

## Libraries

Central Library.....	619-236-5800
Allied Gardens/Benjamin .....	619-533-3970
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

#### Cooking from Scratch

>> Saturdays from 12:30pm-1:30pm  
July 12, August 2 & September 6  
@ Carmel Mountain Ranch Branch Library

#### Eat Fresh All Summer Program

>> Mondays & Tuesdays from 12:30pm-1:30pm  
July 1-August 19  
@ Logan Heights Branch Library

#### Know the 10 Signs of Alzheimer's

>> Tuesday, July 22 from 2:00pm-2:45pm  
@ Rancho Penasquitos Branch Library

>> Friday, August 29 from 11:00am-12:00pm  
@ North Park Branch Library

>> Friday, September 19 from 1:00pm-2:00pm  
@ Pacific Beach/Taylor Branch Library

>> Saturday, September 20 from 1:00pm-2:00pm  
@ Mission Valley Branch Library

#### Zumba Gold

>> 1st & 3rd Saturdays from 9:45am-10:45am  
@ College-Rolando Branch Library

>> Mondays from 4:00pm-5:00pm  
Fridays from 1:00pm-2:00pm  
@ Rancho Bernardo Branch Library

>> 1st & 3rd Thursdays from 12:00pm-1:00pm  
@ Tierrasanta Branch Library

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

## Technology

#### Beginning Computer Class

>> 1st & 3rd Tuesdays from 5:00pm-5:45pm  
@ Tierrasanta Branch Library

>> Saturdays from 9:30am-10:30am  
@ Otay Mesa-Nestor Branch Library



#### eReader Clinic

>> Mondays from 10:00am-11:00am  
@ San Carlos Branch Library

>> Thursdays from 3:30pm-5:00pm  
@ Rancho Bernardo Branch Library

## Special Interest

#### Film Screenings

>> 3rd Wednesdays from 6:00pm-7:00pm  
@ North University Community Branch Library

>> Tuesdays from 6:00pm-8:00pm  
*Please call branch first. Subject to change.*  
@ Point Loma Branch Library

>> 3rd Wednesdays from 7:00pm-9:00pm  
@ Scripps Miramar Ranch Branch Library

#### Summerfest Music Series

>> Monday through Friday at 10:00am  
July 30 through August 20.  
@ La Jolla/Riford Branch Library

## San Diego Public Library Events for Older Adults

# JULY AUG SEPT 2014



## Featured Events

### July

#### 50 Years Later - I Have a Voice:

##### Commemorating the Civil Rights Act of 1964

Join us in an exploration of how far we've come & how far we have yet to go.

>> July 2 from 4:30pm-7:30pm  
@ Central Library @ Joan A Irwin Jacobs Common

#### Gardening in a Mediterranean Climate

OASIS program with horticulturist, Patrick Anderson.

>> July 8 from 1:00pm-3:00pm  
@ Rancho Penasquitos Branch Library



#### Forensic Entomology

Forensic entomologist David K. Faulkner, MS, will discuss how insects can help solve crimes.

>> July 10 from 6:30pm-7:30pm  
@ Mission Hills Branch Library

#### Centennial Celebration

Family activities, music, speeches & cake!

>> July 12 from 11:00am-1:00pm  
@ Pacific Beach/Taylor Branch Library

#### The Benefits of Laughter Exercise

OASIS program. Research shows the benefits of laughter include relieving pain and reducing stress.

>> July 16 from 1:00pm-3:00pm  
@ Point Loma/Hervey Branch Library

#### Summer is for Saving!

Financial resource fair for the whole family!

Free food, games and prizes!  
>> July 26 from 11:00am-2:00pm  
@ Mission Valley Branch Library

#### Yarn Bombing!

Celebrate Pacific Beach Library's centennial by decorating the plaza with knit & crochet pieces.

>> July 30 from 4:00pm-7:00pm  
@ Pacific Beach/Taylor Branch Librar

### August

#### Gold Nuggets to Apple Pie: The Changing Face of Julian & the Back Country

OASIS program detailing the fascinating evolution of Julian, California.

>> August 12 from 1:00pm-3:00pm  
@ Rancho Penasquitos Branch Library



#### What You Should Know About the Legal System

Attorney Janet E. Sobel, Esq., will discuss many of the key problems that confront consumers when they are thrust into a legal dispute.

>> August 13 from 6:30pm-7:30pm  
@ Mission Hills Branch Library

>> August 20 from 6:00pm-7:00pm  
@ Central Library @ Joan A Irwin Jacobs Common



#### Project Linus

Learn how you can knit or crochet blankets to donate to Project Linus.

>> August 16 from 12:00pm-1:00pm  
@ Pacific Beach/Taylor Branch Library

#### Concert: Flamenco Sur

Enjoy the passionate music and dance style known as flamenco!

>> August 27 from 6:00pm-7:00pm  
@ Clairemont Branch Library



#### Garden Club: Seed & Plant Swap

>> August 30 from 11:00am-12:00pm  
@ Valencia Park/Malcolm X Branch Library

### September

#### Road Scholar Presentation:

##### Adventures in Lifelong Learning

>> September 10 from 6:00pm-7:00pm  
@ North Park Branch Library

#### The San Diego River

OASIS program.

>> September 23 from 1:00pm-2:00pm  
@ Mission Valley Branch Library

#### The Chris Klich Jazz Trio

>> September 21 from 2:30pm-3:30pm  
@ Scripps Miramar Ranch Branch Library



#### The Singing Opera Chef

OASIS program. Music, food and humor!

>> September 23 from 6:00pm-7:30pm  
@ Rancho Bernardo Branch Library

#### Book Club

One Book One San Diego 2014 Selection  
*Montress: Stories* by Lysley Tenorio

>> September 24 from 2:00pm-3:00pm  
@ University Community Branch Library

#### Elderhelp Services Presentation

Find out about great services available to older adults in San Diego.

>> September 24 from 6:00pm-7:00pm  
@ North Park Branch Library

For more older adult events at your library,  
please visit:

[www.sandiegolibrary.org](http://www.sandiegolibrary.org)