

January 2018



| Sunday 12:30-5:00 | Monday 9:30-6:00 | Tuesday 11:30-8:00 | Wednesday 11:30-8:00 | Thursday 9:30-6:00 | Friday 9:30-6:00 | Saturday 9:30-6:00 | |
|---|--|---|--|---|---|---|--|
| | 1 CLOSED New Year's Day | 2 Balance Strong 11:30-12:30 HEAL with HeART 3-6 PJ Storytime & Craft 6:30-7:30 | 3 Book Sale: ½ Price! 11-4:30 Book Group: <i>Select Titles for 2018</i> 6:30-7:45 | 4 Toddler Yoga 10:30-10:55 Toddler Time 11-11:30 Seated Strength 12-1 Tai Chi 1:15-1:45 | 5 Chair Yoga 10-11 | 6 Book Sale 9-1:30 Wagging Tales 10:30-11:30 | |
| 7 | 8 Book Sale 9-4:30 | 9 Balance Strong 11:30-12:30 PJ Storytime & Craft 6:30-7:30 | 10 Book Sale 11-4:30 Friends Meeting 3 | 11 Dance Party 10:30-11 Baby Blockbusters 11-11:30 Seated Strength 12-1 Tai Chi 1:15-1:45 | 12 Picture This: <i>Lion</i> 3-5 | 13 Book Sale 9-1:30 | |
| 14 Meatless Mondays <i>Pasta Workshop</i> 1-2:30 | 15 CLOSED Martin Luther King, Jr. Day | 16 Balance Strong 11:30-12:30 Knitting 1-3 PJ Storytime & Craft 6:30-7:30 | 17 Book Sale 11-4:30 | 18 Toddler Yoga 10:30-10:55 Seated Strength 12-1 Tai Chi 1:15-1:45 | 19 Chair Yoga 10-11 | 20 Book Sale 9-1:30 Knitting 10-12 | |
| 21 Upcycling Craft: <i>Book Folding: Hearts</i> 1-2 | 22 Book Sale 9-4:30 Lecture: <i>Healthy Living for Your Brain and Body</i> 10-11:30 | 23 Balance Strong 11:30-12:30 PJ Storytime & Craft 6:30-7:30 | 24 Book Sale 11-4:30 | 25 Sign-A-Story Circle Time 10:30-11 Seated Strength 12-1 Tai Chi 1:15-1:45 | 26 | 27 Book Sale 9-1:30 | |
| 28 Concert: <i>Celebrating Neruda</i> 2-3 | 29 Book Sale 9-4:30 Lecture: <i>Know the Ten Signs: Early Detection Matters</i> 10-11:30 | 30 Balance Strong 11:30-12:30 PJ Storytime & Craft 6:30-7:30 | 31 Book Sale 11-4:30 STEAM Power 3-4 | <p>Do Your Homework @ the Library Free Tutoring is available at the PB Library!</p> <p>Monday & Thursday: 3-6pm Tuesday & Wednesday: 3-7pm</p> | | | |

Monthly Events for Adults

Balance Strong Learn leg strengthening exercises to help your balance & posture. Chairs are also available for seated exercises. **Tuesdays**, 11:30-12:30pm.

Book Group **1st Wednesday (January 3)** from 6:30-7:45pm. In January we will decide upon titles to discuss in 2018.

Chair Yoga promotes circulation, peace & relaxation. *Please wear comfy clothes.* (1st & 3rd Fridays) **Fridays, January 5 & 19**, 10-11am.

Get Ready for Meatless Mondays: Pasta Workshop Learn how delicious a plant-based diet can be in this partial "hands-on" cooking class. *Register online.* (2nd Sunday) **Sun., January 14, 1-2:30pm.**

HEAL with HeART Come to a monthly art program for San Diegans impacted by homelessness. Art supplies are provided. (1st Tuesday) **Tues., January 2**, 3-6pm.

Knitting Circle Learn to knit! Please bring yarn, needles, and your project. (3rd Saturday) **January 20**, 10-12pm & (3rd Tuesday) **January 16**, 1-3pm.

Tai Chi Movement for all ages! Practice Form 24. **Thursdays**, 1:15-1:45pm.

Upcycling Craft Learn how to repurpose commonly available materials. In January: fold your book into a heart. **Sunday, January 21**, 1-2pm. *Register online.*

Wellness Workshops

Healthy Living For Your Brain and Body Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age. *Register online or by calling 1-800-272-3900.* **Monday, January 22**, 10-11:30am.

