

Valley Center Branch Library
29200 Cole Grade Rd
Valley Center, CA 92082
Phone: (760) 749-1305
www.sdcl.org

September 2019

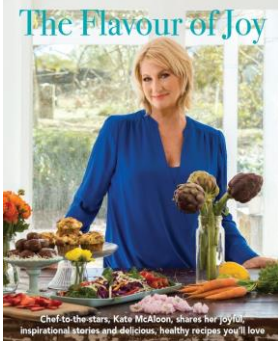
ALL PROGRAMS & EVENTS are FREE!



Monday	9:30-8:00
Tuesday	9:30-8:00
Wednesday	9:30-8:00
Thursday	9:30-8:00
Friday	9:30-5:00
Saturday	9:30-5:00
Sunday	CLOSED

Cooking Demo & Book Signing with "Chef-to-the-Stars" Kate McAloon

Author of Cookbook, *The Flavor of Joy*
Saturday, September 14th, 11:30 am



Kate's recipes focus on great flavor and freshness, healthy ingredients and they are all mainly gluten and dairy free. You'll also find many vegan and vegetarian options as well.

Kate's clients include Dwayne (The Rock) Johnson, Gwyneth Paltrow, Orlando Bloom, the Spielberg family, Sheryl Crow, Courtney Cox, Miranda Kerr and Meg Ryan!

Senior Chair Fitness with Coach Sharon Morrison

Wednesdays, 11:15-12:00



Enhance your everyday life with increased balance, flexibility & strength!
<https://www.fitnesswithheart.com/>

Teen Advisory Group Meets 2nd Wednesdays 4:00-5:00

Snacks during meetings, Brainstorm programs and events, Plan games and crafts, Plan movie nights, and Earn Community Service Hours!

Interested in becoming a TAG Member?



Open meeting will be held September 11th, 4:00 pm

Deadline to apply for 2019-2020 TAG is Wednesday, November 6

Curiosity Day 2019! Curious George Birthday Party!

Friday, September 13th, 10:30 am



Join us for the Party, filled with Fun Stories, Crafts & Party Loot Bags!

New! Hiking Group

1st and 3rd Thursdays @ 9:30

September 5th-November 21st

Meet at the Valley Center Library

Family Friendly!



Sponsored by VISTA HILL SmartCare
Cindy Placensica, BHC 760-803-3703
Transportation provided, if needed. Please Call to Register



VISTA HILL sponsors
English/Spanish Computer Help
US Citizenship & Residency Application Assistance



Wednesdays: 3:00-5:00 pm

Drop-ins welcome – for appointments call
Cindy Plascensia, BHC at 760-803-3703

Sponsored & Presented by Crossroads Holistic Health Center

Holistic Health EXPO

Saturday, September 28th, 10:00-1:00 pm



"Reboot Your Health" "Optimizing Genetics"
"Ketogenic Lifestyle" "Intuitive Living" "Holistic Animal Outreach"

crossroadshealth@att.net

FREE Adult Classes: Last Tuesdays @ 6:00

Adult Creative Arts Class

September 24th, 6:00-7:30 pm



Project: Cork Pumpkin Centerpieces

Sign-up Required – Space is Limited

Adults: Ages 18 & UP * All Supplies Provided


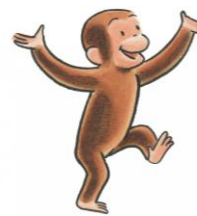



Día de Los Muertos Celebration

Featuring ONE BOOK ONE SAN DIEGO 2019
Children's Selection *Dreamers* by Yuyi Morales

