



# sandiegocountylibrary **events**

## La Mesa Branch Library

8074 Allison Avenue  
La Mesa, CA 91942  
Phone: (619) 469-2151

## AUGUST 2014

**Library Hours**  
M-Th: 9:30AM – 8PM  
F-S: 9:30AM – 5PM, Sun: 12 – 5PM  
Text: (619) 928-2251

### Children's Programs

#### Storytimes

Baby (0-18 months) Tuesdays at 11:30 am  
Bilingual Spanish & English (all ages) Tuesdays at 4:30 pm  
Grandparents and Books (all ages): Miss Betty Reads Wednesdays at 11:00 am, August 20 and 27  
PJ Storytime (all ages) Wednesdays at 6:30 pm  
Preschool (3-5 year olds) Thursdays at 10:30 am  
Toddler (1-3 year olds) Fridays at 10:30 am and 3:30 pm

#### Afternoon Kids' Craft

Create a different craft each week (5-10 year olds) Thursdays at 3:30 pm.

#### Preschool Yoga

Want to have fun stretching, bending and roaring like a lion? Join this special yoga class for ages 3-5. Have children wear comfortable clothes. Thursday, August 7, 10:30 am

#### LEGO Club

Join the fun and build with other LEGO fans. In-house LEGO toys will be provided. Mondays, August 11 and 25, 4:00 pm

#### Summer Reading Creative Writing

Do you love to write or be creative? Join in the fun. Supplies provided for this free program. Monday, August 4 K-2<sup>nd</sup> Grade 11am-12pm, 3-5 Grade 12:30-1:30pm

### Teens (6<sup>th</sup>-12<sup>th</sup> grade)

#### Henna Tattoos & Party

Learn about the ancient art of henna and get a temporary tattoo. End of Summer Reading Challenge grand prize raffle will follow. Registration and parental permission slip required. Open to 6th-12th graders. Refreshments provided. Thursday, August 7, 4:00 pm

#### Spiral Art

Create a colorful, 3-dimensional wall hanging. Open to 6th-12th graders. Refreshments provided. Thursday, August 14, 4:00 pm

#### Teen Book Club

Pick up a copy of the current title at the desk. We'll talk about what we think of the book and vote on the next title to read. Open to 6th-12th graders. Refreshments provided. Thursday, August 21, 4:00 pm

#### Teen Advisory Council

Have a direct say on what goes on at the library for teens, design the flyers, hang out, and get community service. Open to 6th-12th graders. Refreshments provided. Thursday, August 28, 4:00 pm

### Adults

#### Backyard Chickens

Learn how to raise your chickens in your own home in this two-part event. Sit in on a class and learn how to feed and raise your chickens, and then take part in a tour of local homes and see the working coops in action. Brought to you by the Grossmont- Mt. Helix Improvement Association. Saturday, August 2, 2:00 pm

#### Bereavement Support Group

VITAS Hospice invites you to a drop-in group for anyone who has suffered the loss of a loved one. Participants gain support from others who are experiencing grief and are seeking ways to cope with day to day challenges. Free of charge. First Tuesday every month. Tuesday, August 5, 10:30 am.

#### NOW We're Talking!

A series using art and literature as stepping stones for deep conversation about identity, community, and politics. Sign up at front desk. Wednesday, August 6, 10:30 am – noon

#### Writers Lounge

Come together with fellow writers to work on projects, share thoughts, and get feedback. Every Thursday at 6:00 pm, starting August 7.

#### Introductory Bicycle Maintenance

The San Diego County Bicycle Coalition will teach basic bicycle maintenance including a student participation fix-a-flat exercise; chain lubrication; basic derailleur adjustment for proper shifting; minor brake adjustment, and when to change brake pads. Open to adults and high schoolers. Saturday, August 9 at 11:00 am

#### Mindfulness for Anxiety and Stress

Through an introduction to a variety of mindful awareness practices (sitting, walking or eating meditation), participants will learn about mindfulness as a skill for managing anxiety and stress and for enhancing personal relationships. Led by Mark Kennedy, LCSW. Free. Tuesday, August 12 at 6:45 pm

#### Coffee + Books: Summer Edition

Find your next great summer read, as recommended by library staff. Light breakfast served, with a tropical theme. Wednesday, August 13 10:00-11:00am.

#### Adult Book Club

Read July's selection, *In the Shadow of Blackbirds* by Cat Winters, and discuss with other readers. Borrow book at front desk. Wednesday, August 20 at 10:30 am

#### Covered CA (Affordable Healthcare) Information Table

Health educators from the California Health Collaborative will answer questions about paying for & using your Covered CA insurance or enrolling in Medi-Cal. Wednesday, August 13, 1:00-4:00pm.