Know the Ten Signs: Early Detection Matters Learn how to tell the difference between Alzheimer's disease and typical aging. *Register online or by calling 1-800-272-3900.* **Monday, January 29**, 10-11:30am.

PB Friends of the Library

Book Sale Support your library while shopping for bargain books and movies on the Cass Street plaza! *(The Book Sale is cancelled during bad weather.)* On **Wed., January 3** most items will be ½ priced! **Mondays** 9-4:30, **Wednesdays** 11-4:30, **Saturdays** 9-1:30

Friends Meeting Get involved and offer input on our library's future. **Wed., January 10**, 3pm.

Holiday Schedule

Monday, January 1—CLOSED: New Year's Day
Monday, January 15—CLOSED: Martin Luther King, Jr. Day

Children's Corner

Dance Party Toddlers will learn basic dance and movement skills, creative expression, coordination, and self-control while dancing to popular children's songs. (2nd Thursday) **Thurs., January 11**, 10:30-11am.

Pajama Storytime and Craft on **Tuesdays- pj's are optional.** 6:30-7:30pm. (Ages 3-7)

Sign-A-Story Circle Time Monta Briant will sign stories and lead us in songs, other activities and share tips on using sign language as an early communication tool with babies and toddlers. **Thursday, January 25**, 10:30-11am.

STEAM Power Science-based book talk/craft/art time for tweens. This month we'll experiment with making pop-up Valentines! **Wed., January 31**, 3-4pm.

Toddler Time Stories & songs. **Thurs., January 4**, 11-11:30am.

Toddler Yoga Fun poses for parents & kids, stories and a bit of singing! (1st & 3rd Thursdays) **Thurs., January 4 & 18**, 10:30-10:55 am, walkers—4 years. *Please bring your own towel or yoga mat.*

Wagging Tales Kids improve literacy skills by reading aloud to certified therapy dogs. (1st Saturday) **Sat., January 6**, 10:30-11:30am.

Special Events

NEW! Seated Strength Seated stretching & joint work to promote muscle development. **Thursdays**, 12-1pm.

Baby Blockbusters Enjoy a short animated film for little ones. **Thursday, January 11**, 11-11:30am.

Picture This: Lion (2016, PG-13) Academy Award-winning tale of a young Indian boy who gets lost on the streets of Calcutta then is adopted by an Australian family. 25 years later, he sets out to find his lost family. Stars Dev Patel and Nicole Kidman. *Light refreshments will be served.* **Friday, January 12**, 3-5pm.

Concert: Celebrating Neruda The Friends of the PB Library's Concert Series returns with this unique musical spotlight on the poetry of Pablo Neruda. Featuring bilingual vocalist Coral MacFarland Thuet, Grammy-winning producer/pianist Kamau Kenyatta, contrabass virtuoso Bertram Turetzky, and poet/narrator Chuck Perrin. *Free, but donations are gladly accepted.* **Sunday, January 28**, 2-3pm.



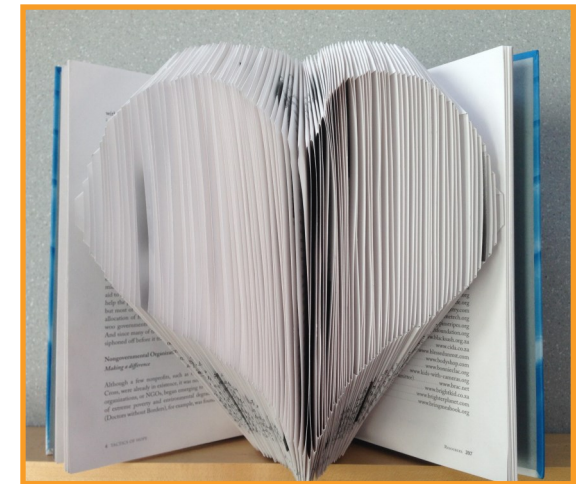
PacificBeachLibrary

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(858)581-9934 • www.sandiegolibrary.org
www.pblibraryfriends.org • sdplcalendar.org

January 2018

Earl & Birdie Taylor
Pacific Beach Branch Library

EVENTS



Book Heart
Upcycle your own on Sunday, 1/21

