



# WINTER ADULT PROGRAMMING



**KNITTING** - MONDAY, DECEMBER 10TH @ 1:00 PM

**YOGA** - MONDAYS @ 6:00 PM

**CROCHET** - TUESDAYS @ 6:00 PM

**ENGLISH CONVERSATION CLASS**

THURSDAYS @ 6:00 PM

**SMOKING CESSATION CLINIC - \$10 TO JOIN**

BEGINNING JANUARY 9TH - FEBRUARY 20TH

PIZZA WILL BE SERVED

EVERY WEDNESDAY @ 5:30 PM - 7:30 PM

PROGRAM HOSTED BY THE BERGEN COUNTY

DEPARTMENT OF HEALTH SERVICES

