



CALDWELL PUBLIC LIBRARY

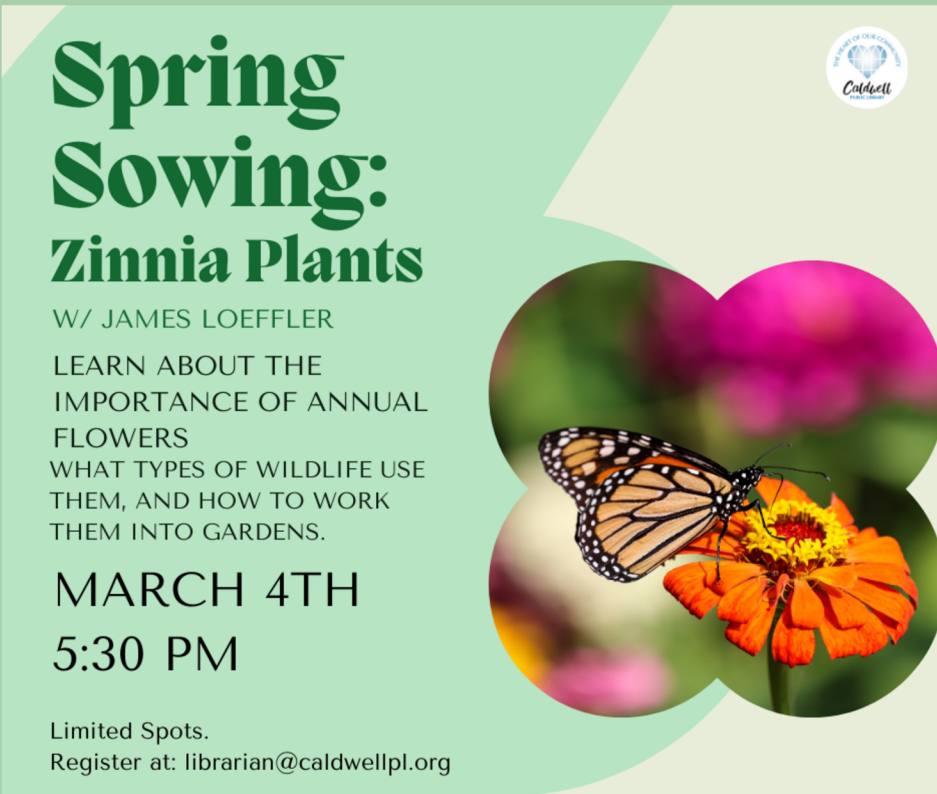
MARCH ADULT EVENTS

LIMITED SPOTS. TO REGISTER EMAIL LIBRARIAN@CALDWELLPL.ORG

SUNDAY CLOSED	MONDAY 10AM-5PM	TUESDAY 10AM-7PM	WEDNESDAY 10AM-7PM	THURSDAY 10AM-7PM	FRIDAY 10AM-5PM	SATURDAY 10AM-2PM
						1
2	3	4 Spring Sowing 5:30 - 6:15 pm	5	6 Wellness Workshop 2:00 pm	7	8
9  Daylight Savings Time Begins	10	11 Chair Yoga 5:30 - 6:15 pm	12 History of Tea 2:00 pm	13 Zoom: All Things Irish 7:00 pm	14	15
16	17	18	19	20 Habla Inglese con Terese 5:30 -6:30 pm	21	22
23	24	25	26 Gettin' Crafty 11 am - 12pm	27	28 Chair Yoga 10:30 am	

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**Spring Sowing:
Zinnia Plants**


W/ JAMES LOEFFLER

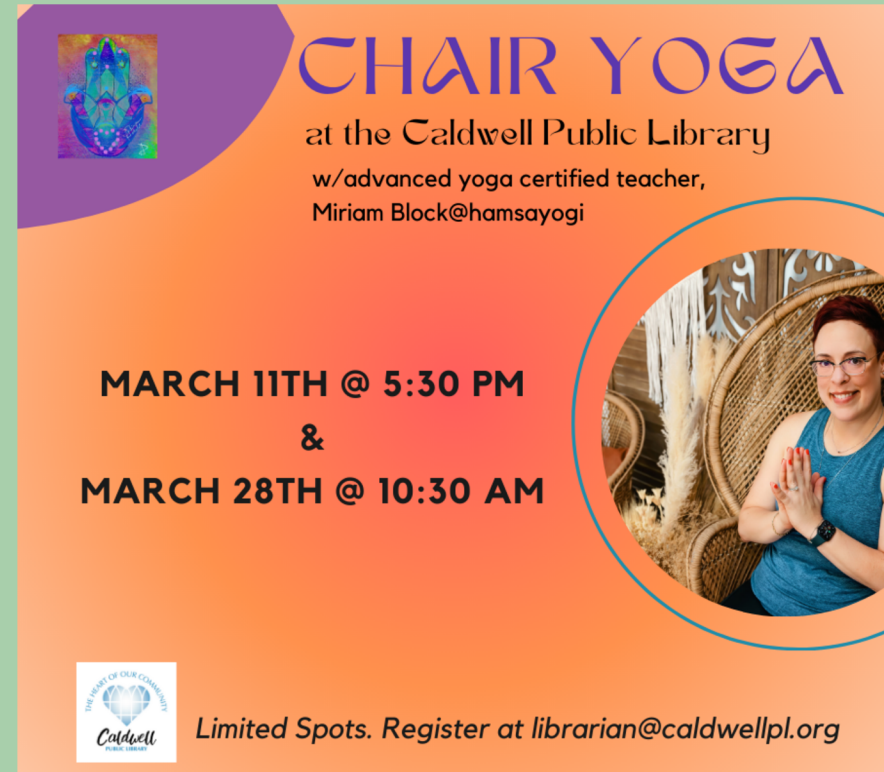
LEARN ABOUT THE IMPORTANCE OF ANNUAL FLOWERS WHAT TYPES OF WILDLIFE USE THEM, AND HOW TO WORK THEM INTO GARDENS.

