



ARTS & CRAFTS

Knitting

Tuesdays • 6:45 -7:45 pm
Tierrasanta Branch Library

2nd & 4th Wednesday • 12:30 pm - 2:00 pm
Mission Valley Branch Library

Adult Coloring Club

3rd Saturday • 3:00 pm - 4:30 pm;
6/18, 7/16, 8/20
Tierrasanta Branch Library

Crafts for Adults

1st Wednesday • 4:00 pm;
6/1: Patriotic Bracelets.
7/6: Bling Your Flip-flops.
8/3: Decorative Garden Jar.
Limited Space & Supplies,
RSVP required.
Tierrasanta Branch Library

1st, 2nd, & 3rd Mondays • 1:00 pm – 5:00 pm
San Carlos Branch Library

BOOK CLUBS

Book Clubs

2nd Thursday • 10:30 am
Tierrasanta Branch Library

2nd Tuesday • 6:00 pm
Ocean Beach Branch Library

3rd Tuesday • 6:30 pm
Mission Valley Branch Library

FINANCE

How Investment Fees Work & What to Do About Them *with Barbara Norman*

6/15 • 2:00 pm - 3:30 pm
College Heights Branch Library

Financial Workshops

2nd Saturdays • 3 pm; 6/11: Money Basics;
7/9: Financial Fitness; 8/13: All About
Credit.

Presented by California Coast Credit
Union
Tierrasanta Branch Library



HEALTH

Oasis: Learn about Chinese Facial & Tongue Diagnosis Secrets to Health

with Dr. Jocelyn Joy, DAOM
6/8 • 1:00 - 2:30 pm
Point Loma Branch Library

Zumba Gold Programs

1st & 3rd Wednesday • 11:30 am -12:30 pm,
6/1 & 15; 7/6 & 20; 8/3 & 17
Tierrasanta Branch Library

Fridays • 1:30 pm - 2:30 pm
Mission Valley Branch Library

Yoga Programs

Fridays • 10:00 am
North University Branch Library

Thursdays • 12:00 -1:00 pm
Linda Vista Branch Library

Tuesdays • 6:00 pm – 7:00 pm
Mission Valley Branch Library

Tuesdays • 2:30 pm – 3:30 pm
San Carlos Branch Library

Tai Chi

Improve your balance and mobility with
slow, controlled movement!
Mondays & Thursdays • 10:00 - 11:00 am
Linda Vista Branch Library

Mondays • 9:30 am – 10:30 am
San Carlos Branch Library

Oasis: Ten Health Goofs that Could Shorten Your Life

with SharonAnn Hamilton, MBA, CFP®, MSFS, NCG
6/29 • 1:00 pm - 3:00 pm
Point Loma Branch Library



Nutrition for Older Adults

Adults 50 and over, get the tools you
need to eat healthy and be active while
staying within your budget.
To register please call 619-527-3405
Mondays • 2:30 pm – 3:30 pm;
6/6 & 7/18 (no class July 4th)
Malcolm X Branch Library

Healthy Habits for Adults

Learn a unique and time-efficient way to
add colorful foods to your daily diet.
Friday, June 17 • 1:00 pm – 3:00 pm
San Carlos Branch Library

Conversations with Your Doctor about End of Life Care

with Barbara Baily, MS, RN
Thursday, 8/11 • 2:00 pm - 3:30 p.m.
College Heights Branch Library

Fitness Fun for Seniors

Enjoy a fun, varied workout using a
mixture of light aerobics, dance,
weights, and stretching
Fridays • 11:15 am-12:00 pm
Allied Gardens/Benjamin Branch Library

MUSIC

Clarinet Concert with Philip Lipton

Sunday, 7/10 • 2:00 pm
La Jolla Branch Library

La Jolla Music Society Summerfest

Listen in on open coaching sessions for conservatory students by leading conductors. Visit lajollalibrary.org for detailed schedule
Weekday mornings, 8/2-8/23 •
La Jolla Branch Library

Dave Chamberlin

Jazz and pop classics on a keyboard
2nd Wednesdays • 4:00 pm,
6/8: Cole Porter;
7/13: Tribute to Nat King Cole,
8/10: Musicals of the 1950's
Tierrasanta Branch Library

Clarinet Concert: The Influence of Benny Goodman

Clarinetist Philip Lipton offers a show combining Jazz, Classical, & Spanish music
Sunday, 6/26 • 3:00 pm
North University Branch Library

Dueling Divas of Oboe

Enjoy the musical stylings of the Dueling Divas of Oboe, Dawn Roberts and Juliana Gaona
Wednesday, 7/13 • 5:30 pm
Ocean Beach Branch Library

The Ed Kornhauser Jazz Trio

The Ed Kornhauser Jazz Trio will perform jazz standards and originals
Wednesday, 8/10 • 5:30 pm
Ocean Beach Branch Library

SPECIAL EVENTS

Renaissance Culture

Open rehearsals by the Early Music Society at 1pm, followed by Shakespeare readings with coffee and scones provided by the Brick and Bell Cafe
1st Sundays • 1:00 pm
La Jolla Branch Library

Oasis: Hidden in Plain Sight: Secret Life in Your Garden

with Meredith A. French, Master Gardener
Master Gardener Meredith French will be speaking on the fascinating life cycles of insects in your garden, as well as their importance to your garden's health and vigor.
Tuesday, June 21 • 1:00 pm – 3:00 pm
Mission Valley Branch Library

The Parrots of OB

Volunteers with SoCal Parrot will share their deep knowledge of the birds with a focus on parrots that live in the Ocean Beach area
Saturday, July 9th • 2:00 pm
Ocean Beach Branch Library



TECHNOLOGY

Computer Class 4 Beginners

1st & 3rd Tuesdays • 5:00 - 5:45 pm;
6/7 & 21; 7/5 & 19; 8/2 & 8/16
Tierrasanta Branch Library

Senior Mobile Technology Lab Classes

Senior aged 60 or older - learn more about using your personal electronic devices. Join our class with one-on-one tutors and learn how to use your smart phone, laptop, table, eReader and other devices.
Space is limited. You must make a reservation in advance by calling 619-471-2713
Tuesdays • 12:30 – 2:30 pm;
6/7, 7/5, & 8/2
University Heights Branch Library



Events for Older Adults

JUNE JULY AUGUST 2016