

Programs at Library of the Smithfields

Chair Yoga and Movement

<u>Select Days -- MST Community and Cultural Center Community Room</u>

Saturday October 12th @ 11am Saturday October 19th @ 11am

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, October 10th, 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 **Award-Winners**. 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!

Breast Cancer Health Booth

Saturday, October 12th. 10am - 1pm

October is Breast Cancer Awareness Month! Stop by the library Saturday October 12th to learn about it. A PA Department of Health nurse will be available to answer any questions or concerns you may have. No appointment necessary.





Contact us!

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

570-223-1881

smf@monroepl.org