

ADULTPROGRAMS

YOGA IN THE PARK SERIES

Relax and enjoy an instructor led one-hour yoga session at our outdoor locations. Take in the fresh air and admire the evening skies as you take part in our summer yoga sessions. Participate in all four sessions and receive a free water bottle at Park Ambassadors: Sunset Yoga and Movie Night!

Fee: \$24/\$30(nr)

Center Memorial Park
F, 6/27/25, 7:30PM - 8:30PM

Northwest Park
F, 7/11/25, 7:30PM - 8:30PM

Globe Hollow Swimming Area
F, 7/25/25, 7:30PM - 8:30PM

Union Pond Park
F, 8/8/25, 7:30PM - 8:30PM

FREE Sunset Yoga - Charter Oak Park
F, 8/22/25, 7:30PM - 9:00PM

YOGA 4 LIFE

Location: Community Y
A slower pace structured around rejuvenating, empowering and healing the body and mind. This class is a slower pace class with a lot of fun moves that focus on stretching all areas of the body, while releasing stress and tensions physically, mentally and emotionally. The focus is to move with breath. Instructor may make manual adjustments. Please bring your own mat.
Session 1 | M/W, 6/23/25 - 7/23/25 | 6:30PM - 7:30PM
Session 2 | M/W, 8/4/25 - 9/8/25 | 6:30PM - 7:30PM (no class 9/1)
Session 3 | M/W, 9/15/25 - 10/1/25 | 6:30PM - 7:30PM
Session 1 & 2 Fee: \$60/\$75 (nr)
Session 3 Fee: \$36/\$45 (nr)

YOGA FOR ACTIVE LIFESTYLES

Location: Community Y
In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating upper-body strength, core strength and balance. Please bring your own mat.
Tu/Th, 8/19/25 - 9/25/25 | 5:30PM - 6:30PM (no class 9/2, 9/4)
Fee: \$60/\$72 (nr)



TEAM FIT AFTER WORK

Location: Community Y
Want to work out after work? Come join our team! This fitness class is a circuit with an interval training format. Participants do challenging yet motivating strength, core and cardiovascular conditioning.
Session 1 | M/W, 6/2/25 - 6/25/25 | 5:00PM - 5:45PM
Session 2 | M/W, 7/7/25 - 7/30/25 | 5:00PM - 5:45PM
Session 3 | M/W, 8/4/25 - 8/27/25 | 5:00PM - 5:45PM
Session 4 | M/W, 9/10/25 - 10/1/25 | 5:00PM - 5:45PM
Session 1 - 3 Fee: \$48/\$60 (nr)
Session 4 Fee: \$42/\$53 (nr)

TOTAL BODY PLUS

Location: Community Y
Train every major muscle group through strength resistance exercises using a variety of equipment. Never a dull moment in this hour aimed at increasing strength, endurance, and core conditioning. This plus cardio bursts to increase your heart rate and maximize fat burning.
Session 1 | M/W, 6/2/25 - 6/25/25 | 6:00PM - 7:00PM
Session 2 | M/W, 7/7/25 - 7/30/25 | 6:00PM - 7:00PM
Session 3 | M/W, 8/4/25 - 8/27/25 | 6:00PM - 7:00PM
Session 4 | M/W, 9/10/25 - 10/1/25 | 6:00PM - 7:00PM
Session 1 - 3 Fee: \$48/\$60 (nr)
Session 4 Fee: \$42/\$53 (nr)

BARRE AND MORE

Location: Community Y
Combines elements of Pilates, yoga, dance and functional training, allowing for a full body workout to tone lift and sculpt. Please bring your own mat.
Session 1 | Tu/Th, 6/24/25 - 7/24/25 | 6:30PM - 7:30PM
Session 2 | Tu/Th, 7/29/25 - 8/28/25 | 6:30PM - 7:30PM
Session 3 | Tu/Th, 9/9/25 - 10/2/25 | 6:30PM - 7:30PM
Session 4 | Sa, 6/28/25 - 9/20/25 | 11:00AM - 12:00PM (no class 7/5, 8/30, 9/6)
Session 1 Fee: \$60/\$72 (nr)
Session 2 Fee: \$60/\$72 (nr)
Session 3 Fee: \$48/\$60 (nr)
Session 4 Fee: \$60/\$72 (nr)

