



sandiegocountylibrary **events**

Encinitas Community Library

540 Cornish Drive
Encinitas, CA 92024
Phone: (760) 753-7376

January 2013

Library Hours

M-Th: 9:30AM – 8PM
F&S: 9:30AM – 5PM; Sun: 12 – 5PM

No More Bullies! Girl Scout Troop 1300 shares skits they have put together to prevent bullying and help teach how to treat others fairly. The girls performing are between the ages 10 and 14. All school age children are invited to come learn about this problem and what to do when the situation occurs. Includes interactive questions for the audience. Saturday, January 19, 11:00 AM

Rockin' Toddler Time! This toddler story time is designed for caregivers to **actively participate** with their child and features 20 minutes of songs, movement and stories for toddlers ages 1-3 years old. Mondays, 11 AM & Thursdays, 10 AM

Preschool Party Time! Keep the party going with this 30-minute story time featuring songs, movement and stories for ages 3-5 years old. Hand stamps and a 15-minute playtime, too! Thursdays, 11 AM

Toddler Yoga (18 mo – 2 yrs). 30-minute class devoted to toddlers and their parent or any adult who loves them! Yoga poses, songs, nursery rhymes and stories woven magically together. Mondays, January 14 & 28, 12:30-12:55 PM (2nd and 4th Mondays)

Preschool Yoga (3 – 4 yrs). 30-minute class devoted to preschoolers and their parent or any adult who loves them! Yoga poses, songs, nursery rhymes and stories woven magically together. Mondays, January 14 & 28, 1-1:30 PM (2nd and 4th Mondays)

teen writers, ink. A Writing Group for Kids and Teens. We meet twice a month to write, exchange positive feedback and have fun! It's casual, it's friendly, and it's creative. Fridays, January 11 & 25, 3:30-4:30 PM (2nd & 4th Fridays)

Family Fun & Fitness! Did you know that fitness can be *FUN*? Instead of the usual workout, try a "payout" instead, with active games and movement for the entire family! Plus, after our payout, enjoy a healthy snack. It's all part of Encinitas' 3rd annual Wellness Week celebration! Wednesday, January 23, 4 PM

Elderhostel's Road Scholar program. Come learn about the many travel programs for older adults that are offered and possibly win a gift certificate towards travel with them. Jan 8, 5 PM

North County Lifeline is expanding its Fair Housing and Landlord Tenant program outreach to the Encinitas Library. A Fair Housing counselor will be on hand to help you with housing discrimination and landlord-tenant issues. Walk-in, first come, first served. Fridays, 10-2 PM

Friends of the Encinitas Library Concert Series:

Just JAZZ: Music of Peter Sprague with CAMARADA.

Enjoy Peter's unique style in this all-Sprague program featuring old and new works. The flute is a versatile and expressive jazz instrument in the hands of Beth Ross-Buckley, and stellar performers Fred Benedetti and Gunnar Biggs round out the ensemble. Sunday, January 6, 2 – 3 PM

Acoustic Concert Series: Charlie Imes. Charlie's debut album, *On An Island*, was nominated for a 2009 San Diego Music Award as the "Best Americana or Country Album".

Wednesday, January 9, 6PM

Which Body Detox is right for me? Don't waste your time or money this year. Get advice from an expert. Q and A with Annette Borsack, Cleanse Expert, Nurse, & Nutritionist. January 16, 6:00PM

Bilingual Gentle Vinyasa Flow Yoga. This is a level one class. Back to basics with focus on asanas posture alignment, breathing and developing awareness sensation of your body through breath. The class will be in English and Spanish and will be designed for the beginner. January 3rd and 17th (1st & 3rd Thursdays) 1:30- 2:30PM

Gentle Yoga: This simple yet powerful yoga can help eliminate stress with breathing techniques & meditation. 2nd & 4th Tuesday (Jan 8 & 22), 7-8PM

Hatha Yoga: A one hour session of relaxing and gentle poses for beginners and more experienced yoga students. No matter your age or physical condition, everyone can reap the benefits of yoga through this gentle approach. Thursdays, January 11 & 25, 2PM – 3PM

Silver Age Yoga. Seniors have unique health challenges. Therefore, a new style of Hatha Yoga based on geriatric science and research was created to meet these challenges and needs. Silver Age Yoga is designed so that seniors can safely participate at their level of comfort. As a result seniors become more involved and engaged because they are feeling better. Tuesdays at 1PM & Wednesdays, 1:30PM

2013 Zumba. Zumba dance & fitness. Tuesdays, 2PM and Fridays, Jan 4 & 11, 3PM

Free Citizenship classes. The classes are conducted in English and all materials are provided free of charge. Start your citizenship process now! You may register during the class or by calling: 760-753-7376. Fridays, 9:30-11 AM

Programs are sponsored by Friends of the Encinitas Library.

