

# Recurring Events

## WEEKLY

### **Craft Circle**

**Mondays, 1:00 - 5:00 p.m. (except 4th Monday)**

Share your ideas, improve your skills or maybe even learn a new craft.

### **Adult Mind Body Fitness**

**Tuesdays, 2:30 - 3:30 p.m.**

Provides a way for older adults and people with disabilities to practice yoga and mindfulness.

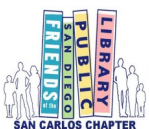
### **eReader Clinic Walk-In**

**Thursdays, 10:00 - 11:00 a.m.**

Bring in your eReader, tablet, or smartphone and our staff will guide you in downloading SDPL's eBooks, eAudiobooks and eMagazines

## MONTHLY

- **San Carlos Friends of the Library Meeting**  
3rd Wednesday
- **San Carlos Library Book Club**  
2nd Thursday
- **San Carlos Friends of the Library Book Sale** 1st Saturday
- **San Carlos Area Council Meeting**  
1st Wednesday



For more information about all of our programs and services, please visit:

[www.SanCarlosFriendsoftheLibrary.org](http://www.SanCarlosFriendsoftheLibrary.org)



# San Carlos Branch Library Adult Programs

## January-March 2019

## Library Hours

Monday.....9:30 a.m. - 6 p.m.

Tuesday.....11:30 a.m. - 8 p.m.

Wednesday...11:30 a.m. - 8 p.m.

Thursday.....9:30 a.m. - 6 p.m.

Friday.....9:30 a.m. - 6 p.m.

Saturday.....9:30 a.m. - 6 p.m.

Sunday.....Closed

## Library Closures

- January 1, 2019—New Year's Day
- January 21, 2019—Martin Luther King, Jr. Day
- February 18, 2019—President's Day





## Artists

### **Noreen Ring Arts, Small Quilts January 7-31**

**Reception: January 19, 12-2:00 p.m.**

Noreen Ring will display her small, intricate and colorful quilts, which she describes as reflecting an "other-world" feeling with a sense of universality. Earth, mountains, rocks, flowers, the sky, the stars, moons – things that we know exist with certainty but aren't sure of the details and how they might fit together somewhere else, on another earthly plane."

### **Christina Fries-Miller, Paintings February 4-28**

**Reception: February 16, 12-2:00 p.m.**

Returning local artist Tina Fries-Miller presents a new selection of her watercolors. Fries-Miller is an award-winning artist with awards in Fine Art Show at the San Diego Fair, Plein Air Show at the San Diego Watercolor Society, Heart of Mt. Helix Art Show, and the Wildlife in Art show at Porter Hall in La Mesa.

### **Denise Strahm, Photographs March 4-April 4**

**Reception: March 16, 12-2:00 p.m.**

In this month's art show, Denise Strahm is exhibiting her new series, *Alternate Treedality*, comprised of enchanting and surreal tree-focused photo montages. This is a stark departure from her photographs depicting the rich texture and colors of aged architecture, for which she is so well known. Strahm explains, "Trees symbolize a multitude of things, but mainly they represent the many seasons of life."



## Speaker Series

### **Drought Defying Gardening Lucy Warren January 18, 2:00-3:00 p.m.**

Learn all about California native plants and new tools for you to use as you select a plant palette for your home garden. Discover which plants will work best in your yard, how to get them established, and how to keep them looking great all year long.

### **Oasis Presents "The Mexican War" Prof. Blaine Davies February 15, 2:00-3:00 p.m.**

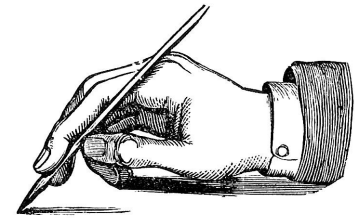
In this talk, Professor Blaine Davies explores the causes, the battles and the aftermath of the Mexican War, including the local Battle of San Pasqual, the biggest clash of the Mexican War fought in California.

### **Strengthening Cognitive Functions Helena M. Bergamin, M.A. March 8, 2:00-3:00 p.m.**

Trouble remembering things? Easily distracted? Join us for a discussion on strengthening brain function, boosting cognitive skills, and optimizing brain fitness.

### **C.H.P. Presents "Age Well, Drive Smart" Officer Jacob Sanchez March 15, 2:00-3:00 p.m.**

In this one-hour class led by the California Highway Patrol, you'll tune up your driving skills, refresh your memory on rules of the road and learn how age changes driving.



## Authors

### **Patrick L. Abbott *Geology, Mission Trails Park* January 25, 2:00-3:00 p.m.**

Patrick Abbott, a well loved, favorite and long time geology professor at San Diego State University, will discuss his book, which takes us through 126 million years of our park's geological history.

### **Wanjiru Warama *Entangled in America* February 22, 2:00-3:00 p.m.**

Wanjiru Warama returns to discuss her second book, *Entangled in America*, which enlightens the reader to the struggles and vulnerabilities faced by an immigrant woman trying to find employment and learn how to financially support herself, while also learning how to fit in and acclimate herself to a shockingly new culture.

### **Elizabeth St. John *The Lady of the Tower* March 22, 2:00-3:00 p.m.**

Elizabeth St. John will discuss her new novel, *The Lady of the Tower*, which tells a dramatic story of love, betrayal, family bonds and loyalty through the eyes of her ancestor Lucy and her family's surviving diaries, letters and court papers. Described as historical fiction, the novel takes inspiration from the author's own mother as well as her upbringing and research.