



FEBRUARY 2025

ADULT PROGRAMS

Saturday, Feb. 1st, 8th, 15th, 22nd - 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.

Tuesday, Feb. 4th, 11th, 18th, 25th - 9 AM – QIGONG – Jay Umble leads the practice of this ancient system of coordinated body-posture and movement, breathing, and meditation. \$5 weekly fee.

Thursday, Feb. 6th, 13th, 20th, 27th – 12:30 PM – 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.

Thursdays – Feb. 13th & 20th – 5:45 PM – Feb. 27th – 6 PM 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 – Feb. 7th, 14th, 21st, 28th - 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.

Monday, Feb. 10th, 24th – 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.

Monday, Feb. 10th – 6PM – JANE AUSTEN BOOK CLUB – If you're a Jane Austen fan, come to our first meeting and help decide what to read first in her list of books! What's your favorite?

Tuesday, Feb. 11th, 25th - 4:30 PM - ANIME CLUB - – If you like anime, join Neil Rush; watch anime, discuss what you've seen – style, story, etc.

Wednesday, Feb. 12th – 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 discussion. “What To the Slave is the Fourth of July?”, an address given by Frederick Douglass in Rochester, NY on July 5, 1852, is the document we will discuss.

-OVER-

Saturday, Feb. 15th - 1 PM - BULLFROG FILMS –“Beethoven's Nine: Ode to Humanity” - A deeply personal exploration of the legacy and resonance today of Beethoven's 200-year-old Ninth Symphony.

83 minutes

Monday, Feb. 17th – 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.

Tuesday, Feb. 18th & Feb. 25th- 1 PM – ART FOR ADULTS – Join Artist Sarah Miller to explore the beauty of snowscapes! Sarah will lead you through a series of exercises using a variety of materials, including pencil, acrylic paint and oil pastels to explore the winter landscape. Absolutely no experience necessary. Class is limited to 15 people, and the cost is \$20, payable on or before Feb. 18th.

Tuesday, Feb. 18th – 5:30 PM – PENNSYLVANIANS FOR MODERN COURTS: UNDERSTANDING “THE PEOPLE’S COURT” - the nuts & bolts of small claims court.

Wednesday, Feb. 19th – 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!

Wednesday, Feb. 19th - 6PM – WPL BOOK CLUB – This month’s selection is **The Small & The Mighty**, by Sharon McMahon – the remarkable stories of ordinary Americans who have shaped history in profound yet often overlooked ways.

Monday, Feb. 24th – 6 PM – MONDAY NIGHT MOVIE – “SENSE AND SENSIBILITY” - The award-winning film adaptation of the book by Jane Austen, starring Emma Thompson, Kate Winslet, Alan Rickman & Hugh Grant. Rated PG; running time: 136 minutes.

Wednesday, Feb. 26th – 6 PM – (CENSORED) BOOK CLUB- George Takei’s graphic novel, **They Called Us Enemy**, about his experiences growing up in a Japanese American internment camp during World War II, will be discussed.

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

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.