



SEPTEMBER

Programs at **Library of the Smithfields**

Chair Yoga and Movement

Select Days -- MST Community and Cultural Center Community Room

Tuesdays, Sept. 10th & 17th @ 2:30pm

Saturday, Sept. 21st @ 11am

Thursday, Sept. 27th @ 2:30pm

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, September 12th, 8:00 pm - 9:00 pm via ZOOM

The Smithfields Library Branch's Omnivorous Readers Bookclub (ORB) is alive and well! The book theme for this month is **Novels for Children**. An email invitation with the Zoom link will be sent out before the meeting. If you are not currently a member of the club but would like to join us, call 570-223-1881 or send an email to smf@monroepl.org and you will be sent some information. New members are always welcome!

Chronic Pain Health Booth

Tuesday September 17th, 1:00 pm - 4pm

Drop by the library between 1pm and 4pm to pick up information on chronic pain. A PA Department of Health nurse will be available to answer any questions or concerns you may have. No appointment necessary.



**SCAN
ME!**



For a
digital copy

Contact us!

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

570-223-1881

smf@monroepl.org