

## New Year, New You! Free Events to Help You Kick-start 2020!

### ADULTS - Yoga, Meditation and Exercise

- **January 2, 16** - Beatles Yoga, 6:30-7:30PM, [Dania Beach Paul DeMaio Library](#), 1 Park Avenue East, Dania Beach, FL 33004, 954-357-7073
- **January 2, 9, 16, 23, 30** - I AM YOGA, all ages/abilities, 10-11:30AM, [South Regional/Broward College Library](#), 7300 Pines Blvd., Pembroke Pines, FL 33024, 954-201-8825
- **January 2, 9, 16, 23, 30** - Chair Yoga, Noon-1PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **January 3, 10, 17, 24, 31**, - Zumba Gold for Older Adults, 10:30-11:30AM, [Dania Beach Paul DeMaio Library](#), 1 Park Avenue East, Dania Beach, FL 33004, 954-357-7073
- **January 3, 10, 17, 24, 31** - Chair Yoga, 11:30AM-12:30PM, [Dania Beach Paul DeMaio Library](#), 1 Park Avenue East, Dania Beach, FL 33004, 954-357-7073
- **January 3, 17** - Yoga for Beginners with certified instructor Amy Amadon, BYO mat/towel, 10:30-11:30AM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **January 4, 11, 18, 25** - Raja Yoga Meditation, 10-11AM, [Dania Beach Paul DeMaio Library](#), 1 Park Avenue East, Dania Beach, FL 33004, 954-357-7073
- **January 4, 11, 18, 25** - Egyptian Belly Dancing Class, 11AM-Noon, [North Regional/Broward College Library](#), 1100 Coconut Creek Blvd., Coconut Creek, FL 33066, 954-201-2600
- **January 4, 11, 18, 25** - Gentle Stretch Yoga, 11:30AM-12:30PM, [Dania Beach Paul DeMaio Library](#), 1 Park Avenue East, Dania Beach, FL 33004, 954-357-7073
- **January 6, 13, 20, 27** - Ageless Grace, 11AM-Noon, [Weston Library](#), 4205 Bonaventure Blvd., Weston, FL 33332, 954-357-5420
- **January 6, 13, 20, 27** - Ageless Grace, 2-3PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **January 7** - Meditation for Peace and Illumination, 6-7PM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090
- **January 7** - GirlTrek, 6:30-7:30PM, [North Lauderdale Saraniero Library](#), 6901 Kimberly Blvd., North Lauderdale, FL 33068, 954-357-6660
- **January 7, 14, 21, 28** - Chair Yoga, Noon-1PM, [Weston Library](#), 4205 Bonaventure Blvd., Weston, FL 33332, 954-357-5420
- **January 10** - Yoga Nidra Guided Meditation with certified instructor Amy Amadon, 10:30-11:30AM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **January 15** - Kundalini Yoga, BYO mat, 6:15-7:15PM, [Weston Library](#), 4205 Bonaventure Blvd., Weston, FL 33332, 954-357-5420
- **January 16, 23, 30** - Ageless Grace, 1-2PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580

- **January 21** - Ageless Grace, 10:30-11:30AM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **January 22, 29** - Chair Yoga with Leigh Ann, Noon-1PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 23** - Zumba, 5:30-6:30PM, [Riverland Library](#), 2710 W Davie Blvd., Fort Lauderdale, FL 33312, 954-357-7455
- **January 27** -Yoga, 5:30-6:30PM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090

