



THE Learning Festival Calendar

Check out what's going on at your local County library this May in celebration of Older Americans' Month!

4S Ranch Branch (858) 673-4697

Wii for Seniors (50 and up). No registration required. *Friday, May 15, 5 PM*

Alpine Branch (619) 445-4221

Face Reading with Rosemary Kim Bal. Learn the secrets of Chinese face reading from a certified practitioner. *Saturday, May 9, 10 AM*

Bonita-Sunnyside Branch (619) 475-4642

Computer Classes. *Saturday, May 9 & 23, 9 AM (2nd & 4th Sats)*

Laughter Yoga. Discover the healing power of laughter. *Tuesday, May 19, 2 PM*

Borrego Springs Branch (760) 767-5761

Computer Classes for Older Americans. Basic Internet and email skills. Please sign up prior to class. *Wednesday, May 13 & 20, 6-8 PM*



Campo-Morena Village Branch (619) 478-5945

Laughter Yoga. Learn how to bring more laughter to your life and the community. Presented by Jenne Bergstrom. *Thursday, May 7, 1 PM (1st Thursdays)*

Cardiff-By-The-Sea Branch Library Branch (760) 753-4027

Dr. Gabriel Weiss: The Healing Power of Meditation. Dr. Weiss leads a discussion on meditation and why it works to promote wellness, reading from his book *The Healing Power of Meditation*. Short guided meditation breathing exercise. Rosemary KimBal discusses her mindful approach to creating contemporary ink paintings in the ancient Zen style, which she used to illustrate the book. *Saturday, May 23, 1:30 PM*

Silver Age Yoga for Seniors with Emmy Garnica. *Weds, 3 PM*

Container Gardening for Spring and Summer with Karen Fleck from the San Diego Master Gardeners Association. *Sat, May 9, 10 AM-Noon*

Casa De Oro Branch (619) 463-3236

Film for Thought. Join us for a screening of an acclaimed documentary about older Americans using their voices to “rock out” in rural Massachusetts. *Friday, May 8, 10:30 AM*

Coffee & Conversation: Wii Tennis and Bowling. Show your moves on the TV screen. *Friday, May 15, 10:30 AM (3rd Fridays)*

Microwave Magic: Meal Preparation for Seniors. Aging & Independence Services provides a demonstration of microwave cooking techniques for elders and caregivers. *Sat, May 16, 1 PM*

Crest Branch (619) 442-7083

Weaving with Wire by Terry Andrews. Use wire to create jewelry. *Saturday, May 23, Noon*

Del Mar Branch (858) 755-1666

Knit and Stitch (Adults & Teens). Bring your needles, yarn and a project. Coordinated by Regina Horner. *Thursday, May 7, 3 PM (1st Thursdays)*

Meet the Author: Nan Sterman. The gardening expert answers your questions. *Thursday, May 14, 6:30 PM*

Art Series: Watercolors (Adults & Teens). Learn technique of painting with watercolors. Registration required. *Saturday, May 16, 9:30 AM*

Descanso Branch (619) 445-5279

Celebrate Older Americans Month! *Saturday, May 23, 11 AM*

- ◆ Musical Duo by Roy and Sheri
- ◆ Displays with information available for seniors and the disabled
- ◆ Blood pressure screenings by Senior Advocate Jerry Barber

Computer Class. *Wednesdays, Beginners 9-10 AM; Advanced 10-11 AM*

El Cajon Branch Library (619) 588-3718

How to Live a Brain Healthy Lifestyle. Presented by Alzheimer's Association.
Tuesday, May 5, 10 AM

Golden Classics Matinee. A classic movie will be shown. *Tuesdays, 1 PM*

Dominos. *Friday, May 8 & 22, 2 PM (2nd & 4th Fridays)*

Afternoon Social with The Jazz Notes Swing Combo. Sit and listen, or dance! Refreshments served. *Saturday, May 9, 2:30 PM*

Computer and Internet Basics in Farsi. Learn basic computer and Internet skills at the library. *Fridays, 1-2 PM*

Laughter Yoga. *Sundays, 2 PM*

Encinitas Branch (760) 753-7376

Science of Breath & Meditation Workshop. Reduce stress and increase energy by learning about the connection of the breath with the body and mind. *Tuesday, May 19, 6:30 PM*

Gentle Yoga. Gentle poses for beginners and more experienced yoga students.
Thursday, May 7 & 21, 2 PM

Online Genealogy Research. Learn techniques using the Heritage-Quest website. Registration required. *Monday, May 11, 6:30 PM (2nd Mondays)*

Introduction to Email. Create an email account using Yahoo. Registration is required.
Wednesday, May 13, 2 PM

Fallbrook Branch (760) 728-2373

Remember the Past. Author Gail Chatfield discusses her book “By Damn It, We’re Marines!” Includes a presentation of never before seen combat photographs taken on Iwo Jima.
Wednesday, May 6, 6:30 PM

