



# April



## Adult Programs at **Library of the Smithfields**

### **Chair Yoga for Adults**

in the MST Community & Cultural Center

11am, Saturday, April 6th

11am, Saturday, April 27th

Middle Smithfield Township is bringing Chair Yoga and Movement to the Middle Smithfield! Join Luz for an eclectic mix of chair yoga and movement to help you stay healthy and well! No cost to join! Please bring water and a small towel. Dress to move

### **Monthly Omnivorous Readers Book Club**

Thursday, April 11th, 8:00pm-9:00pm via ZOOM

Rather than everyone reading the same book, each member reads a book of their choosing related to the month's theme and then discusses the book with the rest of the club. The book theme for this month is **Women's Memoirs**. Call us at 570-223-1881 or email [jvigorito@monroepl.org](mailto:jvigorito@monroepl.org) for more information.

### **Caregiver Resources Health Booth**

Monday, April 15th, 9:00am - 1:00pm

Are you a caregiver for an aging, seriously ill or disabled family member or friend? Our PA Department of Health nurse will be here with a range of resources including caregiving tips, information and encouragement about taking care of yourself as a caregiver. Drop by the library to talk with her about which resources are right for you. No appointment necessary!



### **Contact us!**

Library of the Smithfields  
5200 Milford Rd,  
E. Stroudsburg, PA 18302

570-223-1881

[smf@monroepl.org](mailto:smf@monroepl.org)