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
(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 Bailey, 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)

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)

Frondays • 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)

Fridays • 6:00 pm – 7:00 pm
(Mission Valley Branch Library)

Fridays • 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)

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)

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)

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)

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1st, 2nd, & 3rd Mondays • 1:00 pm – 5:00 pm
(San Carlos 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 Gardner
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, tablet, 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

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**Events for Older Adults**

**JUNE**

**JULY**

**AUGUST**

**2016**