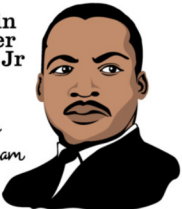


The New York Public Library  
**Morningside Heights  
 Library**

2900 Broadway  
 New York, NY 10025  
 212-864-2530

**2024** | **FREE Programs**  
**JANUARY 4**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  <b>LIBRARY CLOSED</b>	2	3 <b>Computer Basics:</b> *Open Lab (First Come, First Serve) 10AM - 1PM, 3PM <hr/> *Slow Flow Yoga	4 Quilting with a Purpose 2:30PM - 5:30PM	5  <b>Film Friday:</b> Love Again 2PM	6
7	8 Take Charge with MyChart: Test Results & Messaging 11AM - 12:30PM <hr/> Book Discussion: There, There: A Novel	9 <b>Moving for Life:</b> DanceExercise for Older Adults 12PM - 1PM	10 <b>Computer Basics:</b> *Open Lab (First Come, First Serve) 10AM - 1PM, 3PM <hr/> Lily Opera Discussion Group	11 Quilting with a Purpose 2:30PM - 5:30PM	12  <b>Film Friday:</b> Book Club: The Next Chapter 2PM	13 Collage & Writing Workshop 1:30PM - 3:30PM
14	15 Martin Luther King Jr  I Have a Dream <b>LIBRARY CLOSED</b>	16 <b>Moving for Life:</b> DanceExercise for Older Adults 12PM - 1PM <hr/> Vision Board Workshop	17 <b>Computer Basics:</b> *Open Lab (First Come, First Serve) 10AM - 1PM, 3PM <hr/> Movement Speaks: Dance Class for Older Adults 11AM - 12:15PM <hr/> *Slow Flow Yoga	18 Quilting with a Purpose 2:30PM - 5:30PM	19  <b>Film Friday:</b> Master Gardener 2PM	20
21	22 Shape Up NYC: Yoga en Español 10AM - 11AM <hr/> Take Charge with MyChart: Virtual Visits 11AM - 12:30PM	23 <b>Moving for Life:</b> 12PM - 1PM <hr/> Tai Chi for Arthritis & Fall Prevention 1:30PM - 2:30PM <hr/> LiLY: VISIONS Workshop	24 <b>Computer Basics:</b> *Open Lab (First Come, First Serve) 10AM - 1PM, 3PM <hr/> Movement Speaks: 11AM - 12:15PM <hr/> Lily Opera Group Discussion	25 Tai Chi for Arthritis & Fall Prevention 1:30PM - 2:30PM <hr/> Quilting with a Purpose 2:30PM - 5:30PM	26 LiLY Film 2PM	27 Mending Circle 1:30PM - 4PM
28	29	30	31			

Yoga en Español 10AM - 11AM	<b>Life:</b> 12PM - 1PM	*Open Lab (First Come, First Serve) 10AM - 1PM, 3PM	
Take Charge with MyChart: Medications 11AM - 12:30PM	Tai Chi for Arthritis & Fall	Movement Speaks: 11AM - 12:15PM *Slow Flow Yoga 1PM - 2PM	

**Computer Basics:**  
**Techonology Classes:**  
 Date: Mondays, 1/8, 22, 29  
 MyChart: Test Results & Messaging, 11AM  
 MyChart: Virtual Visits, 11AM  
 MyChart: Medications, 11AM

**Open Lab:**  
 (First Come, First Served)  
 Same Day Sign-Up on First Floor Desk  
*\*Limited 30 Minute Sessions\**  
 Date: Wednesdays, 1/3, 10, 17, 24, 31  
 Time: 10AM - 1PM, 3PM - 4PM

**Laboratorio de Computadora:**  
 (Servicio por Orden de Llegada)  
 Mismo Dia de Registracion : Primer Piso  
*\*Limite de 30 Minutos\**  
 Día: Miércoles, 1/3, 10, 17, 24, 31  
 Hora: 10AM - 1PM, 3PM - 4PM

**\*Shape Up NYC: Slow Flow Yoga**  
 Date: Wednesdays, 1/3, 10, 17, 24, 31  
 Time: 1PM - 2PM  
 Connect with yourself in Slow Yoga, a class to be enjoyed by all.  
*\*Registration Required:*

**Movement Speaks :**  
**Dance Class for Older Adults**  
 Date: January, 1/17, 24, 31  
 Time: 11AM - 12:15PM  
 Each session typically includes warm up and dance exercises for seated and standing participants; individual and group dance improvisation memorization of basic movement phrases and cool down.

**Tai Chi for Arthritis & Fall Prevention**  
 Date: Tuesdays & Thursdays, 1/23, 25, 30  
 Time: 1:30PM - 2:30PM  
 An enjoyable program that incorporates classes twice a week for 10 weeks, along with home practice. It helps to improve muscular

**Get a Library card!**

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**92 LOCATIONS  
BRONX • MANHATTAN  
STATEN ISLAND**

[nypl.org](http://nypl.org)

Morningside Heights  
 Library



# EVENTS & CLASSES

## January 2024

2900 Broadway  
 New York, NY 10025  
 212-864-2530

**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

