

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>PLANETARIUM PROGRAM</b> Tuesday, May 7 6:30-8 pm Limited Seating Sign Up Now! Sadie Pope Dowdell Library</p>		 <p><b>Every Child A Reader</b> Brought to you by the CBI <b>Children's Book Week</b> May 6-12</p>	01	<p>02 <b>TODDLER PLAYDATES 1-2:30</b></p> 	<p>03 <b>CINCO DE MAYO PARTY FUN 3-4:30 PM</b></p> 	04
<p>05</p> 	<p>06 <b>HOLOCAUST REMEMBRANCE DAY</b></p> 	<p>07 <b>PLANETARIUM 6:30-8 PM</b> SIGN UP FOR A SEAT! AGES 5-100</p> 	<p>08 <b>AFTER SCHOOL FUN CLUB 3:30-4:30</b> <b>POKEMON SWAP</b></p> 	<p>09 <b>READING RASCALS AGES 0-5 1-2 PM</b></p>  <p><b>TODDLER PLAYDATES 1-2:30 PM</b></p>	10	11
<p>12</p> 	<p>13 <b>DROP IN PUZZLE BUILDING FOR ADULTS 10 AM -12 PM</b></p> <p><b>KNITTING CIRCLE 3:30-5 / 6:30-8 PM</b></p>	<p>14 <b>TEEN/KIDS TRIVIA 3:30 - 4:30 PM</b></p> 	<p>15 <b>AFTER SCHOOL FUN CLUB 3:30-4:30</b> <b>BEAN BAG TOSS CONTEST</b></p> 	<p>16 <b>NATIONAL BARBECUE DAY</b></p>  <p><b>TODDLER PLAYDATES 1-2:30 PM</b></p>	<p>17 <b>TEEN/KIDS CREATE YOUR OWN FANTASY WORLD 3:30 TO 4:30 PM</b></p> 	<p>18</p> 
<p>19</p>	<p>20 <b>SENIOR BOOK CLUB 10:30 AM</b></p> <p><b>KNITTING CIRCLE 3:30-5 / 6:30-8 PM</b></p>	<p>21 <b>NATIONAL AMERICAN RED CROSS FOUNDERS DAY</b></p> 	<p>22 <b>AFTER SCHOOL FUN CLUB 3:30-4:30</b> <b>VIDEO GAMES</b></p> 	<p>23 <b>READING RASCALS AGES 0-5 1-2 PM</b></p>  <p><b>TODDLER PLAYDATES 1-2:30 PM</b></p>	<p>24 <b>TEEN MAKE YOUR OWN PIZZA PARTY 1:00 - 3:00</b></p> 	<p>25 <b>CLOSED SATURDAYS UNTIL SEPTEMBER</b></p>
<p>26</p> 	<p>27 <b>LIBRARY CLOSED</b></p> 	<p>28</p> 	<p>29</p> 	<p>30 <b>TODDLER PLAYDATES 1-2:30 PM</b></p> 	<p>31 <b>TEEN/KIDS BAD ART DAY 3:30 TO 4:30 PM</b></p> 	

## TODDLER/KIDS THURSDAY PLAY DATES

- HELPS BUILD SOCIAL SKILLS
- MAKE NEW FRIENDS
- MUSIC, DANCE, GAMES & TOYS
- SHARING & CARING SKILLS
- MEET OTHER PARENTS

Every Thursday @ Dowdell Library  
from 1:00 - 2:30 pm  
732-721-6060  
www.dowdell.org

JOIN US FOR AN AFTERNOON OF FUN!

## Senior Book Club

The City of South Amboy and the Dowdell Library have partnered to form a Senior Book Club. The city can provide transportation if needed.

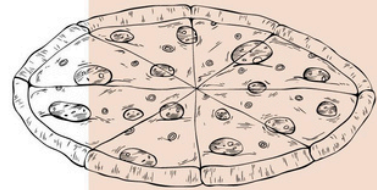
**Monday, May 20**  
10:30 am at the library

*Maid*  
By: Nita Prose

Contact the library at 732-721-6060 or email [comments@dowdell.org](mailto:comments@dowdell.org) for more information.

Adjacent to the South Amboy Middle/High School

## TEEN MAKE YOUR OWN PIZZA PARTY



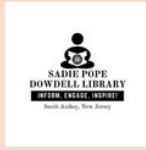
AT THE DOWDELL LIBRARY

**FRIDAY, MAY 24**  
1:00 - 3:00 PM

PUT YOUR COOKING SKILLS TO THE TEST AND PLAY SOME FUN GAMES!

**SIGN UP IN ADVANCE TO SAVE YOUR SPOT!**

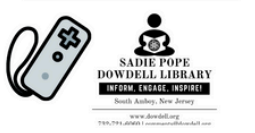
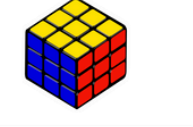
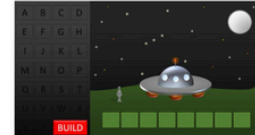
732-721-6060  
[COMMENTS@DOWDELL.ORG](mailto:COMMENTS@DOWDELL.ORG)  
DOWDELL.ORG



## AFTER SCHOOL FUN CLUB

Grades K - 8  
Every Wednesday  
3:30 - 4:30 pm

Spaceman Word Game, BINGO, 3D Pens, Board Games & LEGOS this month!