STRENGTH 4 LIFE

Location: Community Y
This class incorporates the use of body resistance exercises, free weights, exercise bands and balls. This class will help you develop and maintain strength throughout the whole body. This is a non-aerobic, non-impact class with seated and standing exercises.
Session 1 | Tu/Th, 6/24/25 - 7/24/25 | 9:30AM - 10:30AM
Session 2 | Tu/Th, 7/29/25 - 8/28/25 | 9:30AM - 10:30AM (no class 8/19, 8/21)
Session 3 | Tu/Th, 9/2/25 - 10/2/25 | 9:30AM - 10:30AM
Session 1 & 3 Fee: \$60.00/\$72.00 (nr)
Session 2 Fee: \$48/\$60 (nr)

SATURDAY MORNING CARDIO CRUSHER

Location: Community Y
Start your weekend off right with our morning cardio crusher. In this HIIT workout, you will increase your heart rate while improving your strength, boost your power and endurance and work your entire body with challenging moves.
Sat, 6/28/25 - 9/20/25 | 10:00AM - 10:45AM (no class 7/5, 8/30, 9/6)
Fee: \$60/\$72 (nr)

LUNCHTIME STRETCH AND RESET

Location: Community Y
Come to the Community Y during your lunchtime for a stretch to help you center and reset yourself. Bring your own mat or use one of ours for a class that consists of stretching with some strength and core work. Classes may use free weights, medicine balls, resistance bands or body strength while performing the exercises.
Session 1 | Tu/Th, 6/24/25 - 7/24/25 | 12:00PM - 12:45PM
Session 2 | Tu/Th, 7/29/25 - 8/28/25 | 12:00PM - 12:45PM (no class 8/19, 8/21)
Session 3 | Tu/Th, 9/2/25 - 10/2/25, 12:00PM - 12:45PM
Session 1 & 3 Fee: \$60/\$72 (nr)
Session 2 Fee: \$48/\$60 (nr)

CAMP KENNEDY | AGES: 18+

Location: Camp Kennedy, 140 Dartmouth Road
Camp Kennedy offers a safe, social and active summer camp for adults with developmental and/or physical disabilities. Camp activities include bowling trips, nature walks, field trips and more! For camper eligibility, please contact the Neighborhoods & Families Division at (860)647-3089.
M-F, 8/11/25 - 8/15/25 | 9:00AM - 3:00PM
Fee: \$30

PERSONAL TRAINING ONE ON ONE

Location: Community Y
A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.

For inquiries, call (860) 647-3164

(1) 1 Hour Session: \$60/\$75 (nr) per session
(5) 1 Hour Sessions: \$250/\$312 (nr) per session
(10) 1 Hour Sessions: \$400/\$500 (nr) per session

Fees for two persons (buddy rate): Best DEAL!
(1) 1 Hour Session: \$100/\$125 (nr) per session
(5) 1 Hour Sessions: \$400/\$500 (nr) per session
(10) 1 Hour Sessions: \$550/\$680 (nr) per session

LIBRARYPROGRAMS

Programs are subject to change. For more information and to confirm details, call 860-645-0821, visit manchesterct.gov/library or our Facebook page, @ManchesterCTLibrary, or view a print copy of our monthly calendar, available at both libraries



