

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTREPID  SEA, AIR & SPACE MUSEUM COMPLEX Free Passes Now Available!			1 After School Fun Club Bingo 3:15- 4:30 pm 	2 Toddler Play Date 12-3:30 pm  Yom Kippur	3 Kids and Teens Drop In Video Games Ages 11+ 2:30-4:30 pm	4 Family Bingo Fun! 1:00 pm 
5 	6 Senior Tech Time 10:30 am Knitting / Crochet Club 6:30-8 pm 	7 Family Sports Day Stadium Snacks! Prizes! Games! 3:30-7 pm 	8 Home School Program 12 - 2 pm (Closed Session)  After School Fun Club 3D Pens 3:15- 4:30 pm 	9 Toddler Play Date 12-3:30 pm 	10 Kids and Teens Drop In Video Games Ages 11+ 2:30-4:30 pm	11 
12	13 Columbus Day Closed	14 Kids and Teens Drop In Games 3:15-4:30 pm 	15 Celebrity Story Time: Councilman Anthony Conrad Churro Sundaes! 3:00 pm	16 Toddler Play Date 12-3:30 pm Sewing Class Must Register 6:30 pm	17 Kids and Teens Drop In Video Games Ages 11+ 2:30-4:30 pm	18
19 	20 Knitting / Crochet Club 6:30-8 pm 	21 Kids and Teens Drop In Games 3:15-4:30 pm Teen Murder Mystery Part 1 3:00 pm	22 Home School Program 12 - 2 pm (Closed Session)  After School Fun Club I SPY Scavenger Hunt 3:15- 4:30 pm 	23 Toddler Play Date 12-3:30 pm Halloween Costume Contest Prizes! 3:15 pm Judging 3:45 SHARP 	24 Kids and Teens Drop In Video Games Ages 11+ 2:30-4:30 pm	25 Family Bingo Fun! 1:00 pm 
26	27 Senior Book Club 10:30 am Knitting / Crochet Club 6:30-8 pm	28 Kids and Teens Drop In Games 3:15-4:30 pm Teen Murder Mystery Part 2 3:00 pm	29 After School Fun Club LEGO FUN CONTEST 3:15- 4:30 pm 	30 Toddler Play Date 12-3:30 pm What's It Worth? Antique Road Show 6:30-8:30 pm 	31 	

TODDLER PLAY DATE THURSDAYS

Play & Learn
Fun-Filled Learning for Young Minds

Every Thursday @ Dowdell Library

drop in between 12:00 - 3:30 pm
732-721-6060
www.dowdell.org

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

JOIN US FOR AN AFTERNOON OF FUN!!!

AFTER SCHOOL FUN CLUB

Grades K - 6
Every Wednesday
3:15 - 4:30 pm

Drop your kids off at the library for an afternoon of fun!!!!

732-721-6060

crafts

732-721-6060
comments@dowdell.org
dowdell.org

KIDS & TEENS DROP IN CLUB

Relax while doing fun activities!

Board Game Tuesdays October 14, 21, 28
3:15-4:30 pm

Video Game Fridays October 3, 10, 17, 24
2:30-4:30 pm
Ages 11+

732-721-6060
comments@dowdell.org
dowdell.org

DOWDELL LIBRARY

FAMILY SPORTS DAY

TUESDAY OCTOBER 7
3:30-7:00 PM

ALL AGES WELCOME!

PLAY BASKETBALL, CORN HOLE, PING PONG, & MORE!

EAT SOME SNACKS AND WIN SOME PRIZES!

WEAR YOUR TEAM SHIRTS!
PRIZE FOR BEST OUTFIT!

732-721-6060
COMMENTS@DOWDELL.ORG
DOWDELL.ORG

TEENS! Solve a Murder Mystery!

@ Dowdell Library
Ages 13+

Registration is required!
Call, email, or drop in to register!
Limited spots available

Tuesday October 21 and 28 @ 3:00 pm

732-721-6060
comments@dowdell.org
dowdell.org

HALLOWEEN COSTUME CONTEST @ DOWDELL LIBRARY

3 Prize Categories

- *MOST ORIGINAL
- *SCARIEST
- *MOST UNIQUE

WITH A VERY SPECIAL GUEST JUDGE! GUESS WHO? COME JOIN IN THE FUN TO FIND OUT!