## TEEN/KIDS: TRIVIA

Stop by the Dowdell Library to test your luck!

The winner will receive a prize!

**Tuesday, May 14**  
From 3:30 to 4:30 PM

732-721-6060  
[comments@dowdell.org](mailto:comments@dowdell.org)  
dowdell.org



## Teen/Kids Create your own Fantasy World

Have you ever wanted to...

- Create your own map
- Come up with a character
- Design your own castle

Well now you can at the Dowdell Library!

On Friday, May 17  
From 3:30 to 4:30 PM

732-721-6060  
[comments@dowdell.org](mailto:comments@dowdell.org)  
dowdell.org

## Children's Book Week Kids Drawing Competition

CREATE AND DRAW YOUR IDEAL SUPERHERO FOR A CHANCE TO WIN A COPY OF THE BRAND NEW DOGMAN BOOK: THE SCARLET SHREDDER!

SUBMIT YOUR DRAWINGS TO MISS GRACE IN THE KIDS ROOM BY FRIDAY, MAY 31

*Good luck!*

732-721-6060  
[COMMENTS@DOWDELL.ORG](mailto:COMMENTS@DOWDELL.ORG)  
DOWDELL.ORG

## Cinco de Mayo

**FUN @ DOWDELL LIBRARY**  
Friday, May 3  
3:00 - 4:30 pm

Learn how to make maracas

Enjoy some chips and salsa

Make a Pinata

732-721-6060  
dowdell.org

[comments@dowdell.org](mailto:comments@dowdell.org)

## Teen/Kids Bad Art Exhibition

at the Dowdell Library

Don't miss out: create your worst artwork to be featured in the exhibition

No talent required!

Friday, May 31 from 3:30 to 4:30 PM

732-721-6060  
[comments@dowdell.org](mailto:comments@dowdell.org)  
dowdell.org

To register, please email [communityed@rwjbh.org](mailto:communityed@rwjbh.org)

**RWJ Barnabas HEALTH** Robert Wood Johnson University Hospital

**2024 GUIDED IMAGERY RELAXATION SESSIONS**

Achieving harmony and balance in our hectic lives...De-stress yourself. Learn techniques to practice when life's daily stressors make you feel overwhelmed. Join us for a virtual relaxation session of guided imagery and creative visualization.

**Nadine Roberts**  
Certified Live Birth Master Practitioner  
Certified AWH-Clinical Hypnotherapy Practitioner  
Certified Language-Learning Program Practitioner  
Certified Level 4 Healing Touch Practitioner  
Certified Inseparable C-1000 Caring Facilitator

2nd & 4th Tuesday of each month, at 1 pm  
Jan 9 & 23, Feb 13 & 27, March 12 & 26, April 9 & 23, May 14 & 28, June 11 & 25, July 9 & 23, Aug 13 & 27, Sept 10 & 24, Oct 8 & 22, Nov 12 & 26, Dec 10 & 24

Our sessions are free, begin promptly at 1pm, and last one hour. Once registered, you will receive a reminder and ZOOM link to connect virtually. If you have questions, or to register, please email [communityed@rwjbh.org](mailto:communityed@rwjbh.org)

**Tuesday, May 14 and 28**  
1 pm

**RWJ Barnabas HEALTH** Robert Wood Johnson University Hospital

**2024 Stretch It!!!**

**Stretching, Flexibility & Strength - Chair Exercises**

Do we need to stretch? It is important to understand how stretching can help... AND how to stretch correctly.

It's about daily things, bending down to tie a shoe, walking upstairs, just getting up off the couch!

Improving your mobility makes your daily activities easier — "you can move more freely".

Staying flexible is good:

- Move better, in a wider range of motion
- Reduce tightness
- Improve your posture & joint range of motion
- Improve circulation
- Decrease your risk of injury

Let's stretch and flex together!

Follow & do the chair exercises along with John. Have a firm (not cushioned, no wheels), straight back chair to use for the stretch exercises.

Virtual, from the comfort of your home. Every Thursday, at 1 pm

**2024 - Save the Dates**  
January 4, 11, 18, 25  
February 1, 8, 15, 22, 29  
March 7, 14, 21, 28  
April 4, 11, 18, 25  
May 2, 9, 16, 23, 30  
June 6, 13, 20, 27

Robert Wood Johnson University Hospital - Community Health Education  
presented by:  
**John Lancaster, PTA**  
RWJUH Outpatient Physical & Occupational Therapy Department, New Brunswick

**Thursday, May 2, 9, 16, 23 and 30**  
1 pm

## READING RASCALS at the DOWDELL LIBRARY

HOSTED BY MS. MARYANNE

**Thursday, May 9 & 23**  
1:00 - 2:00 pm

Family Stories, Games, Activities & Crafts

732-721-6060 / [Comments@Dowdell.org](mailto:Comments@Dowdell.org) / [Dowdell.org](http://Dowdell.org)

# PLANETARIUM PROGRAM

**Tuesday, May 7 6:30-8 pm Limited Seating Sign Up Now!**

**Sadie Pope Dowdell Library**