Main Library Building

LIBRARYADULT

BIRDS OF PREY: HAWKS

Location: Main Library Building
Ginny Apple, Master Wildlife Conservationist with the State Department of Energy and Environmental Protection, is back to talk about hawks. Learn about hawks and other raptors that are mostly diurnal, meaning they are active in the daytime, and the many threats they face. Presenter: Master Wildlife Conservationist Ginny Apple
Th, 5/1/25 | 6:30PM

SILK CITY BOARD GAME GROUP

Location: Main Library Building
Learn new board games, taught to you by volunteer teachers. No need to bring any games; we'll provide them all. Light refreshments to be served. Join us in August for a special celebration of our 10th anniversary of the group.
Sat, 5/17/25 | 6/14/25 | 7/12/25 | 8/9/25 12:30PM - 4:30PM

BOOKCLUB

CHECK 'EM OUT BOOK CLUB

Location: Main Library Building
In this book group, participants read a variety of popular fiction and nonfiction. Titles include: "Lies and Weddings" by Kevin Kwan (May), "Good Dirt" by Charmaine Wilkerson (June), "Eleanore of Avignon" by Elizabeth DeLozier (July) and "The Wedding People" by Alison Espach (August).
2nd M, 5/12/25 - 8/11/25 | 6:30PM - 7:30PM

SUPER SMASH BROS TOURNAMENT

Location: Main Library Building
Join us for a Super Smash Bros game tournament for adults. Challenge your friends, choose your main and see if you can last to the end! A few controllers will be available, but it is recommended for you to bring your own.
Sat, 5/31/25 | 2:30PM - 4:30PM

FRESHWATER FISHING IN CONNECTICUT

Location: Main Library Building
Dylan Napoleone returns to talk about freshwater fishing in Connecticut. He'll lecture on what you will need to get started, the fish you can expect in our lakes, ponds and rivers in Connecticut and tips and tricks to enhance your fishing experience.
M, 6/16/25 | 6:30PM - 7:30PM

RECIPE READERS

Location: Main Library Building
A book club for those who love to cook and bake. Each month a theme, author or cookbook will be chosen. Participants are asked to pick one recipe from the book and come to the program with dish in hand on the date posted ready to discuss their experience. Dishes should arrive fully prepared and ready to share.
3rd Sat, 6/21/25 - 8/16/25 12:30PM - 2:30PM

NOT SO "YA" BOOK CLUB

Location: Whiton Branch Library
This group is aimed at (but not limited to) adults who are between the ages 18 -35 who love young adult literature. We read across many genres including historical fiction, fantasy, dystopian, paranormal, horror and realistic fiction.
Last Wed, 5/28/25 - 8/27/25 | 7:00PM - 8:00PM

TAKE A WALK TOGETHER BOOK CLUB

Location: Main Library Building
Attendees will take a two-mile walk to and from the library, making stops for discussion. Program starts in the Manchester Public Library Lobby. Titles include: "You Will Never Be Me" by Jesse Q. Sutanto (May), "The Guncle" by Steven Rowley (June), "Slow Horses" by Mick Herron (July) and "Family Family" by Laurie Frankel (August).
Last Th of month | 5/29/25 - 8/28/25 2:00PM - 3:15PM

17
WHITON BRANCH LIBRARY | 100 NORTH MAIN STREET
MAIN LIBRARY BUILDING | 586 MAIN STREET
860.645.0577

CONNECTICUT AUTHOR GERALD E. AUGUSTINE

Location: Whiton Branch Library
Gerald E. Augustine, author of "Vietnam Beyond" and the vice president of the Greater Middletown Military Museum, will be talking about his life before and after his service in the Vietnam War. Copies of his book will be available for purchase and signing at the event.
M, 6/23/25 | 6:30PM - 7:30PM

INTO THE WILDERNESS OF THE SOUL

Location: Main Library Building
Connecticut author and photographer David LaBella will lecture on Connecticut's ancient cemeteries. Our old cemeteries and their stones contain more than the records of those who lived and died; they provide stories with depth and context for the time. Copies of LaBella's book "Into the Wilderness of the Soul" will be available for purchase and signing at the event.
M, 7/7/25 | 6:30PM - 7:30PM