Wednesday, October 30th

3:00-5:00 pm



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D	<p>2</p> <p>LIBRARY CLOSED</p> 	<p>3</p> <p>M&M Storytime 10:30 am</p> <p>Twisted Knitters 12:00-3:00 pm</p> <p>Gentle Yoga 4:45 -5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>ESL: Intermediate 6:00-7:30 pm</p>	<p>4 Healthy Aging Program 10:00 am</p> <p>Books & Bites Book Club 10:00 am</p> <p>FREE NOTARY 12:00-1:00 pm</p> <p>Citizenship Application Help 3:00 pm <u>see front</u></p> <p>Teen Program 3:00-5:00</p> <p>Afterschool Storytime 3:30-4:00</p> <p>Citizenship Class 6:00-7:00 pm</p>	<p>5 NEW! Hiking Club: <i>Heritage Trail</i> Begin @ Library 9:30 am <u>See Front</u></p> <p>VC Art Association Painting Sessions 10:00-1:00 pm</p> <p>Gentle Yoga 4:45-5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>Mindful Meditation 6:00-7:00 pm</p>	<p>6 Preschool Story Time & Craft 10:30 am</p> <p>FREE Math Tutoring-All Grades: 2:30 – 4:30</p>	<p>7</p> <p>Qigong 10:00 am</p> <p>Gentle Yoga 10:00-11:30 am</p> <p>Mindful Meditation 1:00-2:00</p> <p>Adult Card & Game Club 2:30-4:30 pm</p>
C L O S E D	<p>9</p> <p>Gentle Yoga 12:00-1:00 pm</p>	<p>10</p> <p>M&M Storytime 10:30 am</p> <p>Twisted Knitters 12:00-3:00 pm</p> <p>Gentle Yoga 4:45 -5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>ESL: Intermediate 6:00-7:30 pm</p>	<p>11 Healthy Aging Program 10:00 am</p> <p>NEW: Senior Chair Fitness w/ Coach Sharon 11:15-12:00 See Front</p> <p>FREE NOTARY 12:00-1:00 pm</p> <p>Citizenship Application Help 3:00 pm <u>see front</u></p> <p>Afterschool Storytime 3:30-4:00</p> <p>Teen Advisory Group 4:00-5:00 pm</p> <p>Citizenship Class 6:00-7:00 pm</p> <p>Valley Center Book Club 6:30-7:30 pm</p>	<p>12</p> <p>VC Art Association Painting Sessions 10:00-1:00 pm</p> <p>Gentle Yoga 4:45-5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>Mindful Meditation 6:00-7:00 pm</p>	<p>13</p> <p>Preschool Story Time & Craft: Celebrate Curiosity Day!</p> <p>Curious George Birthday Party! See Front</p> 	<p>14</p> <p>Qigong 10:00 am</p> <p>Gentle Yoga 10:00-11:30 am</p> <p>“Chef to the Stars” Cooking Demo 11:30 – 12:30 See Front</p> <p>Mindful Meditation 1:00-2:00 pm</p> <p>Adult Card & Game Club 2:30-4:30 pm</p>
C L O S E D	<p>16</p> <p>Gentle Yoga 12:00-1:00 pm</p>	<p>17</p> <p>M&M Storytime 10:30 am</p> <p>Twisted Knitters 12:00-3:00 pm</p> <p>Gentle Yoga 4:45 -5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>ESL: Intermediate 6:00-7:30 pm</p>	<p>18 Healthy Aging Program 10:00 am</p> <p>Senior Chair Fitness w/ Coach Sharon 11:15-12:00</p> <p>FREE NOTARY 12:00-1:00 pm</p> <p>Citizenship Application Help 3:00 pm <u>see front</u></p> <p>Afterschool Storytime 3:30-4:00</p> <p>Teen Movie Night Godzilla: King of The Monsters 3:00-5:00</p> <p>Citizenship Class 6:00-7:00 pm</p>	<p>19 NEW! Hiking Club Begin at Library @ 9:30 <u>See Front</u></p> <p>VC Art Association Painting Sessions 10:00-1:00 pm</p> <p>Gentle Yoga 4:45-5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>Mindful Meditation 6:00-7:00 pm</p>	<p>20</p> <p>Preschool Story Time & Craft 10:30 am</p> <p>FREE Math Tutoring-All Grades: 2:30 – 4:30</p>	<p>21</p> <p>Qigong 10:00 am</p> <p>Gentle Yoga 10:00-11:30 am</p> <p>NO Tao Te Ching book club this month. Will resume Oct. 19th</p> <p>Mindful Meditation 1:00-2:00 pm</p> <p>Adult Card & Game Club 2:30-4:30 pm</p>
C L O S E D	<p>23</p> <p>Gentle Yoga 12:00-1:00 pm</p> <p>First Day of Fall</p> 	<p>24</p> <p>M&M Storytime 10:30 am</p> <p>Twisted Knitters 12:00-3:00 pm</p> <p>Gentle Yoga 4:45 -5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>ESL: Intermediate 6:00-7:30 pm</p> <p>ADULT CREATIVE ARTS CLASS @ 6:00 pm Sign-up REQUIRED</p>	<p>25 Healthy Aging Program 10:00 am</p> <p>Senior Chair Fitness w/ Coach Sharon 11:15-12:00</p> <p>FREE NOTARY 12:00-1:00 pm</p> <p>Citizenship Application Help 3:00 pm <u>see front</u></p> <p>Afterschool Storytime 3:30-4:00</p> <p>Teen DIY Craft Class: Mini Piñata 3:00-5:00</p> <p>Citizenship Class 6:00-7:00 pm</p> 	<p>26</p> <p>VC Art Association Painting Sessions 10:00-1:00 pm</p> <p>Gentle Yoga 4:45-5:45 pm</p> <p>ESL: Beginning 6:00-7:30 pm</p> <p>Mindful Meditation 6:00-7:00 pm</p>	<p>27</p> <p>Preschool Story Time & Craft 10:30 am</p> <p>FINE FREE FRIDAY! BUCK-A-BAG BOOKSALE</p>	<p>28</p> <p>Holistic Health EXPO 10:00-1:00 See Front</p> <p>Qigong - 10:00 am</p> <p>Gentle Yoga 10:00-11:30 am</p> <p>Mindful Meditation 1:00-2:00 pm</p> <p>Adult Card & Game Club 2:30-4:30 pm</p>
C L O S E D	<p>30</p> <p>Gentle Yoga 12:00-1:00 pm</p>	<p>October: Interactive Community Ofrenda</p> <p>This October, Valley Center Library is setting up an <i>Ofrenda</i> or <i>Offering</i> which memorializes friends and family passed. Community members are invited to bring in a photo, memento, or loved one’s favorite item which celebrates the person you are honoring. You can bring your item home following the <i>Día de los Muertos</i> celebration on October 30th</p> 			<p>Friends of the Valley Center Library Bookstore (760) 749-4371</p> <p>Hours:</p> <p>Monday: 10:30-6:30</p> <p>Tuesday: 10:30-4:30</p> <p>Wed.: 10:30-4:30</p> <p>Thursday 10:30-4:30</p> <p>Friday: 10:00-3:30</p> <p>Saturday: 11:00-2:00</p> <p>Sunday: CLOSED</p>	<p>Valley Center History Museum (760) 749-2993</p> <p>Hours:</p> <p>Monday: CLOSED</p> <p>Tues.: 12:00-4:00</p> <p>Wed: 12:00-4:00</p> <p>Thurs: 12:00-4:00</p> <p>Friday: 12:00-4:00</p> <p>Sat.: 12:00-4:00</p> <p>Sunday: CLOSED</p>