



THE CITY OF SAN DIEGO

# May: Older Americans Month

## Events:

**Free!** Appropriate for *adults*.  
No registration is required!



- *May 1 - Dean Ratzman*, 2:00p.m., Serra Mesa/Kearny Mesa Branch Library
- *May 7 - The History Lady*, 11:30a.m.-12:30p.m., Clairemont Branch Library
- *May 13 - The History Lady*, 10:00-11:00a.m., North Clairemont Branch Library
- *May 19 - Memory Matters* by the Alzheimer's Association, 3:30-4:30p.m., Balboa Branch Library
- *May 21 - Technology Fair for Older Adults*, 10:00a.m.-1:00p.m., Linda Vista Library

## Highlights:

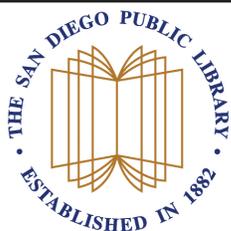
*Dean Ratzman* grew up with music in his veins from Sinatra, Sammy Davis, Jr., and The Four Freshman to name a few. His talents include piano, trumpet, trombone and vocals.

*Jeanette Alessio-Way, The History Lady*, is a unique lecturer who illuminates the past using fascinating objects that spark memories and prompt audience participation.

Participants of the *Memory Matters* workshop will be able to identify types of memory, recognize mental changes common with normal aging, learn several memory exercises, and understand strategies for improving memory.



The *Technology Fair for Older Adults* will feature booths from Sony, Microsoft, Barnes and Noble, Aging & Independence Services with the Technology and Aging Coalition of San Diego, Agetek, San Diego Continuing Education, OASIS, Computers 2 San Diego Kids (adult program), SDG&E, and more to be added.



**Balboa Library**  
4255 Mt. Abernathy Ave.  
San Diego CA 92117

**Linda Vista Library**  
2160 Ulric St.  
San Diego CA 92111

**Serra Mesa/Kearny Mesa Library**  
9005 Aero Dr.  
San Diego CA 92123

**Clairemont Public Library**  
2920 Burgener Blvd.  
San Diego CA 92110

**North Clairemont Library**  
4616 Clairemont Dr.  
San Diego CA 92117

This information will be made available in alternative formats upon request.