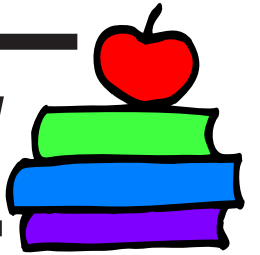


Melrose Park Public Library



MP Melrose Park PL Public Library

www.MPPLibrary.org

CHAIR YOGA

ADULTS | SENIORS PROGRAM

Designed for all levels. The classes include breathing, meditation, stretching in the chair, some standing poses, & ends with relaxation. No equipment needed.




FRIDAYS:
10:30 AM - 11:30 AM

Registration Required
PHONE: (708) 649-7485
EMAIL: mpref@mpplibrary.org
ONLINE: mpplibrary.org

Register Now!
BEGIN YOUR JOURNEY...

2025 DATES

January 17th
February 14th
March 14th
April 11th
May 16th
June 20th
July 18th
August 15th
September 19th
October 17th
November 14th
December 19th

MEDITATION SOUNDBATH

Adult | Senior Program

Yoga instructor Rhonda Fentry leads a form of meditation using ambient overlapping sounds and vibrations from crystal and Tibetan singing bowls, tapping into your subconscious and awakening new energy.


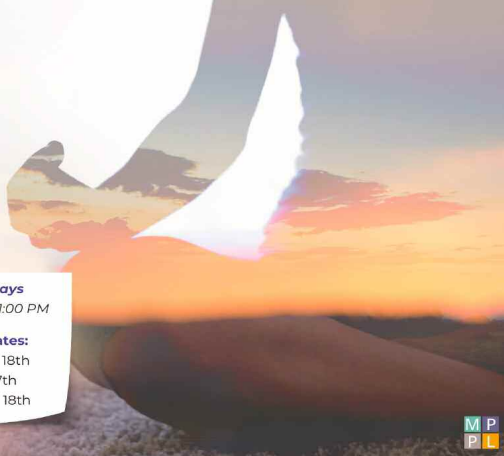
Please bring your own yoga mat

Registration Required
PHONE: (708) 649-7485
EMAIL: mpref@mpplibrary.org
ONLINE: mpplibrary.org

Register Now!

Saturdays
12:00 PM - 1:00 PM

2025 Dates:
January 18th
May 17th
October 18th

Need assistance filling your taxes?

Triton College offers free tax assistance for seniors age 60+ from low- and moderate-income households through RSVP (Retired and Senior Volunteer Program).

Call to make an appointment:

(708) 456-0300, Ext. 3895.



Check the website or call for the most current information on hours and procedures.



Mon	Wed	Fri	9:00am - 5:00pm
Tue	Thu		9:00am - 7:00pm
Sat			10:00am - 2:00pm
Last Saturday of the month - Closed			
Sunday - Closed			
Memorial Day thru Labor Day - Closed on Saturdays			

MPPLibrary.org
801 N Broadway
Melrose Park, IL 60160
mps@mpplibrary.org
(708)649-7400



Melrose Park Public Library



M P Melrose Park
P L Public Library

Youth Services



Make It Mondays

Weekly Crafts on YouTube

Make something special every week with us on the Melrose Park Library Official YouTube Channel! Contact us for information, and drop by the library to pick up the weekly craft supplies. Ages 3 & up.

Online Storytime

Bi-Monthly on our Website

We are posting virtual story times online the first and third Wednesdays of every month! We will also have available for pick up at the library an activity package and unique craft to celebrate the story time theme! You will find all our videos on our website.



ABC Adventures

Join our interactive playtime for fun with stories, music, puzzles, toys, and more! Ages 1-5 with a caregiver.

Wednesdays - 10:00am - 11:00am

All dates and times are subject to change without prior notice. Please see the website, or call us for updated programming information. All programs at the library are free but registration is required. MPPL card holders have first priority. To register, or with any further questions, please call 708.649.7400