

The New York Public Library
Morningside Heights Library

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

JULY 2024 | FREE Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Book Discussion:</u> Love in the Time of Cholera 4:30PM-5:30PM	2 <u>Moving for Life:</u> DanceExercise for Older Adults 12PM – 1PM <hr/> Matter of Balance 1:15PM – 3:15PM	3 <u>Computer Basics:</u> *Open Lab 10AM – 1PM, 3PM – 4PM <hr/> Lily Opera Group Discussion 3:30PM – 5:30PM	4  LIBRARY CLOSED	5  <u>Film Friday:</u> The Holdovers 11:30AM	6
7	8 <u>Lily's Film Group:</u> 1PM	9 <u>Moving for Life:</u> DanceExercise for Older Adults 12PM – 1PM <hr/> Matter of Balance 1:15PM – 3:15PM	10 <u>Computer Basics:</u> *Open Lab 10AM – 1PM, 3PM – 4PM	11 Alignment Yoga 1PM – 2PM <hr/> Quilting with a Purpose 2:30PM - 5:30PM	12  <u>Film Friday:</u> Hypnotic 11:30AM	13 Collage & Writing Workshop 1:30PM - 3:30PM
14	15	16 <u>Moving for Life:</u> DanceExercise for Older Adults 12PM – 1PM <hr/> Matter of Balance 1:15PM – 3:15PM	17 <u>Computer Basics:</u> *Open Lab 10AM – 1PM, 3PM – 4PM <hr/> Lily Opera Group Discussion 3:30PM – 5:30PM	18 Alignment Yoga 1PM – 2PM <hr/> Quilting with a Purpose 2:30PM - 5:30PM	19  <u>Film Friday:</u> The Beekeeper 11:30AM	20 Black History Fiction Reading Challenge Series: 1:30PM - 3PM
21	22	23 <u>Moving for Life:</u> DanceExercise for Older Adults 12PM – 1PM <hr/> Matter of Balance 1:15PM – 3:15PM	24 <u>Computer Basics:</u> *Open Lab 10AM – 1PM, 3PM – 4PM	25 Alignment Yoga 1PM – 2PM <hr/> Quilting with a Purpose 2:30PM - 5:30PM	26  <u>Film Friday:</u> The Girl on the Train 11:30AM	27 Youth Mental Health First Aid 10AM – 1:30PM
28	29 Youth Mental Health First Aid 10AM – 1:30PM	30 <u>Moving for Life:</u> DanceExercise for Older Adults 12PM – 1PM <hr/> Matter of Balance 1:15PM – 3:15PM	31 <u>Computer Basics:</u> *Open Lab 10AM – 1PM, 3PM – 4PM <hr/> Lily Opera Group Discussion 3:30PM – 5:30PM			



Morningside Heights Library

EVENTS & CLASSES

July 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



Computer Basics:
Open Lab:
(First Come, First Served)
Same Day Sign-Up on First Floor Desk
Limited 30 Minute Sessions
 Date: Wednesdays, 7/3, 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, 7/3, 10, 17, 24, 31
 Hora: 10AM - 1PM, 3PM – 4PM

Matter of Balance
 Date: Tuesdays, 7/2, 9, 16, 23, 30
 Time: 1:15PM – 3:15PM
A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. **(8-Week program: Tuesdays from 6/25 – 8/13) *Registration Required***



***Shape Up NYC: Alignment Yoga**
 Date: Thursdays, 7/11, 18, 25
 Time: 1PM - 2PM
 This yoga session is designed to help you better understand how the body works by focusing on improving balance, strength, and flexibility. Experience isn't necessary, and all levels are welcome- join in with an open heart and open mind.
***Registration Required:**



Collage & Writing Workshop
 Date: Saturday, 7/13
 Time: 1:30PM – 3:30PM
 Join *Nadia Bongo*, for a collage and writing workshop. After a short introduction of the art of collage, we will dive hands on to practice for thirty-five minutes. We will have a mini writing session inspired by the collages created with a share out at the end.

Youth Mental Health First Aid
 Date: July 27, 29
 Time: 10AM – 1:30PM
 This course is designed for adults who regularly interact with adolescents (ages 12-18) including: Parents and other family, Caregivers, Teachers and school staff, Neighbors, Health and human service workers. Participants will learn a five-step action plan for how to help young people in both crisis and non-crisis situations.
Everyone taking the course must be at least 17 years old.

***Registration Required:**



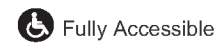
Get a Library card!

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