732-721-6060
COMMENTS@DOWDELL.ORG

THURSDAY, OCTOBER 23 3:15 - 4:30 PM
ALL AGES WELCOME

Dowdell Library

CELEBRITY STORYTIME

with South Amboy Councilman Anthony Conrad

Wednesday, October 15 @ 3:00 pm

Celebrate Hispanic Heritage Month! Listen to a story and have some charro sundaes!

732-721-6060
comments@dowdell.org
dowdell.org

FAMILY FUNTIME @ DOWDELL LIBRARY
SATURDAY AFTERNOONS

FAMILY BINGO

Bring your mom, dad, brothers, sisters, aunts, uncles, cousins and join in the fun!

OCTOBER 4 & 25 @ 1 PM

COMMENTS@DOWDELL.ORG
732-721-6060

Sewing Class

DOWDELL LIBRARY

THURSDAY, OCT. 16 - 6:30 PM

LEARN TO SEW CORD WRAPS!

DOWDELL LIBRARY
comments@dowdell.org
dowdell.org

More than 18 million songs!

This free service can be accessed using the Apple App or Google Play Store.

Streaming Music

Create your own playlists!
Stream 24/7
Up to 3 downloads per week!

Access your South Amboy Library Card!

freemusic

October Senior Happenings @ Dowdell Library

Teach Time
Monday, October 6 at 10:30 am
A new hands-on technology topic will be presented.

Senior Book Club
Monday, October 27 at 10:30 am
Woman in the Window: A.J. Finn

The City can provide transportation if needed.

Contact the library at 732-721-6060 or email comments@dowdell.org for more information.

Adjacent to the South Amboy Middle/High School

732-721-6060
COMMENTS@DOWDELL.ORG
DOWDELL.ORG

Dowdell Library

WHAT'S IT WORTH? ANTIQUE ROAD SHOW

ASK MIKE THE APPRAISER
WHAT'S IT WORTH?

Don't miss Michael Ivankovich from WBCB 1490 AM. One free appraisal per person, plus buying and selling tips! More if time permits.

THURSDAY, OCTOBER 30
STARTS 6:30 PM 732-721-6060
comments@dowdell.org
dowdell.org

Dowdell Library

HomeSchool Group Sessions

Schedule for:
October: 8 & 22
November: 12 & 19
December: 3 & 17
Wednesdays 12 - 1:30 pm

READY. SET. LEARN!

CLOSED REGISTRATION

Snack Time!

732-721-6060
COMMENTS@DOWDELL.ORG

To register, please email community@rwjhb.org

RWJ Barnabas Health | Robert Wood Johnson University Hospital

Guided Imagery Relaxation Sessions 2025

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 conscious breathwork guided imagery and creative visualization.

2nd and 4th Tuesdays of the month at 1 PM

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.

RWJUH Community Health Education proudly presents a virtual de-stress session with:

Nadine Roberts
Certified Usui Reiki Master Practitioner
Certified AMDA Clinical Hypnotherapy Practitioner
Certified Integrative Guided Imagery Practitioner
Certified Level 4 Healing Touch Practitioner
Certified Integral Tai Chi/Qi Gong Practice Leader

If you have questions, or to register, please email community@rwjhb.org

2nd and 4th Tuesday
October 14 and 28

RWJ Barnabas Health | Robert Wood Johnson University Hospital

Stretch it!! 2025

Stretching, Flexibility & Strength - Chair Exercises

Why do we need to stretch?
It is important to understand how stretching can help you stay active as you get older...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
Save the Dates! (Dates Subject to Change)

Robert Wood Johnson University Hospital - Community Health Education proudly presents
John Lancaster, PTA
RWJUH Outpatient Physical & Occupational Therapy Department, New Brunswick
To register, email community@rwjhb.org

Thursdays at 1 pm
October 2, 9, 16, 23 and 30