Enjoy the Present. Attend a Laughing Yoga class. Enjoy the day and learn the power of laughter. Partnership with San Diego County’s Aging & Independence Services.
Tuesday, May 19, 10:30 AM

Prepare for the Future. Census data shows the average senior citizen can need up to 18 months in a nursing home, yet few are prepared for the financial cost. Learn some of your long-term health care options. *Wednesday, May 27, 6:30 PM*

Fletcher Hills Branch (619) 466-1132

Blood Pressure Screenings & Information for Seniors. Senior advocate Jerry Barber will offer free blood pressure screenings and have a table set up with promotional items and services for seniors. *Thursday, May 7, 9:30 AM-1 PM*

Adult Craft Program. Natasha will assist participants in a bleach pen t-shirt craft. Make a henna art design. Bring your own black t-shirt, everything else provided.
Thursday, May 14, 10 AM

Imperial Beach Branch (619) 424-6981

Laughter Yoga. In celebration of Older Americans Month. *Tuesday, May 5, 10 AM at IB Senior Center*

Jacumba Branch (619) 766-4608

Laughter Yoga. Celebrate Older Americans Month in partnership with Aging & Independence Services. Join us at the Highland Senior Center for a fun yoga session.
Wednesday, May 20, 1 PM

Beginning Computer Class. Learn how to set up an email account, search the Web and more.
Fridays, 10 AM

Julian Branch (760) 765-0370

“Maintain Your Brain.” Diane Darby-Beach, PhD will educate older adults on the importance of using your brain to maintain well-being. Target audience is caregivers and older adults. Partnership with Aging & Independence Services. *Wednesday, May 27, 9:30 AM*

Sit and Fit for Seniors. Gentle stretching and chair exercises led by Physical Therapist Matt Kraemer. *Wednesdays, 11 AM*

Gentle Yoga with Karen. Yoga, meditation and stretching exercises. *Fridays, 9 AM*

La Mesa Branch (619) 469-2151

Living a Brain Healthy Lifestyle. In celebration of Older Americans Month, learn tips for keeping your brain healthy as you age. Presented by the Alzheimer’s Association of San Diego. *Wednesday, May 13, 10 AM*

Coffee & Books. Library staff present book reviews and offer reading recommendations over coffee. *Wednesday, May 20, 10 AM*

Bingo. Play the classic game for fun and prizes. *Wednesday, May 27, 10 AM*

Lakeside Branch (619) 443-1811

Gadgets for Grandparents. Learn about today’s high-tech gadgets (e-book readers, mp3 players, digital cameras, Wii, etc). *Friday, May 29, Noon*

Computer Classes. Computer/Internet and Email basics. Limited seating, registration required by phone or at reference desk. *Saturdays, 8:45 AM*

Lemon Grove Branch Library (619) 463-9819

Hatha Yoga. For active adults with Arlene Hearing. Bring a yoga mat and wear loose clothing. Sponsored by Foothills Education Adult Center. *Wednesdays, 10:15 AM*

Genealogy Class with Susie Pentico for beginners and intermediates. *Wednesday, May 6 & 20, 6 PM (1st & 3rd Wednesdays)*

Face Reading with Rosemary KimBal. *Friday, May 1, 3:30 PM*

Lincoln Acres Branch (619) 475-9880

Nutrition and Cancer Intervention Program with Olga G. Sanchez from SDSU/UCSD Cancer Center Partnership. “Por La Vida: Take Care of Myself.” *Wednesdays, 6 PM*

May 6 “Where is Cancer Found?”

May 13 “Protecting Ourselves with Fruits and Vegetables”

May 20 “Enjoying Fruits and Vegetables”

Healthy Eating, Healthy Living. Learn healthy eating habits. In celebration of Older Americans Month. *Wednesday, May 20, 11 AM*

Crocheting Class. *Tuesdays, 6:30-7:30 PM*

Pine Valley Branch (619) 473-8022

Senior Luncheon Special. Performance from the Mountain Empire Advanced Band. Featuring music from “Annie Get Your Gun.” In celebration of Older Americans Month.

Friday, May 15, 12:30 PM

Potrero Branch (619) 478-5978

Senior Games. Canasta following Senior lunch. All skill levels welcome. *Thursdays, 1 PM*

Craft Potrero Ladies. Unfinished project? Come knit, sew, craft and get it done.

Saturdays, 10 AM

Poway Branch (858) 513-2900

On the Go: Transportation Solutions for Older Adults. What happens when you can’t drive? Learn about transportation solutions. In celebration of Older Americans Month.

Wednesday, May 13, 2 PM

Genealogy Club. Search for your ancestors online. *Friday, May 15, 8:30 AM*

Save Money on Prescription Drugs. Learn techniques to lower your costs on prescription drugs. *Saturday, May 16, 2 PM*

Computer Instruction for Adult Beginners. *Sundays, 11 AM & Thursdays, 8:15 AM*

Computer Instruction for Adult Beginners in Spanish.

