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<td>Overbrook Writers @7 pm</td>
<td>Chair Yoga @10 am (on Zoom) w/Anjum</td>
<td>Yoga @9:00 am (on Zoom) w/Joie Tai Chi @10:30 am (on Zoom) w/Miriam 11am Kids: Celebrate Love w/Miss Jolie (on Zoom)</td>
<td>10am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/Leena Kids: Black History Bingo @3:30 pm</td>
<td>11am Music w/Miss Lynne (on Zoom) New Yoga Video Uploaded Chair Yoga (on Zoom) @10 am w/Anjum</td>
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<td>Super Bowl Sunday</td>
<td>Watercolor Class @11 am (on Zoom) Senior Cardio/Strength Training @4 pm (on Zoom) w/Leena Overbrook Writers @7 pm</td>
<td>Chair Yoga @10 am (on Zoom) w/Anjum Evening Tai Chi @7 pm (on Zoom) w/Miriam</td>
<td>Yoga @9:00 am (on Zoom) w/Joie Tai Chi @10:30 am (on Zoom) w/Miriam</td>
<td>10am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/Leena Kids: Black History Bingo @3:30 pm 6pm Library Board Mtg.</td>
<td>Pretzel Kids Yoga (on You Tube) @11 am New Yoga Video Uploaded</td>
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<td>10am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/Leena Kids: Black History Bingo @3:30 pm</td>
<td>11am Music w/Miss Lynne (ON Zoom) Cedar Readers Book Club I (on Zoom) @12:00 am</td>
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<td>Presidents’ Day LIBRARY CLOSED</td>
<td>Chair Yoga @10 am (on Zoom) w/Anjum Lunar New Year (on Zoom) @3:30 pm</td>
<td>Yoga @9:00 am (on Zoom) w/Joie Tai Chi @10:30 am (on Zoom) w/Miriam Free Collage Workshop @7pm Register at cbrg.info</td>
<td>10am Story Time (on Zoom) Senior Strength Training @11 am (on Zoom) w/Leena Kids: Black History Bingo @3:30 pm Cedar Readers II (on Zoom) @6:30 pm</td>
<td>11am Music w/Miss Lynne (ON Zoom) Cedar Readers Book Club I (on Zoom) @12:00 am</td>
<td>New Yoga Video Uploaded</td>
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<td>No activity bags this week →</td>
<td>Watercolor Class @11 am (on Zoom) Senior Cardio/Strength Training @4 pm (on Zoom) w/Leena Overbrook Writers @7 pm</td>
<td>Chair Yoga @10 am (on Zoom) w/Anjum Social Security Explained @7 pm</td>
<td>Yoga @9:00 am (on Zoom) w/Joie Tai Chi @10:30 am (on Zoom) w/Miriam</td>
<td>NO STORY TIME Senior Strength Training @11 am (on Zoom) w/Leena Kids: Black History Bingo @3:30 pm</td>
<td>Wiggle Worm Dance Party (on Zoom) @11 am Discussion (on Zoom) Fall Prevention @12 pm</td>
<td>New Yoga Video Uploaded</td>
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Pretzel Kids Yoga right to your living room! Join us for celebrating love with silliness, stories, music and fun! Wednesday, February 3 @11 am. Join us for a special Bags are first—pick—up at the library containing a craft and several activities related to the week’s Story Time theme. No activity bags the week of the 21st.

Story Time w/ Miss Natalie
on Zoom Thursdays @10 am
“Zoom” into this fun-filled all-ages story time with Miss Natalie. There’ll be stories, songs, and more! Email Cheetham@palsplus.org for the invite. No story time Thursday, February 25.

Celebrate Love w/Miss Jolie
(on Zoom)
Wednesday, February 3 @11 am. Join us for a special move and groove w/ Miss Jolie where we will be celebrating love with silliness, stories, music and fun! Email Cheetham@palsplus.org to register for the zoom invite.

Music with Miss Lynne
Fridays, February 5 and 19 @11 am (on Zoom)
Join us for a fun, interactive music enrichment program. Please email Miss Natalie at cheetham@palsplus.org to register for the zoom invite.

Pretzel Kids Yoga (on You Tube)
Friday, February 12 @11 am. Stretches done in a chair or using a chairas support.

Black History Bingo
Thursdays in February @3:30 pm— Celebrate Black History Month by playing Bingo with us! Visit our Facebook event description for the link to build a board and play along!

Read to a Dog
Look on Facebook for the days and times when Buster will be here!

Wiggle Worms Dance Party
Friday, February 26 @11 am (ages 2-5)
Put on your dancing clothes (or stay in your pajamas) & get ready to dance along with Miss Natalie.
Email cheetham@palsplus.org for the invite.

ADULT EVENTS

Overbrook Writers (on Zoom)
Mondays, February 1, 8 & 22
@7 to 8 pm (A writing support & discussion group). Regardless of whether you write in a notebook or type on a computer, meet other local writers, and discuss the craft.
Email: marrin@palsplus.org for meeting link.

Yoga on You Tube
Every Saturday Morning
Stacy Valdes-Davis will be posting on her You Tube Channel at https://www.youtube.com/watch?v=W-yxwxjflUg

Chair Yoga (on Zoom)
Tuesdays in February @10 am w/Anjum & Saturday, February 6 @10 am. Stretches done in a chair or using a chairas support.

Yoga (on Zoom)
Wednesdays @9 am w/Joie (on Zoom)
Have a mat and water on hand and start your day stretching using gentle poses.

TAI CHI (on Zoom)
Wednesdays @10:30 am w/Miriam (on Zoom)
Meditation, affirmations and gentle stretches

Senior Strength Training (on Zoom)
Thursdays @11 am w/Leena (on Zoom).
Cardio, Strength and Stretch to a more fit, healthier you! Afternoon Cardio/Strength—Mondays, February 8 & February 22 @4 pm

Lunar New Year (on Zoom)
Chinese New Year Tuesday, February 16 @3:30 pm
An introduction to the history and traditions of the Lunar New Year and a demonstration of Kung Fu style tea. Q & A, Registration Required. Email falcone@palsplus.org for meeting link.

Go on a Blind Date with a Book!
Call the library or email falcone@palsplus.org to arrange for a pick up of a wrapped book. Take it home to read and fill out the rate sheet included with your book. It’s fun and mysterious and, who knows, maybe you’ll enjoy a good read and “fall in love”! With every book you rate, you will be eligible to enter your name to win a prize! Starts February 1st.