Whiton Branch Library

HAPPILY EVER AFTER BOOK CLUB

Location: Main Library Building
A book club for romance reader fans. Meets once a month at Whiton Branch Library. Titles include: "Cross the Line" by Simone Soltani (May); "You Betrayed Me" by Lisa Jackson (June); "The Gentleman's Gambit" by Evie Dunmore (July); and "Summer Romance" by Annabel Monaghan (August).
5/5/25 | 6/5/25 | 7/3/25 | 8/4/25 6:30PM - 7:30PM

WANDERLUST BOOK CLUB

Location: Whiton Branch Library
Travel (vicariously) to a variety of locations in Manchester Public Library's Wanderlust Book Club! In this group, participants "travel" through reading atmospheric books that transport readers to locations around the world. Titles are primarily fiction, with an occasional non-fiction or memoir selection. Instructor: Valerie Kerr
Th, 5/15 | 6/12 | 7/17 | 8/21 | 6:30PM

LIBRARYADULT

GROWING YOUR GARDEN: A HANDS-ON GUIDE TO THRIVING PLANTS

Location: Whiton Branch Library
Join us for a hands-on gardening workshop taught by the owner of Buds and Bees Flower Farm, Sarah Coggins! Whether you're a complete beginner or have some experience, all skill levels are welcome. Learn the basics of planting, nurturing and harvesting vibrant flowers, fresh veggies and aromatic herbs. No fee. Registration is required by calling (860) 645-0821
Th, 5/22/25 | 6:00PM

A MENU FOR MINDFULNESS

Location: Whiton Branch Library
Rebecca Burton, LMFT and Victoria Hotham, LMSW of Beehive Counseling in Manchester will lead an immersive and nurturing experience where attendees can try a variety of mindfulness exercises. Attendees will leave with a meditation plan and many resources to continue meditating on their own.
Th, 5/29/25 | 6:30PM

SUPER PLANT GELLI PRINTING CRAFT

Location: Whiton Branch Library
Join instructor Beth MacDonald for a gelli printing craft using plants and paper. Gelli printing uses a gelatin plate to press fabric or paper. This craft is limited to 12 people. No fee. Registration opens 05/27/25 by calling (860)645-0821.
M, 6/2/25 | 6:30PM - 8:00PM

CONVERSATIONS THROUGH THE LENS OF ALZHEIMER’S AND DEMENTIA

Location: Whiton Branch Library
What if you could still have meaningful connections with your loved ones—even after an Alzheimer’s diagnosis? Author John Scully discusses his book “Visited Mom Today”, which shares his experiences communicating with his mother after she was moved to a memory care facility.
Th, 6/5/25 | 6:30PM

LEARN AMERICAN MAH JONGG

Location: Whiton Branch Library
Players will learn the basics: identifying tiles and rules, choosing a hand by interpreting the mah jongg card, setting the table and dealing, passing tiles and playing a round.
Th, 6/5/25 - 7/17/25 | 10:00AM - 12:30PM
(no class 6/19)

INTRODUCTION TO PERSONAL GENETICS

Location: Whiton Branch Library
Gillian McNeil, Genetics Specialist and Public Engagement Associate for the Personal Genetics Education & Dialogue at Harvard Medical School, will discuss the various applications of genetic technologies in connection with health, ancestry and law enforcement purposes. Attendees will have the opportunity to discuss the questions, challenges, and benefits of bringing genetic technologies into their lives.
Th, 6/26/25 | 6:30PM

4TH OF JULY POPSICLE BANNER CRAFT

Location: Main Library Building
Create a Fourth of July banner using popsicle sticks, paint, glue and ribbon. All materials provided for this free craft for adults. This craft is limited to 10 adults. No fee. Registration opens 06/23/25 by calling (860)645-0821.
M, 6/30/25 | 6:30PM - 8:00PM

