



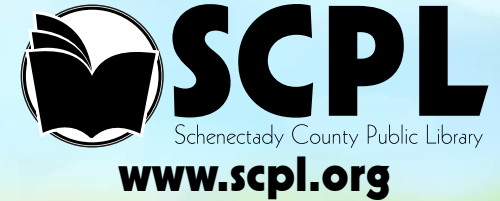
GET UP & GET ACTIVE DURING THE MONTH OF MAY



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>TIP #512: Stand while talking on the phone!</p>	<p>1</p>	<p>2</p>	<p>3</p> <p>TIP #313: Take the stairs!</p>	<p>4 12pm Wellness Walk Kickoff</p>	<p>5 11:30am BOR: Gym & Giggles (Age 0-5YO)</p> 	
<p>7 10:15am-11:15am WOO: Adaptive Yoga (Adults)* 2pm-3:15pm SCO: Adaptive Yoga (Adults)*</p>	<p>8 6pm-7:30pm NIS: Vinyasa Yoga (Adults)*</p>	<p>9</p> <p>TIP #49: Go for a walk at lunch time!</p>	<p>10 11am-12:15pm ROT: Kripalu Yoga (Adults)* 2pm-3:30pm QUA: Gentle Yoga (Adults)* 6pm-7:15pm GNV: Yoga Basics (Ages 12+ & Adults)*</p>	<p>11</p>	<p>12 9:30am-10:30am SCP: Family Yoga & Mindfulness Activities (Families w/ Ages 3+)* 10:30am ROT: Animal Yoga for Kids (Families)* 2pm-3:15pm BOR: Hip Hop Yoga (Teens)*</p>	
<p>14 10:15am-11:15am WOO: Adaptive Yoga (Adults)* 2pm-3:15pm SCO: Adaptive Yoga (Adults)*</p>	<p>15 6pm-7:15pm SCP: Vinyasa Yoga (Adults)*</p>	<p>16 10:30am-11:30am ROT: Yoga for Aging Gracefully (Adults)*</p>	<p>17 6pm-7:15pm GNV: Yoga Basics (Ages 12+ & Adults)*</p>	<p>18</p>	<p>19</p>	
<p>21 10:15am-11:15am WOO: Adaptive Yoga (Adults)* 10:30am-11:30am GNV: Pre-school Yoga & Mindfulness Activities (Ages 3-6)* 2pm-3:15pm SCO: Adaptive Yoga (Adults)* 2:30pm-4:30pm MTP: JUST DANCE-a-thon (Gr. 1-8) 5pm-5:30pm MTP: Bedtime Yoga Story Time (Families)</p>	<p>22 9:30am-10:30am NIS: Pre-school Yoga & Mindfulness Activities (Ages 3-6)* 11:30am-12pm BOR: Boogie Woogie Pre-school Story Time (Ages 3-5)* 4pm-5pm QUA: Fun Kids Yoga (Gr. K-5)* 5:30pm SCP: Family Literacy to Get Kids Moving (Families w/ ages 3-6)* 6pm-7:30pm NIS: Vinyasa Yoga (Adults)*</p>	<p>23 10:30am-11:30am ROT: Yoga for Aging Gracefully (Adults)*</p>	<p>24 11am-12:15pm ROT: Kripalu Yoga (Adults)*</p>	<p>25</p> <p>Wii JUST DANCE® DANCE-A-THON</p>	<p>26 1pm-4pm SCP: JUST DANCE-a-thon (Ages 7+)</p>	
<p>28 CLOSED MEMORIAL DAY</p>	<p>29 6pm-7:15pm SCP: Vinyasa Yoga (Adults)*</p>					<p>Key: * - Please register for this program at library.org or scpl.org</p>
						<p>LOCATIONS:</p> <p>SCP: Central (Downtown) QUA: Quaker Street Branch BOR: Bornt Branch ROT: Rotterdam Branch GNV: Glenville Branch SCO: Scotia Branch MTP: Mont Pleasant Branch WOO: Woodlawn Branch NIS: Niskayuna Branch</p>



GET UP & GET ACTIVE DURING THE MONTH OF MAY



CHECK OUT SCHENECTADYCOUNTY.COM/SCMOVES FOR MORE INFO & TO LOG YOUR ACTIVITY MINUTES ONLINE!

