

Libraries

Central Library.....619-236-5800
Allied Gardens/Benjamin619-533-3970
Balboa.....858-573-1390
Carmel Mountain.....858-538-8181
Carmel Valley.....858-552-1668
City Heights/Weingart.....619-641-6100
Clairemont.....858-581-9935
College-Rolando.....619-533-3902
Kensington-Normal Heights.....619-533-3974
La Jolla/Riford.....858-552-1657
Linda Vista.....858-573-1399
Logan Heights.....619-533-3968
Mira Mesa.....858-538-8165
Mission Hills.....619-692-4910
Mission Valley.....858-573-5007
Mountain View/Beckwourth.....619-527-3404
North Clairemont.....858-581-9931
North Park.....619-533-3972
North University Community.....858-581-9637
Oak Park.....619-527-3406
Ocean Beach.....619-531-1532
Otay Mesa-Nestor.....619-424-0474
Pacific Beach/Taylor.....858-581-9934
Paradise Hills.....619-527-3461
Point Loma/Hervey.....619-531-1539
Rancho Bernardo.....858-538-8163
Rancho Penasquitos.....858-538-8159
San Carlos.....619-527-3430
San Ysidro.....619-424-0475
Scripps Miramar Ranch.....858-538-8158
Serra Mesa-Kearny Mesa.....858-573-1396
Skyline Hills.....619-527-3485
Tierrasanta.....858-573-1384
University Community.....858-552-1655
University Heights.....619-692-4912
Valencia Park/Malcolm X.....619-527-3405

Recurring Events

Health & Fitness

Chair Fitness

>> Fridays from 11:15am-12:00pm
@ Allied Gardens/Benjamin Branch Library

Feeling Fit Club

>> Tuesdays & Thursdays from 11:00am-12:30pm
@ Logan Heights Branch Library

Gentle Yoga

>> Fridays from 10:00am-11:00am
@ North University Community Branch Library

Silver Age Yoga

>> Wednesdays from 1:00pm-2:00pm
@ Carmel Valley Branch Library

>> Wednesdays from 3:00pm-4:00pm
@ Scripps Ranch Miramar Branch Library

Yoga & Wellness

>> Wednesdays from 3:00pm-4:00pm
& Thursdays from 10:00am-11:00am
@ Valencia Park/Malcolm X Branch Library

Zumba Gold

>> Mondays from 9:30am-10:30am
@ Scripps Ranch Miramar Branch Library

>> Tuesdays from 6:00pm-7:00pm
& Fridays from 1:00pm-2:00pm
@ Rancho Bernardo Branch Library

>> Wednesdays from 1:30pm-2:30pm
@ Serra Mesa-Kearny Mesa Branch Library

>> Thursdays from 9:30am-10:30am
@ North University Community Branch Library

>> Fridays from 1:30pm-2:30pm
@ Mission Valley Branch Library

Technology

Computer Class

>> 2nd Thursday from 9:30am-1:00pm
& 4th Saturday from 10:00am-12:00pm
@ Valencia Park/Malcolm X Branch Library

>> Wednesdays from 3:00pm-4:00pm
@ Rancho Bernardo Branch Library

>> Fridays at 11:00am
@ La Jolla/Riford Branch Library



eReader Clinic

>> January 9, February 13 & March 13
from 3:00pm-4:00pm
@ Mira Mesa Branch Library

Special Interest

Bridge Club

>> Tuesdays from 1:00pm-3:00pm
@ Carmel Valley Branch Library

Mystery Buffs Class

>> Thursdays from 1:00pm-3:00pm
@ Allied Gardens/Benjamin Branch Library
Explore & discuss novels, short stories and true crime books.

Poetry Workshop

>> Thursdays from 2:00pm-3:00pm
@ La Jolla/Riford Branch Library

San Diego Public Library

Events for Older Adults

JANUARY
FEBRUARY
MARCH
2014



Featured Events

January

Health & Wellness Through Tai Chi

>> January 9 & 16 from 2:00pm-4:00pm
@ Mission Valley Branch Library



Cooking with Vera!

>> January 14 from 6:00pm-7:00pm
@ North University Community Branch Library
Featuring: "Nature's Candy: Vegetables"

Benefits of Laughter Exercise

>> January 16 from 2:00pm-3:30pm
@ University Community Branch Library

ElderHelp San Diego

>> January 18 from 1:00pm-2:00pm
@ Mission Valley Branch Library



Genealogy: Be an Ancestry Detective

>> January 25 from 12:30pm-2:00pm
@ Valencia Park/Malcolm X Branch Library

Beginning Computer Skills Workshop

>> January 27 & February 24
from 11:00am-12:00pm
@ North Park Branch Library

Covered California Info

>> January 29 from 5:30pm-7:30pm
@ Pacific Beach/Taylor Branch Library

How to Make an Informed Assisted Living Placement

>> January 29 from 6:30pm-7:30pm
@ Carmel Valley Branch Library

February



48th Annual Local Authors Exhibit

>> All of February
@ Central Library

Tax Preparation Assistance

>> February 3, 10, 24 & March 3, 10, 17, 24
from 10:00am-3:00pm
@ Pacific Beach/Taylor Branch Library
Drop by for free tax preparation assistance from
AARP volunteers.

Foods & Moods

>> February 4 from 6:00pm-7:00pm
@ Pacific Beach/Taylor Branch Library
Workshop on the benefits of phytochemicals and
functional foods and how they affect overall health.

Artful Conversations: Chinese New Year Prints

>> February 5 from 2:00pm-3:00pm
@ Central Library, Mary Hollis Clark Room

Genealogy: Be an Ancestry Detective

>> February 19 from 6:00pm-7:00pm
@ Carmel Mountain Branch Library

Declutter Your Life

>> February 20 from 2:00pm-4:00pm
@ University Community Branch Library



Ikebana: Flower Design

>> February 25 from 1:00-3:00pm
@ Rancho Penasquitos Branch Library
Presented by Mitsuko Takeya

Vegan Soul Food Cooking Class

>> February 26 from 6:00-8:00pm
@ Valencia Park/Malcolm X Branch Library
Discover new ways to add plant based foods into
your diet. Call to sign up: 619-527-3405

Film Noir Classics

>> February 14 & March 14 from 3:00-5:00pm
@ La Jolla/Riford Branch Library
Free movie & popcorn.

March



Bring on the Birds

>> March 4 from 1:00-3:00pm
@ Rancho Penasquitos Branch Library
Photographer & lecturer, Bert Kersey, brings your
field guide to life. Perfect learning tool for the
beginner or intermediate birder.

Exploring Google

>> March 7, 14, 21 from 9:30am-11:30am
@ Valencia Park/Malcolm X Branch Library
Learn some of Google's amazing features in this
three-week hands-on computer class. Call to sign
up: 619-527-3405

Biometrics Screening

>> March 17 from 2:30pm-3:30pm
& March 19 from 6:00-7:00pm
@ Pacific Beach/Taylor
Branch Library
Measure your blood
pressure, heart rate,
BMI and more.
Call to sign up:
858-581-9934



Save the Date!

Annual Senior Fair
>> April 26th from 10:00am-2:00pm
@ Pacific Beach/Taylor Branch

For more information please visit:

www.sandiegolibrary.org