CANVAS PAINTING

Location: Main Library Building
Artist Heather Mezzacappa returns to guide participants through how to paint on canvas. Theme and image for the event to be determined; please check our website or Facebook page closer to the event for the finalized image. Limited to 20 people. No fee. Registration opens 07/14/25 by calling (860) 645-0821.
M, 7/21/25 | 6:30PM - 8:00P

BLUES 101

Location: Main Library Building
Presented by Ramblin’ Dan Stevens, Blues 101 is a multimedia presentation of classic blues pieces played on authentic vintage instruments interspersed with historical images, video and educational material. The music is traced chronologically through its development in different regions of the south and follows the great African American migration to important centers like Memphis, Chicago and beyond.
M, 7/28/25 | 6:30PM - 7:30PM

ARE WE THERE YET? SONGS OF AMERICAN TRANSPORTATION

Location: Whiton Branch Library
Just in time for Cruisin’ on Main! Rick Spencer and Dawn Indermuehle of Catfeather Art & Music will play and discuss traditional and modern songs about travel through just about every different mode imaginable.
Th, 7/31/25 | 6:30PM

BEGINNER WATERCOLORS

Location: Whiton Branch Library
Athira Sanal returns to teach another watercolor class at the library this summer. All the materials needed to create a watercolor painting will be supplied. No experience required - beginners are encouraged to

sign up! Design and final program title and description will be determined at a later date. No fee. Registration is required by calling (860)645-0821.
Th, 8/14/25 | 6:00PM

MASTERING EXPENSE TRACKING FOR FINANCIAL PEACE OF MIND

Location: Main Library Building
Join Angeliki Papakalodouka for this educational session designed to introduce simple methods for tracking daily expenses. This session will show attendees how keeping track of spending can help them feel more secure and in control, particularly for those on a fixed income or planning for unexpected expenses.
M, 8/18/25 | 6:30PM - 7:30PM

CLAY DRAGONS CRAFT

Location: Main Library Building
Join artist Amber Gunter of Amber’s Craft Garden as she guides you on how to make dragons out of modeling clay. All materials provided for this free craft for adults. Limited to 10 adults. No fee. Registration opens 08/18/25 by calling (860) 645-0821.
M, 8/25/25 | 6:30PM - 8:00PM

LIBRARYTEEN

YOGA CLASS | AGES: 11 – 18

Location: Main Library Building
Join us at the library for breathing and stretching exercises to help clear your mind. A certified yoga instructor will lead the class.
W, 5/7/2025 | 6:00PM – 7:00PM

DUNGEONS AND DRAGONS PROGRAM |

AGES: 11 - 18
Location: Main Library Building
Teens and tweens are invited to participate in a one-shot or short campaign game of Dungeons & Dragons at the library. You will create your characters, go on new adventures each session to overcome obstacles and have fun doing it!
Session 1 | W, 5/28/2025 | 5:30PM – 8:30PM
Session 2 | W, 6/25/2025 | 5:30PM – 8:30PM
Session 3 | W, 7/30/2025 | 5:30PM – 8:30PM

SUMMER DRAMA PROGRAM |

AGES: 11 - 18
Location: Main Library Building
Teens – are you looking for a space to practice acting, write lines or be with people who love drama? Then look no further and join us at the library for some fun and excitement as we act and improvise lines with friends! No experience is necessary.
W, 7/16/2025 | 6:00PM – 8:00PM

LIBRARYYOUTH

Manchester Public Library’s Children’s Summer Reading Program for babies to rising 5th graders. Reading logs may be picked up beginning June 20th. The first day to collect prizes is Monday, June 23rd. For further details check out the program calendar at: www.manchesterct.gov/library.