Adaptive Yoga

Join instructor Mary Clare O'Connor from Yoga Bliss for this adult class designed for students with a variety of needs who are looking for a safe place to experience the multiple benefits of yoga. These benefits would include increased flexibility, greater sense of balance, moderate strengthening, and the ability to be present in themselves in the breath to achieve the optimum degree of healing in each experience whether in a yoga class or in the world.
Please register at the branch or online at www.scpl.org

Animal Yoga

Bring the entire family for this fun yoga class, led by Paula Bordis!
Please register at the branch or online at www.scpl.org

Bedtime Yoga Story Time

A fun, calming, drop-in story time for families to end a hectic day with!

Boogie Woogie Pre-School Story Time

Wonderful yoga class for little ones ages 3-6, led by Jennifer Vendetti from Lilananda Yoga. You may bring blankets or yoga mats.
Please register at the branch or online at www.scpl.org

Family Literacy to Get Kids Moving

Join us for this drop-in activity to get your children, ages 3-6, up and moving while enjoying some good books!

Family Yoga and Mindfulness Activities

Wonderful yoga class for families with little ones ages 3 and older, led by Jennifer Vendetti from Lilananda Yoga. You may bring blankets or yoga mats.
Please register at the branch or online at www.scpl.org

Fun Kids Yoga

A yoga class for ages 5-11 for kids who want to have fun and learn some yoga from Dionne Holt Grygas of East Shore Yoga!
Please register at the branch or online at www.scpl.org

Gentle Yoga

A gentle introductory class, led by Dionne Holt Grygas, with chairs provided for those adults needing some extra support.
Please register at the branch or online at www.scpl.org

Gym & Giggles

A fun, drop-in class for children ages 5 and under to be able to exercise and get their sillies out!

Hip Hop Yoga/#Namaslay

Breathe, flow, and sweat to a hip hop infused vinyasa class focused on developing flexibility, strength, and deepening the connection between your body and mind. Take an hour just for you to flow and let go! All levels welcome. This teen class is instructed by Chelle Pean from Yoga Bliss.
Please register at the branch or online at www.scpl.org



Kripalu Yoga

The Sanskrit word Kripalu means compassion. Kripalu yoga is an introspective practice that focuses on the intertwining of breath and movement. During classes poses might be held for a longer period (relative to some other styles) so one can explore both the physical and emotional sensations of the posture. Kripalu Yoga is a gentle yet dynamic practice - spontaneous, flowing, and meditation-orientated. By focusing inward each student is encouraged to find his or her own path and level of challenge. Led by instructor Mary Clare O'Connor of Yoga Bliss.

Please register at the branch or online at www.scpl.org

Pre-School Yoga and Mindfulness Activities

Wonderful yoga class for families with little ones ages 3-6, led by Jennifer Vendetti from Lilananda Yoga. You may bring blankets or yoga mats.

Please register at the branch or online at www.scpl.org

Vinyasa Yoga

An energizing yoga class that builds up heat quickly and emphasizes breath, movement, alignment, and fire. For all levels, build balance, strength, & flexibility. Mantra meditation & yoga philosophy spiritually charge this practice. This adult class is instructed by Annette Marblo of Yoga Bliss.

Please register at the branch or online at www.scpl.org

Wellness Walk to Veteran's Park

Join the community for the County's Kickoff to Moving for a Million Minutes in May at noon!

Wii JUST DANCE-A THON

Calling all dancing maniacs, ages 7 and older, who think they have all the right moves and groove to reign supreme against their friends in this drop-in contest fun!

Yoga Basics

This class, for those ages 12+, is the perfect place to begin or reawaken your yoga practice! It is designed for the absolute beginner or the student somewhat new to yoga who wants a deeper introduction into this ancient method used to create flexibility, strength and balance in the body and mind... on and off the mat. Although if you're a more experienced yogi, don't let the word beginners discourage you. Led by Jennifer Vendetti from Lilananda Yoga.

Please register at the branch or online at www.scpl.org

Yoga for Aging Gracefully

Join us for this adult yoga class is instructed by Paula Bordis.

Please register at the branch or online at www.scpl.org



** Last minute programs occasionally do come up, so make sure that you always check back with our Event Calendar found at www.scpl.org!

Central Library
99 Clinton Street
518.388.4540

Bornt Branch
948 State Street
518.372.4393

Glenville Branch
20 Glenridge Road
518.386.2243

Mont Pleasant Branch
1026 Crane Street
518.386.2245

Niskayuna Branch
2400 Nott Street East
518.386.2249

Quaker Street Branch
133 Bull Street, Delanson
518.895.2719

Rotterdam Branch
1100 N. Westcott Road
518.356.3440

Scotia Branch
14 Mohawk Avenue
518.386.2247

Woodlawn Branch
2 Sanford Street
518.386.2248