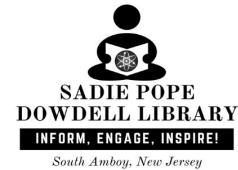



April 2019



Hours

Mondays, Tuesdays, Thursdays 10:00 am to 8:00 pm
Wednesdays and Fridays 10:00 am to 5:00 pm
Saturdays 12:00 pm to 4:00 pm

Sign up for our **newsletter** for upcoming programs and monthly highlights!
www.dowdell.org



Celebrate!
The Year of the Pig

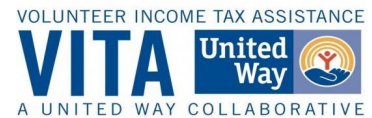
Presented by the Dowdell Library of South Amboy
and the Edison Chinese School

Sunday, April 7
1:30 pm - 3:30 pm

Fun activities for the whole family. Refreshments!

Directions to the Dowdell Library: www.dowdell.org
For more information: 732.721.6060 comments@dowdell.org
The Library is adjacent to the South Amboy High School off John T. O'Leary Blvd.

新年快樂



**Need help preparing
your taxes?**
Register for VITA free tax
preparation assistance.

Individuals earning less
than \$64,000 are eligible.

Drop Off Assistance Only
Monday, April 8
10 am—11:30 am

Yoga For Success—Yoga Mat & Towel
Tuesday, April 9 6:30-7:30 pm

Yoga For Health—Chair Yoga
Saturday, April 20 2:30-3:30 pm



Discover simple, but powerful yoga
postures to bring stability and balance.
Arrive on an empty/light stomach condition

Registration Required
comments@dowdell.org



**Light Refreshments
Will Be Served!**

**Healthy
Eating Tips**
Thursday, April 18
11 am

Presented by Registered
Dietician Laura Vetter
of St. Peter's
University Hospital

Sadie Pope Dowdell Library
Adjacent to Middle / High School
732-721-6060
comments@dowdell.org
www.dowdell.org

Sadie Pope Dowdell Library - Adjacent to Middle / High School - South Amboy
732-721-6060 comments@dowdell.org www.dowdell.org