Friends of the Library Bookstore hours
M-F: 10-4; Sat: 10-4; closed Sundays



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY NEW YEAR!		1 All Day-New Year's Holiday Closure	2 1:30 PM-Silver Age Yoga	3 10:00 AM-Rockin' Toddler Time 11:00 AM-Preschool Party Time! 1:30 PM-Bilingual Gentle Vinyasa Flow Yoga 5:30 PM-Free Reference Consultation in Spanish	4 9:30AM Free Citizenship Class 10:00 AM-North County Lifeline Fair Housing and Landlord Tenant program 10:30 AM-Bouncing Babies Storytime 1:00 PM-New Year, New You 3:00 PM-Spanish Conversation 3:00 PM-G@merZ Lounge 3:00PM Zumba	5 1:00 PM-New Year, New You: makeover program
6 2:00 PM-FIRST SUNDAY MUSIC SERIES—JUST JAZZ	7 11:00 AM-Rockin' Toddler Time!	8 1:00 PM-French Conversation (intermediate and advanced) 1:00 PM-Silver Age Yoga 2:00 PM-Zumba 5:00 PM-Travel Adventures with Road Scholar 5:30 PM-eBook workshop: Kindle* 7:00PM-Gentle Yoga	9 1:30 PM-Silver Age Yoga 3:00 PM-Doggie Tales: Read to Dogs 6:00 PM-SDCL Acoustic Showcase: Charlie Imes	10 10:00 AM-Rockin' Toddler Time 11:00 AM-Preschool Party Time! 2:00PM-Gentle Yoga 5:30 PM-Free Reference Consultation in Spanish	11 9:30AM Free Citizenship class 10:00 AM-North County Lifeline Fair Housing and Landlord Tenant program 10:30 AM-Bouncing Babies Storytime 3:00 PM-Spanish Conversation 3:00 PM-G@merZ Lounge 3:00PM-Zumba 3:30 PM-teen writers, ink	12
13	14 11:00 AM-Rockin' Toddler Time! 12:30 PM-Toddler Yoga (18 mo – 2 yrs) 1:00 PM-Preschool Yoga (3 – 4 yrs)	15 1:00 PM-French Conversation (intermediate and advanced) 1:00 PM-Silver Age Yoga 2:00 PM-Zumba 4:00 PM-Tuesday Movie 5:30 PM-eBook workshops: ipad*	16 1:30 PM-Silver Age Yoga 6:00 PM-How to Purify your Body for better health 6:00 PM- Which Body Detox is right for me? How to Purify your Body for Better Health	17 10:00 AM-Rockin' Toddler Time 11:00 AM-Preschool Party Time! 1:30 PM-Bilingual Gentle Vinyasa Flow Yoga 5:30 PM-Free Reference Consultation in Spanish	18 9:30AM Free Citizenship Class 10:00 AM-North County Lifeline Fair Housing and Landlord Tenant program 10:30 AM-Bouncing Babies Storytime 3:00 PM-Spanish Conversation 3:00 PM-G@merZ Lounge	19 10AM-4PM Wellness Week Festival See encinitas101.com/ 11:00 AM-No More Bullies!
20	21 All Day-Martin Luther King, Jr. Holiday Closure	22 1:00 PM-French Conversation (intermediate and advanced) 1:00 PM-Silver Age Yoga 2:00 PM-Zumba 5:30 PM-eBook workshops:Nook* 5:30-Foods that Heal 6:00-Health Issues and hidden toxins 6:45-Laser Therapy	23 1:30 PM-Silver Age Yoga 4:00 PM-Family Fun & Fitness! 6-6:45PM Natural treatment for ADD/ADHD 6:45-Vaccines: Helpful or Harmful?	24 10:00 AM-Rockin' Toddler Time 11:00 AM-Preschool Party Time! 2:00PM-Gentle Yoga 5:30 PM-Free Reference Consultation in Spanish 5:30-Are your supplements helping or hurting you? 6:15-The office chair athlete 6:45-Home workouts	25 All Day Fine Free Friday 9:30AM Free Citizenship Class 10:00 AM-North County Lifeline Fair Housing and Landlord Tenant program 10:30 AM-Bouncing Babies Storytime 10:50-11:30AM Infant Massage by Tri-City Medical Center 3:00 PM-Spanish Conversation 3:00 PM-G@merZ Lounge 3:30 PM-teen writers, ink 6:30PM-Sound Energy Healing Concert	26
27	28 11:00 AM-Rockin' Toddler Time! 12:30 PM-Toddler Yoga (18 mo – 2 yrs) 1:00 PM-Preschool Yoga (3 – 4 yrs)	29 1:00 PM-French Conversation 1:00 PM-Yoga 2:00 PM-Zumba 4:00 PM- Movie 5:30 PM-eBook Workshop:Kindle* 6:30 PM-Blogging class	30 1:30 PM-Silver Age Yoga	31 9:30 AM-ESL Classes 10:00 AM-Rockin' Toddler Time 11:00 AM-Preschool Party Time! 5:30 PM-Reference Consultation in Spanish	*Registration required	