



## Programs

@ San Diego County Library

January 2012

Dear Customer,

Happy New Year! Take a look at all the good-for-you-and-your-family programs this month @ your library.

You can still take the **Winter Reading Challenge!** The program runs until January 15--with more prizes being given away every week. See our sponsor information below right. For more details, visit your local branch or [www.sdcl.org](http://www.sdcl.org).



### Keep Your New Years' Resolution: Self-Help Programs Countywide

**Writing Groups** meet regularly at these branches: [Campo-Morena Village](#), [Del Mar](#), [Descanso](#), [Encinitas](#), [Pine Valley](#), [Rancho San Diego](#), [San Marcos](#) and [Valley Center](#). Contact the branch for meeting dates and times.

**Teens: Basic Money Management @ 4S Ranch**, Wednesday, January 25, 5:30 PM.

[Parenting Classes - Click Here](#) to see what's available in your community.

**Meet Me at the Dinner Table - Healthy Planning with Jessica Barna @ Santee**, Thursday, January 12, 6:30 PM; @ [El Cajon](#), Wednesday, January 18, 6 PM; @ [San Marcos](#), Tuesday, January 24, 6 PM.

**Lose the Holiday Pounds: The Glycemic Index and You! @ El Cajon**, Wednesday, January 11, 6 PM.

[E-Books & Downloads Tutorials - Click Here](#) to see what's available @ your library.

**Prevent Identity Theft @ Cardiff-by-the-Sea**, Thursday, January 19, 6:30 PM.

**Teens: Basic Survival Skills - Food! @ San Marcos**, Thursday, January 19, 4 PM.  
**NeuroTraining: Give Your Brain a Workout @ Santee**, Thursday, January 26, 6:30 PM.

**You Can Defend Yourself with Martial Arts Expert Alex Shpigel @ Bonita-Sunnyside**, Saturday, January 14, Noon.

### Let's Talk About It

**Common Ground Women's Support Group @ Ramona**, Tuesday, January 3 (first Tuesday every month), 6 PM.

**Art as Mindfulness Practice with Alessandra Colfi @ Fallbrook**, Thursday, January 12, 6 PM.

**Getting Published: The Fun and Frustration with Author Robert Rogers @ Del**

### Quick Links

[Calendar of Events - Just Click to Customize!](#)

[Branch Locations & Hours](#)

[FREE Online Job Coaching - 7 Days a Week, 1-10 PM](#)

[FREE Online Homework Help - 7 Days a Week, 1-10 PM](#)

### Support Your Library

Join [Library Friends of San Diego County](#) today!

### Featured Programs

**Home Clinic: Expert Guidance on How to Make Homeownership Affordable & Avoid Foreclosure @ Poway**, Saturday, January 21, 10 AM - 2 PM. FREE. To register call 619-283-2200.

**First Anniversary Celebration @ Fallbrook**, Special Events All Day Saturday, January 28.

**Coupons with Eleonor @ Del Mar**, Thursday, January 19, 11:30 AM; @ [Campo-Morena Village](#), Saturday, January 21, Noon; @ [Potrero](#), Saturday, January 21, @ [Ramona](#), Friday, January 27, 9:30 AM; @ [Julian](#), Friday, January 27, Noon.



Acoustic Concert: Cahill and

Mar, Friday, January 13, 2 PM.

**Road Scholar: Travel and Learn Around the World @ El Cajon**, Saturday, January 14, 1 PM.

**Middle East Conflict: A Primer @ Encinitas**, Saturday, January 14, 2 PM.

**So You Want to Write a Mystery with Author Lois Wells Santalo @ Crest**, Tuesday, January 17, 6:30 PM.

**Year of the Dragon with R. Rumble @ Del Mar**, Thursday, January 19, 6:30 PM.

**Adventures on the Pacific Crest Trail @ Casa de Oro**, Friday, January 20, 10:30 AM.

**Peace Corp at Any Age @ Encinitas**, Saturday, January 21, 11 AM.

**Film Screening: Documentary on Food Choices @ Lemon Grove**, Tuesday, January 24, 6 PM.

**Workplace Leadership: *The Charisma Edge* by Author Cindy Burnham @ Descanso**, Saturday, January 28, 1 PM.

**Jonestown Survivor Laura Kohl @ Bonita-Sunnyside**, Monday, January 30, 6 PM.

## After School Programs for Kids & Teens

**Fit & Fun After School @ Lemon Grove**, Every Wednesday, 4:30 PM (for 4th graders - teens); @ Casa de Oro, Thursday, January 19, 4 PM (for 4-8th graders).

**Cursive Club - Practice Writing Fancy and Make Cards for Local Elders @ Imperial Beach**, every Tuesday, 3:30 PM.

**Read a Book, Write a Book For Elementary Students @ Lakeside**, Every Friday, 3:30 PM.

**Science Lab @ Your Library @ 4S Ranch**, Wednesday, January 11, 5:30 PM.

**Teen Music Shop: Musicians, Vocalists & Songwriters Welcome @ Ramona**, Every Friday, 3 PM.

**Delene @ Solana Beach**, Tuesday, January 10, 6:30 PM.

**For more FREE concert information, check out SDCL's [Acoustic Showcase Concert Series](#)**

**Let's Dance Storytime @ El Cajon**, Wednesday, January 11, 10:30 AM.

**Vista Teen Volunteers Co-Sponsor American Red Cross Blood Drive with City of Vista Fire Dept. @ Vista**, Tuesday, January 4, 10:30-4 PM.

**Simply Cinema Series: Musicals! @ Encinitas**, Every Monday (except January 16), 4 PM.

**ElderHelp Resources for Caregivers & Aging in Place @ La Mesa**, Saturday, January 7, 11 AM.

**Yarn Crafters with Carol @ Lincoln Acres**, Every Tuesday, 6:30 PM.

## Thanks to Our Sponsors!

The Friends of San Diego County Library

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