

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

January 2020
ALL PROGRAMS & EVENTS are FREE!



HOURS:

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

New Year, New You: Stress Free 2020

Check out our Library Programs aimed at relieving stress and inspiring a healthy 2020 for body and mind.



Creative Art Class for Adults: Origami Class

January 28th 6:00-7:30 pm

Origami engages both the hands and the mind to produce a calming effect and help relieve stress



Sign-Up Required – Space is Limited
Adults Only: Ages 18 & Up – All Materials Provided

Intergenerational Crystal Pendant Making

Wednesday, January 29th 6:00-7:00 pm



New Year, New You, Good Vibes
Learn how crystals can raise your vibration and make your own crystal pendant to keep.

For teens and adults. Space is limited
Please Call or Visit the Library to Sign-Up

Movement and Meditation is considered vital for maintaining mental fitness and is known to reduce stress:

Gentle Yoga

Mondays 12:00-1:00 pm
Tuesdays and Thursdays 4:45-5:45 pm
Saturdays 10:00-11:30 am

Fit & Healthy Over 50
with coach Sharon



Wednesdays 11:15-12:15 pm
www.fitnesswithheart.com

Mindful Meditation

Thursdays 6:00-7:00 pm
Saturdays 1:00-2:00 pm

Reduce stress by learning to build a personal mindfulness practice with Valley Center Local, Bill Conn. No prior meditation experience required

Qigong

Saturdays 10:00-11:00 am

Enjoy the fresh air while practicing Qigong under the Oak Trees outside the Library



Start to Relieve Financial Stress
San Diego County Credit Union Presents:

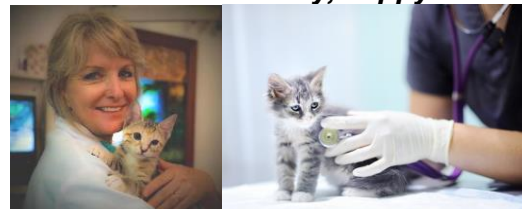
10 Steps Toward Financial Success:
Wednesday, January 15th 6:00-7:00pm
and

Managing Finances for TEENS:
The Business of Life:

Wednesday, January 22nd 3:30-4:30pm

Valley Center Cat Vet

Dr. Nancy Mathews and Dr. Jessica Trubey
Saturday, January 18th 12:00 pm
Lean how to prevent health emergencies and raise a healthy, happy cat.



Many emergency diseases can be prevented with proper nutrition and at-home care. Dr. Mathews and Dr. Trubey will be speaking at the Library about long-term health care for your cat, how to prevent trips to the ER, and how to administer care at home after a difficult diagnosis.

K-4 MATH Roamer Robot Workshop
Saturdays in January 3:00-4:00 pm
January 4th, 11th, 18th, 25th



Kids grades K-4 will learn new math skills using educational Roamer Robot

Space is Limited. Registration is Required.
Please Call or Visit the Library to Sign-Up



NEW! 10-Week Citizenship Class
Mondays and Wednesdays 5:30-7:30 pm
January 22nd – April 1st 2020



Sign up for a **FREE 10-week citizenship class:**

- Practice for the Civics Test with trained staff
- Learn about the process to apply for citizenship
- Get free help from an accredited Immigration Specialist at JFSSD

Sign-Up by calling the Library at (760) 749-1305
Contact: Paulina Bermudez (858) 637-3364 or paulinab@jfssd.org

