



JANUARY 2025

ADULT PROGRAMS

Thursday, Jan. 2nd, 9th, 16th, 23rd & 30th – 12:30PM – CHAIR YOGA WITH LINDA ZOGAS - expect to breathe, meditate, lengthen your muscles, ease & strengthen your joints, all from your chair! No getting up and down from the floor! Linda will build on the moves for you to notice improvement & allow you to continue at home through the holidays! No mats necessary. Chair Yoga is offered as a community service by Linda and the library; there is no charge to you.

****NEW**Thursdays – same dates as above – 5:45PM- STRETCH & FLOW WITH MADDIE HERTZOG** -Stretch & Flow is your gateway to balance, strength, and serenity. This session seamlessly integrates breathwork, stretching, and mindful movement to release tension, enhance flexibility, and cultivate inner calm. With a harmonious flow between seated and standing postures, each transition is designed to connect breath with movement. Suitable for all levels, Stretch & Flow offers a gentle yet empowering practice that will leave you feeling grounded, refreshed, and reconnected.

To register: www.maddiehertzog.com; \$15 per class; \$65 per 5 class plan; \$120 per 10 class plan

Friday – Jan.3, 10th, 17th, 24th, 31st - 9 AM – ADULT YOGA FOR EVERYONE – WITH LINDA ZOGAS. End your week with some Vinyasa Yoga poses, stretches and meditation. \$15 per class – a portion of the class fee benefits the library.

Saturday, Jan. 4th, 11th, 18th, 25th - 10 AM - CHESS FOR ALL – Whether you're new to the game or have been playing for a while, join us on Saturdays from 10 AM till 1 PM. All ages are welcome to drop in and play in the Main Reading Room.

Monday, Jan. 6th – 6 PM – POST-MODERN ARCHITECTURE – Jay Umble invites you to take a look at the post-modern movement in architecture nationally and locally

Tuesday, Jan. 7th, 14th, 21st, 28th - 9 AM – QIGONG –Jay Umble leads the practice of this ancient system of coordinated body-posture and movement, breathing, and meditation. \$5 weekly fee.

Wednesday, Jan. 8th – 6 PM-7:30 PM– AMERICAN SCRIPTURE PROJECT – Join us for an in-depth look at some of our nation's most important documents as we read them closely and discuss their implications. Rabbi Brian Michelson will lead the monthly discussions. Tonight's discussion will focus on passages in *The Declaration of Independence*.

Saturday, Jan. 11th - BULLFROG FILMS: “As governments, corporations and universities pour funds into quantum science, and breakthroughs in quantum technology gather pace, important questions about the reality of a quantum future remain unanswered. In a notoriously complex field where ignorance is matched by hype, *PROJECT Q: WAR, PEACE, AND QUANTUM MECHANICS* seeks to develop a multidisciplinary fluency in all things quantum.” 92 minutes.

Monday, Jan. 13th, 27th – 2PM - SCRABBLE – join us for this always popular board game, and test your word skills! Boards and tiles provided, but you're welcome to bring your own.

7 PM – NEW YEAR, NEW BUDGET – M&T Bank Vice Presidents Jeff Lentz & Wendy Scotto Diluzio will help you get your home budget in order to begin 2025.

****NEW** Wednesday, Jan. 15th – 4:30 PM – BRIDGE FOR ALL** – whether you're new to this popular card game or have been playing for a while, join Denise Greenwood and other players for an evening of bridge!

6PM – WPL BOOK CLUB – This month's selection is **LONG ISLAND**, by Colm Toibin, the sequel to Brooklyn.

Monday, Jan. 20th – 6 PM – *BE PRESENT: MINDFULNESS WORKSHOP FOR ADULTS* – Tania Hollos leads this workshop to help us deal with everyday stressors & create moments of calm. Each first-time participant will receive a journal and a pen. There is a \$10 workshop fee.

Wednesday, Jan. 22nd – 6 PM – (Censored) BOOK CLUB – This month we're reading **WICKED**; if you've seen the play or the movie, read the book too and join the discussion about why's it's controversial!

Saturday, Jan. 25th – 1 PM – BERKS INTER-CULTURAL ALLIANCE presents a panel discussion on THE HIDDEN ROOTS OF WHITE SUPREMACY. The panel will include Wynton Butler, Rev. Steve Ohnsman and Amanda Funk; John Morgan will be the moderator.

Monday, Jan. 27th - 6 PM – HOLOCAUST REMEMBRANCE DAY – the film, “**THE BOY IN THE STRIPED PAJAMAS**” will be shown in commemoration. Rated PG-13; 94 minutes.

Tuesday, Jan. 28th - 4:30 PM - ANIME CLUB - – If you like anime, join Neil Rush; watch anime, discuss what you've seen – style, story, etc.

Wednesday, Jan. 29th – 6 PM – THE ENDURING POPULARITY OF JANE AUSTIN – 2025 is the 250th anniversary of this most popular author; Paul Savidge, of the National Jane Austin Society, will talk about her life, her work and why she continues to be read.

TO REGISTER FOR ADULT PROGRAMS, EMAIL ANN@WYOPUBLIB.ORG OR CALL THE LIBRARY AT 610-374-2385.

Is Winter getting you down? Make your reservations now for the library's bus trip to the Philadelphia Flower Show on Saturday, March 1st! Visit wyopublib.org for information!

**If you, or someone you know, can't get to the library, sign up for HOME DELIVERY!
IF YOU LIVE IN OUR SERVICE AREA (WYOMISSING, WYOMISSING HILLS & WEST READING) AND ARE NOT ABLE TO GET TO THE LIBRARY, WE'LL BE HAPPY TO COME TO YOU!**

FOR MORE INFORMATION, VISIT OUR WEBSITE (WWW.WYOPUBLIB.ORG) OR CALL THE LIBRARY AT 610-374-2385.