

Older Americans Month MAY 2012

Library Events for Seniors

To celebrate National Older Americans Month, San Diego Public Library is offering a Senior Fair at the Pacific Beach Library and special events throughout the month at many branches.

Senior Fair 2012
Age Strong: Be a Savvy Senior

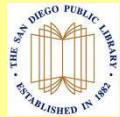
Saturday, May 19th
10:00am – 2:00pm

All Day Activities Including:

- Educational Workshops
- Health Screenings
 - Demos
 - Music
- Informational Booths
 - Exercise Classes
- Free Food and Drink
- A Chance to Win Prizes!

Pacific Beach Branch Library
4275 Cass St., San Diego, CA
(858) 581-9934

*This information will be provided
in other formats upon request.*



Patios, Pathways & Plants

Great solutions for fixing your landscape

Wed. 5/23 at 6:30pm – North Clairemont

Wed. 5/30 at 6:30pm – Clairemont



Hank Wesch, "Del Mar: Where the Surf Meets the Turf"

Tues. 5/8 at 1:00pm – San Carlos

Tues. 5/8 at 6:30pm – Benjamin

Sat. 5/12 at 1:00pm – Clairemont

Wed. 5/16 at 6:00pm – Pacific Beach

Marilee Bresciani, "Rushing Into Yoga" (Interactive)

Tues. 5/1 at 1:00pm – San Carlos

Sat. 5/5 at 1:00pm – Clairemont

Tues. 5/22 at 6:00pm – Pacific Beach

Wellness Workshops

Tips to Eat Right & Stay Healthy

Tues. 5/29 at 1:00pm with Mary Hyde – San Carlos

Tues. 5/29 at 3:00pm with Tammy Moretti – Benjamin

Anti-Aging Diet & Lifestyle with Dr. Barry Lebowitz

Thurs. 5/17 at 2:00pm – University City

Reigniting Passion, Purpose & Playfulness after 50

Sat. 5/5 at 10:30am – Mission Hills

Tues. 5/15 at 1:00 – San Carlos

Wed. 5/23 at 6:30pm – Clairemont

Alexander Technique - Mind and Body Reeducation

Tues. 5/22 at 1:00pm – San Carlos

Tues. 5/22 at 6:30pm – Benjamin



Big Read Book Discussion

"The Things They Carried" by Tim O'Brien

Tues. 5/22 at 6:30pm – Valencia Park/Malcom X

Laughter Yoga



Enjoy the health benefits of laughing for fun!

Tues. 5/1 at 6:30pm – Benjamin

Thurs. 5/3 at 10:30am – Logan Heights

Fri. 5/25 at 1:00pm – Pacific Beach

Fri. 5/25 at 3:00pm – San Carlos

Sat. 5/26 at 12:00pm – Kensington



Music

San Diego Symphony

Tues. 5/1 at 6:30pm – Balboa

Sat. 5/5 at 11:00am – Benjamin

Tues. 5/8 at 6:30pm – North Clairemont

Sat. 5/12 at 10:30am – Mission Hills

Zimbeat African Melodies

Wed. 5/30 at 6:30pm – Valencia Park/Malcom X