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D	<p>Friends of the Valley Center Library Bookstore (760)966-5219 Hours: Mon: 10:30-6:30 Tues: 10:30-4:30 Wed: 10:30-4:30 Thurs: 10:30-4:30 Friday: 10:00-3:30 Sat: 11:00-2:00 Sunday: CLOSED</p>	<p>Valley Center History Museum (760) 749-2993 Hours: Monday: CLOSED Tues.: 12:00-4:00 Wed: 12:00-4:00 Thurs: 12:00-4:00 Friday: 12:00-4:00 Sat.: 12:00-4:00 Sunday: CLOSED</p>	<p>1 LIBRARY CLOSED </p>	<p>2 VC Art Association Painting Sessions 10:00-1:00 pm Gentle Yoga 4:45-5:45 pm ESL: Beginning 6:00-7:30 pm Mindful Meditation 6:00-7:00 pm</p>	<p>3 Preschool Story Time & Craft 10:30 am</p>	<p>4 Qigong 10:00 am Gentle Yoga 10:00-11:30 am Mindful Meditation 1:00-2:00 Adult Card & Game Club 2:30-4:30 pm K-4 MATH Roamer Robot Workshop 3:00-4:00 <u>See Front</u></p>
	5 C L O S E D	<p>6 Gentle Yoga 12:00-1:00 pm</p>	<p>7 Preschool Play-to-Learn 10:30 am Twisted Knitters 12:00-3:00 pm Gentle Yoga 4:45 -5:45 pm ESL: Beginning 6:00-7:30 pm ESL: Intermediate 6:00-7:30 pm</p>	<p>8 Fit & Healthy Over 50 11:15-12:00 FREE NOTARY 12:00-1:00 pm VC T.A.C.O.S. 4:00 Afterschool Storytime 3:30-4:00 Citizenship Class 6:00-7:00 pm Valley Center Book Club 6:00-7:30 pm – <i>Isaac's Storm</i> by Erik Larson</p>	<p>9 VC Art Association Painting Sessions 10:00-1:00 pm Gentle Yoga 4:45-5:45 pm ESL: Beginning 6:00-7:30 pm Mindful Meditation 6:00-7:00 pm</p>	<p>10 Preschool Story Time & Craft 10:30 am FREE K-8 Math & Science Tutoring 2:30-4:30</p>
12 C L O S E D	<p>13 Gentle Yoga 12:00-1:00 pm</p>	<p>14 Preschool Play-to-Learn 10:30 am Twisted Knitters 12:00-3:00 pm Gentle Yoga 4:45 -5:45 pm ESL: Beginning 6:00-7:30 pm ESL: Intermediate 6:00-7:30 pm</p>	<p>15 Fit & Healthy Over 50 11:15-12:00 FREE NOTARY 12:00-1:00 pm Afterschool Storytime 3:30-4:00 TEEN: Movies & Munchies: Scary Stories to Tell in the Dark 3:30-5:30 SDCCU Presents: Ten Steps toward Financial Success 6:00-7:00 <u>See Front</u> Citizenship Class 6:00-7:00 pm</p>	<p>16 VC Art Association Painting Sessions 10:00-1:00 pm Gentle Yoga 4:45-5:45 pm ESL: Beginning 6:00-7:30 pm Mindful Meditation 6:00-7:00 pm</p>	<p>17 Preschool Story Time & Craft 10:30 am</p>	<p>18 Qigong 10:00 am Gentle Yoga 10:00-11:30 am Valley Center Cat Vets: Dr Mathews and Dr. Trubey 12:00-1:30 <u>See Front</u> Tao Te Ching Book Club 12:00-2:00 Mindful Meditation 1:00-2:00 pm Adult Card & Game Club 2:30-4:30 pm K-4 MATH Workshop 3:00-4:00 <u>See Front</u></p>
	19 C L O S E D	<p>20 LIBRARY CLOSED </p>	<p>21 Preschool Play-to-Learn 10:30 Twisted Knitters 12:00-3:00 pm Gentle Yoga 4:45 -5:45 pm ESL: Beginning & Intermediate 6:00-7:30 pm</p>	<p>22 Fit & Healthy Over 50: 11:15-12:00 FREE NOTARY 12:00-1:00 pm SDCCU Teen Program: Managing Finances 3:30 Afterschool Storytime 3:30-4:00 NEW 10-Week Citizenship Class 5:30-7:30 pm <u>See Front</u></p>	<p>23 VC Art Association Painting Sessions 10:00-1:00 pm Gentle Yoga 4:45-5:45 pm ESL: Beginning 6:00-7:30 pm Mindful Meditation 6:00-7:00 pm</p>	<p>24 Preschool Story Time & Craft 10:30 am FREE K-8 Math & Science Tutoring 2:30-4:30</p>
26 C L O S E D	<p>27 Gentle Yoga 12:00-1:00 pm NEW 10-Week Citizenship Class 5:30-7:30 pm</p>	<p>28 Preschool Play-to-Learn 10:30 Twisted Knitters 12:00-3:00 pm Gentle Yoga 4:45 -5:45 pm ESL: Beginning 6:00-7:30 pm ESL: Intermediate 6:00-7:30 pm ADULT CREATIVE ARTS CLASS 6:00 pm Sign-up REQUIRED <u>See Front</u></p>	<p>29 Fit & Healthy Over 50: 11:15-12:00 Afterschool Storytime 3:30-4:00 FREE NOTARY 12:00-1:00 pm Teen & Adult: Crystal Pendant Making Program 6:00-7:00pm Sign-up Required <u>See Front</u> NEW 10-Week Citizenship Class 5:30-7:30 pm</p>	<p>30 VC Art Association Painting Sessions 10:00-1:00 pm Gentle Yoga 4:45-5:45 pm ESL: Beginning 6:00-7:30 pm Mindful Meditation 6:00-7:00 pm</p>	<p>31 Preschool Story Time & Craft 10:30 am FINE-FREE-FRIDAY BUCK-A-BAG BOOKSALE</p>	