Saturdays, 8:30 AM & Sundays, Noon

Ramona Branch (760) 738-2434

Maintain your Brain. Partnership with San Diego County's Aging & Independence Services. *Wednesday, May 13, 1 PM at Ramona Senior Center*

Bilingual Spanish/English Computer Helpers. Instruction for beginners, please call for appointment. *Thursdays, 5 PM*

Rancho San Diego Branch (619) 660-5370

Acupuncture: Individual/Group Perceptions. Joel Vorensky, author and noted psychologist, discusses various aspects of acupuncture. *Friday, May 1, 11 AM*

Adult Craft: Beadwork with Patty Strong of Mountain Beadworks. Registration required. *Friday, May 8, 11 AM*

Dementia: What it is and What it isn't. Dawn Carnerie of George G. Glenner Alzheimer's Family Center discusses Dementia. *Friday, May 8, 11 AM*

Understanding 2009 Medicare Option. A Health Insurance Counseling & Advocacy program. *Friday, May 15, 11 AM*

Seniors Against Investment Fraud. Consumer Education presented by the County of San Diego, Aging & Independence Services. In celebration of Older Americans Month. *Friday, May 22, 11 AM*

Aging Process. Sara Rom of Southern California Caregiver Resource Center discusses the Aging Process. In celebration of Older Americans Month. *Friday, May 29, 11 AM*

Gentle Yoga. Please bring your own mat. No class May 25. *Mondays, 10:15 AM*

Tai Chi. *Wednesdays, 10:15 AM*

Rancho Santa Fe Branch (858) 756-2512

Caregiver Music Workshop: "I'll be Loving you Always" with Susan Carter-Garber, PhD. Improve your health and well-being through music. In celebration of Older Americans Month. Partnership with San Diego County's Aging & Independence Services. *Saturday, May 2, 1-3 PM*

Santee Branch (619) 448-1863

How to Maintain Your Brain. With the Alzheimer's Association. *Friday, May 1, 10 AM*

Eat to Live. Learn about healthy foods, nutrition & easy hints for healthy eating.

Mon, May 4, 10 AM

United Through Reading. Aging & Independence Services will offer elders the opportunity to read to their grandchildren, even if they live far away – participants will receive a DVD of their performance to send them. *Thursday, May 7, 6:30 PM*

Elderhelp. Come learn what services Elderhelp has to offer. *Tuesday, May 19, 6:30 PM*

Solana Beach Branch (858) 755-1404

Origami Folders. Create paper art. *Saturday, May 2, 1 PM (1st Saturdays)*

Knitting Circle. *Tuesday, May 12 & 26, 9 AM (2nd & 4th Tuesdays)*

Laughter Yoga. In celebration of Older Americans Month. Partnership with San Diego County's Aging & Independence Services. *Saturday, May 23, 1-3 PM*

Spring Valley Branch Library (619) 463-3006

Laughter Yoga/Caregiver Dementia Series. Laughter Yoga combines laughter with yogic breathing for a refreshing exercise with both physiological and psychological benefits. Caregivers are invited to learn about Dementia as well. Michael Coleman, Laughing in San Diego and Sue Kopczyński, Glenner Family Centers. Celebrating Older Americans Month in partnership with Aging & Independence Services. *Wednesday, May 6, 10 AM*

Wood Painting Craft. Paint your very own wooden craft with instruction from local craftsmen Mr. Jim. Supplies limited. *Friday, May 15, 11 AM (3rd Fridays)*

Scrapbook Club. You bring the photos and we provide the supplies. *Friday, May 29, 11 AM (Last Fridays)*

Valley Center Branch (760) 749-1305

Gentle Yoga (Adults & Seniors). Relieve stress and restore your mind and spirit.

Tues & Thurs, 5 PM

Wednesday Buzz: Craft Classes for Adults. New project every week. *Wednesdays, 10 AM*

Computer Instruction for Seniors. Computer and Internet instruction for anyone who lacks a relationship with a computer. *Thursdays, 10 AM*

Vista Branch (760) 643-5100

Food for Thought. Gentle Yoga with Yoga Vista; reserve a box lunch by calling (760) 726-1340 ext. 1531; \$3.50 suggested donation for seniors (60+) and \$5 for others. A partnership with the City of Vista, Aging & Independence Services and the Library.

Thursday, May 7 & 21, 11 AM (1st & 3rd Thursdays)

Understanding Alzheimer's. What is Alzheimer's and how is it different from dementia? What can the Alzheimer's Association do for you? *Saturday, May 9, 1 PM*

Sudoku for Seniors. Learn Sudoku and keep your mind sharp. Seniors can drop into this class. *Thursdays, 1 PM*