

PRESENT

An Introduction to
Chair Yoga/Zumba

OFA Services Overview



OCTOBER 8 — 11AM-12PM (Chair Yoga)

NYACK LIBRARY

59 S. Broadway • Nyack 10960

(845) 358-3370

<https://www.nyacklibrary.org/eventscalendar.html#/events/>

OCTOBER 17 — 11AM-12PM (Zumba)

ROSE MEMORIAL LIBRARY at Patriot Hills Community Center

19 Clubhouse Lane • Stony Point 10980

(845) 786-2100

<https://rmla-ny.whofi.com/calendar/embed>



OCTOBER 23 — 2PM-3PM (Chair Yoga)

WEST NYACK FREE LIBRARY

65 Strawtown Rd • West Nyack 10994

(845) 358-6081 **Registration begins Oct 9.**

<https://westnyacklib.libcal.com/event/12885297>

OCTOBER 31 — 11AM-12PM (Zumba)

HAVERSTRAW KING'S DAUGHTERS PUBLIC LIBRARY

10 West Ramapo Rd • Garnerville 10923

(845) 786-3800

<https://haverstraw.librarycalendar.com/events/month>



NOVEMBER 20 — 2PM-3PM (Chair Yoga)

SUFFERN FREE LIBRARY

210 Lafayette Avenue • Suffern 10901

(845) 357-1237

<https://www.suffernfreelibrary.org/visit/event-calendar/>

For Rockland County residents, 60 years and over

Registration is required

Please contact the respective library to register

Please come prepared:

Comfortable attire • Appropriate footwear • Water for hydration