### Speakers, Classes and Discussions

- **January 3** - Brand New You: Motivational Speaker, 10:30AM-Noon, [Pompano Beach Library](#), 50 W Atlantic Blvd., Pompano Beach, FL 33060, 954-357-7595
- **January 6** - New Goals Vision Board, 6-7PM, [North Lauderdale Saraniero Library](#), 6901 Kimberly Blvd., North Lauderdale, FL 33068, 954-357-6660
- **January 7** - Adulting 101: Money Management, presented by CareerSource Broward, 10:30AM-1:30PM, [Tyrone Bryant Library](#), 2230 NW 21 Avenue, Fort Lauderdale, FL 33311, 954-357-8210
- **January 8** - Declutter Your Home with Tips from Professional Organizer Lauriann Stepp, 6:30-7:30PM, [Lauderhill Central Park Library](#), 3810 NW 11 Place Lauderhill, FL 33311, 954-357-7833
- **January 9** - Mandala Art Workshop with Maria Cristina Muñoz, register on Eventbrite, 6-7PM, [Lauderdale Lakes Library](#), 3580 W Oakland Park Blvd., Lauderdale Lakes, FL 33311, 954-357-8650
- **January 15** - Reading Round Table: *Spark Joy: An Illustrated Master Class on Organizing and Tidying* by Marie Kondo, 1:30-2:30PM, [North Regional/Broward College Library](#), 1100 Coconut Creek Blvd., Coconut Creek, FL 33066, 954-201-2600
- **January 16, 23, 30** - A Matter of Balance: Managing Concerns About Falls, presented by AARP, 10:20AM-12:30PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 18** - New Me, New Retirement Plan, 10:30-11:30AM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090
- **January 18** - Maxing Social Security, 11AM-Noon, [North Regional/Broward College Library](#), 1100 Coconut Creek Blvd., Coconut Creek, FL 33066, 954-201-2600
- **January 18** - Therapeutic Approach to 2020 Health Goals, 2-3PM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090
- **January 18, 25** - *Paso Sencillos #77.1 presentado por SCORE Broward* 10:15AM-1PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 22** - Estate Planning Basics, 6:30-7:30PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580

- **January 22, 29** - Genealogy 101, preregister: 954-357-7110, 2-3PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 23** - Open Mic, 2-3PM, [Deerfield Beach Percy White Library](#), 837 E Hillsboro Blvd., Deerfield Beach, FL 33441, 954-357-7680
- **January 23** - Classic Films: *Groundhog Day*, 2-4:30PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **January 23** - Marine Industry Career Fair, 5-7PM, [Dania Beach Paul DeMaio Library](#), 1 Park Avenue East, Dania Beach, FL 33004, 954-357-7073
- **January 24** - Create a Bullet Journal, 2-3PM, [Pompano Beach Library](#), 50 W Atlantic Blvd., Pompano Beach, FL 33060, 954-357-7595
- **January 25** - Creative Planning: Vision Board 2020, 10AM-Noon, [South Regional/Broward College Library](#), 7300 Pines Blvd., Pembroke Pines, FL 33024, 954-201-8825
- **January 25** - Estate Planning, 10AM-Noon, [North Regional/Broward College Library](#), 1100 Coconut Creek Blvd., Coconut Creek, FL 33066, 954-201-2600
- **January 25** - *Eleanor Oliphant is Completely Fine* by Gail Honeyman, 1PM, Galt Ocean Mile Reading Center

## CHILDREN AND TEENS

- **January 7** - Preschool Storytime Special, ages 3-5, 11-11:30AM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 7** - Make Origami Folders, ages 7-18, 4-4:45PM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **January 8** - PajamaRama Storytime, all ages, jammies welcome, 7-7:30PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 9** - Toddler Storytime, ages 12-35 months, 10:30-11AM and 11:15-11:45AM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **January 9, 16, 23, 30** - Mtoto Baby Story Time, four-week series, ages up to 2 years, 10:30-11AM, [African American Research Library and Cultural Center](#), 2650 Sistrunk Blvd., Fort Lauderdale, FL 33311, 954-357-6282
- **January 10** - Yoga Nidra to Manage Stress, ages 12-19, 6-7PM, [South Regional/Broward College Library](#), 7300 Pines Blvd., Pembroke Pines, FL 33024, 954-201-8825
- **January 15** - Boost Your Grades with Florida Virtual School: Info session for teens/parents/guardians, 6-7:30PM, [Pompano Beach Library](#), 50 W Atlantic Blvd., Pompano Beach, FL 33060, 954-357-7595
- **January 22** - Goal Setting For Teens & Tweens, ages 12 and up, 5:30-7PM, [African American Research Library and Cultural Center](#), 2650 Sistrunk Blvd., Fort Lauderdale, FL 33311, 954-357-6282