SUMMER READING PRE-K KICKOFF EVENT

AGES: 0 - 5 YEARS
Location: Main Library Building
The Three Little Pigs in a reimagined classical fairytale story blended with classic “Oldies” music. It was designed by Michele Urban as an early childhood music and literacy program for libraries and it encourages both children & parents to creatively explore the variety of themes in familiar stories in a new and exciting way.
F, 6/20/25 | 10:00AM – 10:45AM

SUMMER READING KICKOFF EVENT WITH MR. LOBSTER | AGES: 3 - 10

Location: Main Library Building
Join local musician and music teacher Mr. Lobster (Christian Loftus) for an interactive concert for kids as we celebrate Summer Reading! You’ll sing, you’ll dance, you’ll dream and you’ll drink imaginary milkshakes.
Sat, 6/21/25 | 10:30AM – 10:45AM

MARVELOUS MONDAY FAMILY PROGRAMS | AGES: 3 - 10

Location: Main Library Building
Enjoy great performances all summer with a different performer weekly! This program includes music, puppets, magic, science, storytelling and more!
M, 6/23/25 - 8/18/25 | 3:30PM - 4:45PM

BINGO | AGES: 3 - 10

Location: Main Library Building
Visit the library to play different types of BINGO and win prizes.
M, 6/23/25 - 8/11/25 | 10:00AM - 10:45AM

MONDAY OUTDOOR STORYTIME @ WHITON

Location: Whiton Branch Library
Bring blankets or lawn chairs and meet us outside for stories and songs, weather permitting. The program will be moved inside for inclement weather.
M, 6/23/25 - 8/11/25 | 10:30AM - 11:15AM

CHECKMATES | AGES: 7 - 11

Location: Main Library Building
This is an informal gathering for children to play chess. Children should have a basic understanding of the game. Chess boards and pieces will be available for children to practice their chess skills and play friendly games.
Tu, 6/24/25 | 10:00AM – 11:00AM

OUTDOOR GAMES | AGES: 5 - 11

Location: Main Library Building
Come and join us for fun outdoor games, such as cornhole, Bocce, miniature golf. Weather permitting.
Tu, 6/24/25 - 8/12/25 | 6:30PM - 7:15PM

MOTHER GOOSE 2.0 | AGES: 0 - 24 MONTHS

Location: Main Library Building
This program is geared towards children 0-24 months and their caregivers. Bounces, rhymes, a story and playtime are included
W, 6/25/25 - 8/13/25 | 9:30AM - 10:00AM

SCHOOL AGE PROGRAMS @ WHITON |

AGES: 5 - 10
Location: Main Library Building
An interesting variety of programs all summer long for school age children. Check out the program calendar at www.manchesterct.gov/library.
W, 6/25/25 - 8/13/25 | 3:30PM - 4:45PM

OUTDOOR EVENING STORYTIME @ WHITON

Location: Whiton Branch Library
Enjoy a fun evening storytime and wind down for the night at the library with stories, songs and fingerplays. Bring blankets or lawn chairs and meet us outside, weather permitting. This program will be inside for inclement weather.
Th, 6/26/25 - 8/14/25 | 6:30PM - 7:15PM

CRAFTS FOR SCHOOL AGE KIDS |

AGES: 7 - 11
Location: Main Library Building
Join us for some great creative fun. Each week school age children will be working on a variety of craft activities.
Th, 6/26/25 - 8/14/25 | 3:00PM - 4:00PM

THURSDAY OUTDOOR STORYTIME @ MAIN

Location: Main Library Building
Bring blankets or lawn chairs and meet us outside for stories and songs, weather permitting. The program will be moved inside for inclement weather.
Th, 6/26/25 - 8/14/25 | 10:30AM - 11:15AM

PRESCHOOL PLAYGROUP

AGES: PRESCHOOL
Location: Main Library Building
Toys are provided and parental supervision is required. June 20th will be the Preschool Summer Reading Kickoff Program instead of Playgroup.
F, 6/27/25 - 8/15/25 | 10:00AM - 12:00PM