

American Heart Month: Love Your Library

ADULTS - YOGA, MEDITATION AND EXERCISE

- **February 3, 10, 17, 24** - Ageless Grace Exercise for Mind and Body,, 2-3PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **February 4** - Exercise for Mom and Baby, ages 6-18 months with parent/caregiver, bring mat/large towel, 10:30-11:15AM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **February 4** - GirlTrek NL, 6:30-7:30PM, [North Lauderdale Saraniero Library](#), 6901 Kimberly Blvd., North Lauderdale, FL 33068, 954-357-6660
- **February 5, 12, 19, 26** - Chair Yoga, Noon-1PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **February 6, 13, 20, 27** - I Am Yoga, all ages/abilities, 10-11:30AM, [South Regional/Broward College Library](#), 7300 Pines Blvd., Pembroke Pines, FL 33024, 954-201-8825
- **February 6, 13, 20, 27** - Chair Yoga, Noon-1PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **February 6, 13, 20, 27** - Ageless Grace Exercise for Mind and Body, 1-2PM, [Southwest Regional Library](#), 16835 Sheridan St., Pembroke Pines, FL 33331, 954-357-6580
- **February 19** - For Your Heart: Slow Body Movements, 6-7PM, [Jan Moran Collier City Learning Library](#), 2800 NW 9 Court, Pompano Beach, FL 33069, 954-357-7670
- **February 24** - Yoga, 5:30-6:30PM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090
- **February 25** - Meditation, 6-7PM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090

ADULTS - ARTS, CRAFTS & HANDS-ON FUN

- **February 6** - Glass Painting, 5-6PM, [Riverland Library](#), 2710 W Davie Blvd., Fort Lauderdale, FL 33312, 954-357-7455
- **February 7, 21** - Happy Knitters & Crocheters Group, 10AM-1PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **February 13** - Art workshop with Maria Cristina Muñoz, preregister, 6-7PM, [Lauderdale Lakes Library](#), 3580 W Oakland Park Blvd., Lauderdale Lakes, FL 33311, 954-357-8650
- **February 13** - Library Love Speed Dating, 6-7:30PM, [South Regional/Broward College Library](#), 7300 Pines Blvd., Pembroke Pines, FL 33024, 954-201-8825
- **February 29** - DIY Valentine's Cards, 10AM-Noon, [South Regional/Broward College Library](#), 7300 Pines Blvd., Pembroke Pines, FL 33024, 954-201-8825

CHILDREN AND TEENS - VALENTINE'S DAY/LOVE YOUR LIBRARY STORYTIMES

- **February 10** - Ages 3-6, 4-5PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **February 11** - Ages 2-5, 10:30-11:15AM, [Century Plaza/Leon Slatin Library](#), 1856 A W Hillsboro Blvd., Deerfield Beach, FL 33442, 954-357-7740
- **February 11** - All ages, 6:30-7:30PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560

- **February 12** - All ages, 4-5PM, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **February 12** - 4:30-5:30PM, [Riverland Library](#), 2710 W Davie Blvd., Fort Lauderdale, FL 33312, 954-357-7455
- **February 13** - 10:30-11:30AM, [North Lauderdale Saraniero Library](#), 6901 Kimberly Blvd., North Lauderdale, FL 33068, 954-357-6660
- **February 13** -A 3-18 months with caregiver, 10-11:30AM, [North Regional/Broward College Library](#), 1100 Coconut Creek Blvd., Coconut Creek, FL 33066, 954-201-2600
- **February 13** - "A Heart for U" Stories and Crafts, ages 3-5, 11AM-Noon, [West Regional Library](#), 8601 W Broward Blvd., Plantation, FL 33324, 954-765-1560
- **February 15** - The Florida Bookworm, all ages, 11AM-Noon, [Weston Library](#), 4205 Bonaventure Blvd., Weston, FL 33332, 954-357-5420

CHILDREN AND TEENS - ARTS, CRAFTS & HANDS-ON FUN

- **February 12** - Valentine's Day Celebration, 4-5PM, [Lauderhill Central Park Library](#), 3810 NW 11 Place Lauderhill, FL 33311, 954-357-7833
- **February 12** - Make Valentine's Day Cards, 5-6PM, [Miramar Library and Education Center](#), 2050 Civic Center Place, Miramar, FL 33025, 954-357-8090
- **February 13** - Valentine's Day STEM Cardmaking, 2-3PM, [Pembroke Pines Library](#), 955 NW 129 Ave., Pembroke Pines, FL 33028, 954-357-6750
- **February 13** - Valentine's Day Craft, 4-5PM, [Tyrone Bryant Library](#), 2230 NW 21 Avenue, Fort Lauderdale, FL 33311, 954-357-8210
- **February 13** - Make Valentine's Day Cards, teens, 4-6PM, [Riverland Library](#), 2710 W Davie Blvd., Fort Lauderdale, FL 33312, 954-357-7455
- **February 14** - Make Edible Sweet Treats, grades 6-12, 2:45-4PM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **February 14** - Kids & Teens Valentine's Day Celebration, 3:30-5PM, [Riverland Library](#), 2710 W Davie Blvd., Fort Lauderdale, FL 33312, 954-357-7455

CHILDREN AND TEENS - YOGA

- **February 11** - ages 7-11, 4-4:45PM, [Northwest Regional Library](#), 3151 University Drive, Coral Springs, FL 33065, 954-357-7990
- **February 13** - Family Yoga with Rosita, 11AM-Noon, [Century Plaza/Leon Slatin Library](#), 1856 A W Hillsboro Blvd., Deerfield Beach, FL 33442, 954-357-7740