



Melrose Park Public Library



M P Melrose Park P L 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

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





Adult | Senior Program

MEDITATION SOUNDBATH

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

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EMAIL: mpref@mpplibrary.org
ONLINE: mpplibrary.org

Register Now!

Saturdays
12:00 PM - 1:00 PM

2025 Dates:
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



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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.



Wednesday Mornings
10am-11am
Ages 1-5
with caregiver

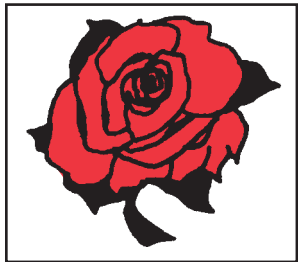
ABC Adventures

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

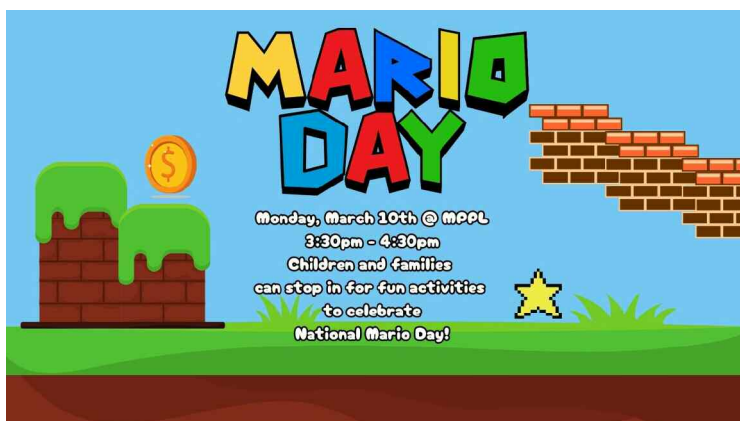


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Youth Services



Mario Day

Children and families can stop in for fun activities to celebrate National Mario Day! This is a drop-in event for children and families.

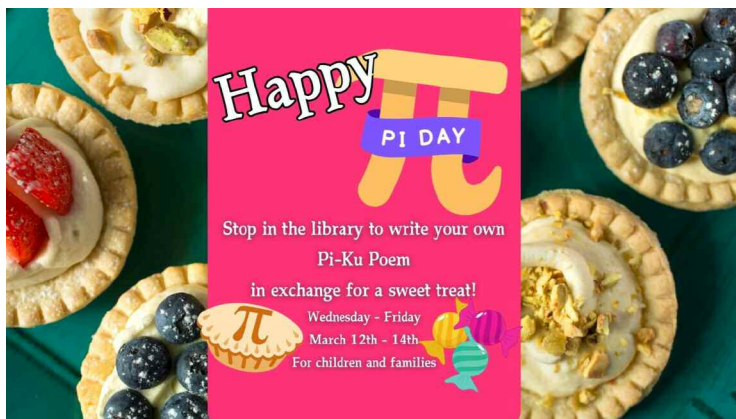
**Monday, March 10th
3:30pm-4:30pm**

Crafty Corner

Monthly Craft Program

Join us for our monthly craft program for grades 1st-5th! This month's craft is Clay Pinch Pots!

**Tuesday, March 11th
3pm-3:45pm**



Pi Day Pi-ku's

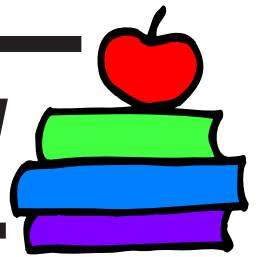
Children and their families can stop in the library to write their own Pi-ku's in celebration of Pi Day in exchange for a sweet treat!

**Wednesday, March 12th
Thursday, March 13th
Friday, March 14th**

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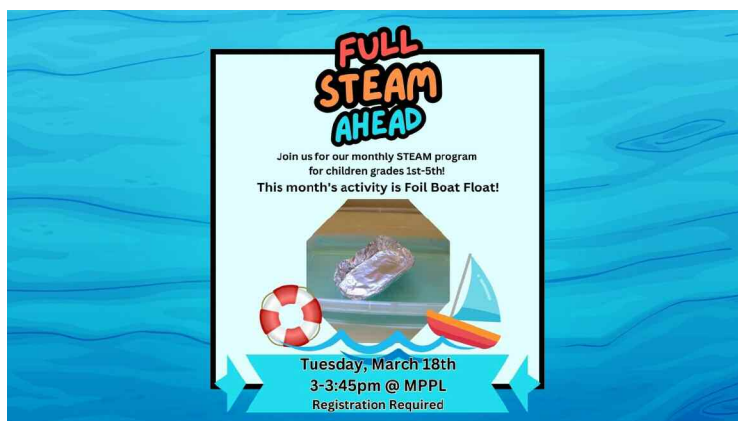


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Full STEAM Ahead

Monthly STEAM Program

Join us for our monthly STEAM program for children grades 1st-5th!

This month's activity is Foil Boat Float!

Tuesday, March 18th

3pm-3:45pm

Registration Required

Story Adventures

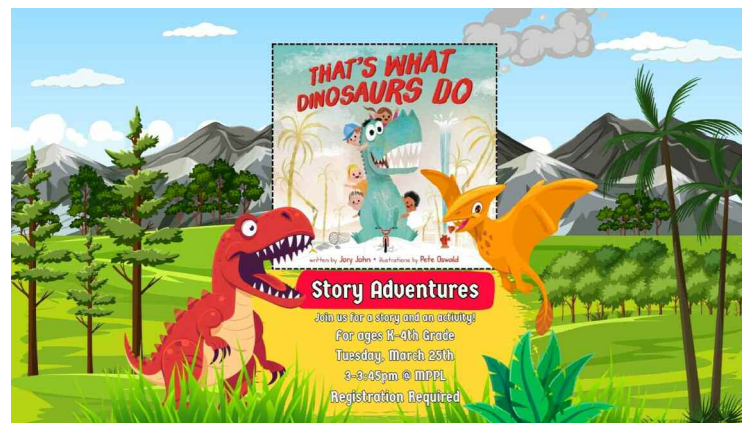
Monthly Program

Join us for a story and activity. This Story Adventures includes reading *That's What Dinosaurs Do* by Jory John and will be followed by a craft!

Tuesday, March 25th

3pm-3:45pm

Registration Required



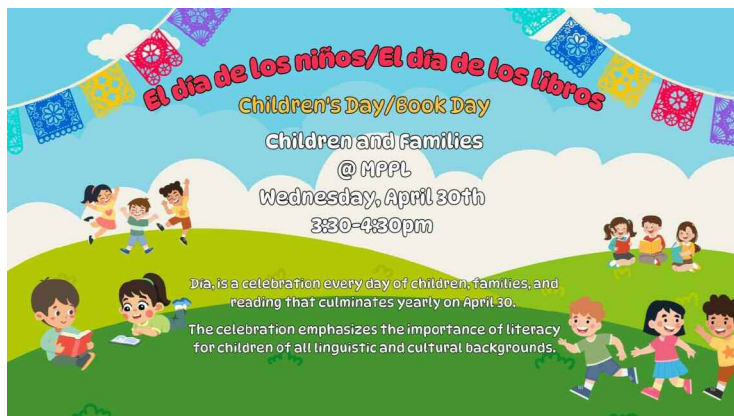
Día: Children's Day/Book Day

Día, is a celebration every day of children, families, and reading that culminates yearly on April 30.

The celebration emphasizes the importance of literacy for children of all linguistic and cultural backgrounds. Children and families are invited to stop in for book-related activities!

Wednesday, April 30th

3:30pm-4:30pm



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