Design and paint a custom wine glass!



Spice Club

Wednesday, November 19th @ 6:30 pm

This month we will sample allspice.
You will receive a spice packet, recipe and a brief history of the spice.



Benefits of Essential Oils

Thursday, November 20th @ 6:30 pm

Safety guidelines for topical and internal use, how to use oils for cleaning, overall wellness, promote healthy digestion, protect against seasonal & environmental threats.



Cinnamon Broom Craft

Saturday, November 22nd @ 1:00 pm

Join us and Flora Moon Flowers to make seasonal cinnamon brooms!

Crafternoon

Tuesday, November 25th @ 1:00 pm

Join us to create a beautiful craft. All materials will be supplied.



Please register for all programs at
www.abwplibrary.org

All programs are free!

Woodland Park residents take
first priority when there is a waiting list.