#### Comic Lovers Book Club

Join fellow comic fans to talk about graphic novels, manga, comic movies and more. More info at [Facebook.com/LaMesaComicClub](https://www.facebook.com/LaMesaComicClub) Tuesday, August 19 6pm.

#### DRAW

Learn basic drawing techniques in pencil and charcoal. Reservations required, materials supplied. Wednesday, August 20 5:00pm.

### Ongoing

#### Scrabble Club

Stop in and play with other Scrabble fans. Mondays, 4 to 6 pm

#### SilverSneaker Yoga

Gentle yoga for seniors. Tuesdays, 8:30 am to 9:30 am

#### Chess Club

Drop in for a game with others. Wednesdays, 3 to 5 pm

#### Knitting Club

Bring your project and chat with other knitters. Wednesdays, 6 to 8 pm

#### Introductory Computer Classes

Learn basic computer skills, registration required. Saturdays, 8:45-9:30am

#### Ebook Tutoring

Schedule your appointment for a one-on-one session and learn to download library ebooks. Available Wednesdays and Fridays; call the library to schedule.

**Friends of the Library**

**Bookstore**

**Open 1-4 PM daily.**



August 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30 AM-Toddler Storytime 3:30 PM-Toddler Storytime	2 8:45 AM-Introductory Computer Classes <b>2:00 PM-Backyard Chickens</b>
3	4 11:00 AM-Summer Reading Creative Writing 12:30 PM-Summer Reading Creative Writing 4:00 PM-Scrabble Club	5 8:30 AM-SilverSneaker Yoga 10:30 AM-Monthly Bereavement Support Group 11:30 AM-Baby Lapsit 4:30 PM- Bilingual Storytime/ Hora de cuento bilingüe	6 10:30 AM-Now We're Talking! 3:00 PM-Chess Club 6:00 PM-Knitting Club 6:30 PM-PJ Storytime	7 10:30 AM-Preschool Yoga 3:30 PM-Afternoon Craft (5-10 year olds) <b>4:00 PM-Henna Tattoos &amp; Party</b> 6:00 Writers Lounge	8 10:30 AM-Toddler Storytime 3:30 PM-Toddler Storytime	9 8:45 AM-Introductory Computer Classes <b>11:00 AM-Introductory Bicycle Maintenance</b>
10	11 4:00 PM-Lego Club 4:00 PM-Scrabble Club	12 8:30 AM-SilverSneaker Yoga 11:30 AM-Baby Lapsit 4:30 PM- Bilingual Storytime/ Hora de cuento bilingüe <b>6:45 PM-Mindfulness for Anxiety and Stress</b>	13 10:00 AM-Coffee & Books: Summer Edition 1:00 PM-Covered CA (Affordable Healthcare) Information Table 3:00 PM-Chess Club 6:00 PM-Knitting Club 6:30 PM-PJ Storytime	14 10:30 AM-Preschool Storytime 3:30 PM-Afternoon Craft (5-10 year olds) <b>4:00 PM-Spiral Art</b> 6:00 Writers Lounge	15 10:30 AM-Toddler Storytime 3:30 PM-Toddler Storytime	16 8:45 AM-Introductory Computer Classes
17	18 4:00 PM-Scrabble Club	19 8:30 AM-SilverSneaker Yoga 11:30 AM-Baby Lapsit 4:30 PM- Bilingual Storytime/ Hora de cuento bilingüe <b>6:00 PM-Comic Lovers Book Club</b>	20 10:30 AM-La Mesa Library Book Club 11:00 AM-Miss Betty Reads 3:00 PM-Chess Club 5:00 PM-DRAW 6:00 PM-Knitting Club 6:30 PM-PJ Storytime	21 10:30 AM-Preschool Storytime 3:30 PM-Afternoon Craft (5-10 year olds) 4:00 PM-Teen Book Club 6:00 Writers Lounge	22 10:30 AM-Toddler Storytime 3:30 PM-Toddler Storytime	23 8:45 AM-Introductory Computer Classes
24	25 4:00 PM-Lego Club 4:00 PM-Scrabble Club	26 8:30 AM-SilverSneaker Yoga 11:30 AM-Baby Lapsit 4:30 PM- Bilingual Storytime/ Hora de cuento bilingüe	27 11:00 AM-Miss Betty Reads 3:00 PM-Chess Club 6:00 PM-Knitting Club 6:30 PM-PJ Storytime	28 10:30 AM-Preschool Storytime 3:30 PM-Afternoon Craft (5-10 year olds) 4:00 PM-Teen Advisory Council 6:00 Writers Lounge	29 All Day-Fine Free Friday 10:30 AM-Toddler Storytime 3:30 PM-Toddler Storytime	30 8:45 AM-Introductory Computer Classes
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