**MARCH 4TH
5:30 PM**

Limited Spots.
Register at: librarian@caldwellpl.org









CHAIR YOGA

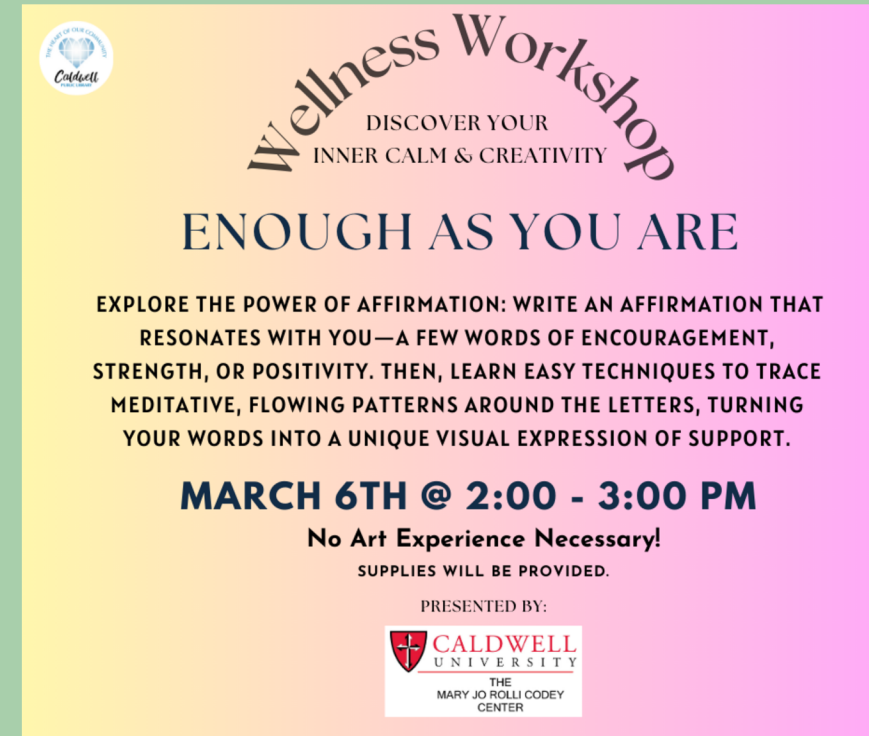
at the Caldwell Public Library
w/advanced yoga certified teacher,
Miriam Block@hamsayogi

**MARCH 11TH @ 5:30 PM
&
MARCH 28TH @ 10:30 AM**



Limited Spots. Register at librarian@caldwellpl.org





Wellness Workshop

DISCOVER YOUR
INNER CALM & CREATIVITY


ENOUGH AS YOU ARE

EXPLORE THE POWER OF AFFIRMATION: WRITE AN AFFIRMATION THAT RESONATES WITH YOU—A FEW WORDS OF ENCOURAGEMENT, STRENGTH, OR POSITIVITY. THEN, LEARN EASY TECHNIQUES TO TRACE MEDITATIVE, FLOWING PATTERNS AROUND THE LETTERS, TURNING YOUR WORDS INTO A UNIQUE VISUAL EXPRESSION OF SUPPORT.

MARCH 6TH @ 2:00 - 3:00 PM

No Art Experience Necessary!
SUPPLIES WILL BE PROVIDED.

PRESENTED BY:





**Tea Time from Ancient China to
Modern Times**

WITH JANE KINKLE & JENNY ALEY

March 12th 2 pm

LEARN THE HISTORY OF TEA, THE TYPES OF TEAS AND THEIR USES. ENJOY A TEA TASTING.

LIMITED SPOTS. REGISTER BY EMAILING LIBRARIAN@CALDWELLPL.ORG







ZOOM EVENT

ALL THINGS IRISH

W/ MARISA MERRIGAN ROBERTAZZI

**MARCH 13TH
7 PM**



FOR ZOOM LINK
EMAIL LIBRARIAN@CALDWELLPL.ORG





HELLO! HOLA!

HABLA INGLÉS CON TERESA

Ven a Habla Inglés con Teresa. ¡Este es un programa de habla inglesa para hispanohablantes que es interactivo y divertido! Aprende expresiones comunes y vocabulario útil practicando la pronunciación a través de una conversación activa. Adultos/Padres 18+. Cuidado de niños no disponible.

**MARZO 20TH
5:30 -6:30 P**

Para mas detalles y registrarse, llame a la biblioteca de Caldwell al 973-226-2837
24D Small Avenue, Caldwell, NJ www.caldwellpl.org librarian@caldwellpl.org







Gettin' Crafty

**cactus
rock
garden**

Wednesday, March 26th at 11 AM

To Register: Email librarian@caldwellpl.org

The end goal is nice, but the process is a delight!
www.caldwellpl.org





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