

Recurring Events



WEEKLY

Adult Mind Body Fitness

Wednesdays 10:00—11:00 a.m.

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

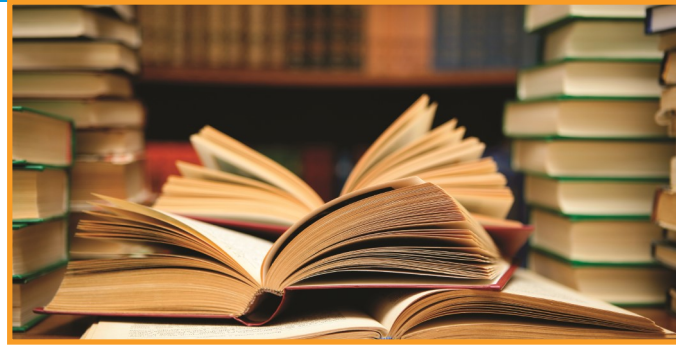
Craft Circle

Thursdays 2:00 - 5:00 p.m.

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

MONTHLY

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



Library Hours

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

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

Wednesday...9:30 a.m. - 6 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

- **June 19, 2024—Juneteenth**
- **July 4, 2024- Independence Day**

San Carlos Branch Library Adult Programs

**June - August
2024**



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

www.SanCarlosFriendsoftheLibrary.org



Artists



Glen Osaga June 5-July 3

Reception: June 22

12:20:00 p.m.

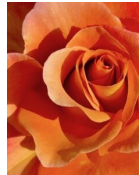
Glenn Osaga, is a true renaissance man. A self-taught artist. Osga began sketching everything from dinosaurs to faces and scenery in the margins of books and on any handy piece of paper. Osga describes himself as "a true art junkie." "I enjoy painting at any spare moment. Every painting teaches me something new". He has lived in San Diego since 1980.



Gwen Small July 3-August 5

Reception: July 20

12:20:00 p.m.



During Gwen's career as a teacher of writing and English as a Second Language, she introduced many art forms to her students. While teaching, she enriched her love of art by taking classes in drawing and art history. About eight years ago, she began her exploration of digital photography as a means of self-expression, and was inspired to pursue photography as an art form.

Barbara Peterson & Edrie Graff August 7-August 31

Reception: August 24

12:20:00 p.m.



Barbara Peterson taught English, Math and Art to Jr. High students for many years. After her retirement she began teaching pastels and watercolor techniques to adults in the Grossmont District. As her fame grew she went on to teach pastels and watercolor techniques at the SDCC Mesa College campus. Peterson's award winning works can be found in art

shows and galleries around San Diego. Barbara enjoys painting wildlife, still life pieces, portraits and landscapes. She views her art as an integral part of who she is.

Edrie Graff's interest in art began after her retirement when a friend suggested she take an adult education art class. One of her teachers was Peterson who helped her gain the confidence to keep going. Edrie finds art relaxing an overall rewarding experience.



Speakers

June 21

2:00-3:00 p.m.

Fall Prevention Live Well San Diego

Have you or a loved one slipped or fallen recently? You are not alone, one in four older adults (65+) fall each year and as we get older, we are more likely to fall. Please join us as Andrew Gonzales from Live Well San Diego will teach you how to get up from a fall, strategies for fall prevention, and what community resources are available to you.

Live Well San Diego is a collaborative organization whose vision brings the efforts of individuals, organizations, and government to help all of San Diego County's residents live well.



July 26

2:00-3:00 p.m.

Metabolic Reset: Tips to Turbocharge your Body's Engine

**Sonia Cervantes, Certified Health Coach,
Nutritionist, & Therapeutic Chef**

Supercharge your metabolism with SMART eating and how adopting positive lifestyle changes can improve your metabolic health. As we age our

metabolism slows down, however, there are some things we can do to improve it. During this class we will discover that we have some tools to improve our metabolism. Students will recognize five important things we can do to make our metabolism faster. Let your metabolism work for you!



August 16

2:00-3:00 p.m.

San Diego Women and their Role in World War II

Linda Canada, Historian & Author



Once the shock of the bombing of Pearl Harbor subsided, the women of San Diego found their lives changing dramatically. Married women whose husbands joined the war effort had to

become head of the household, mother their children, and maybe be the breadwinner all at the same time! Single women lost their traditional social lives as sweethearts and beaux joined the service. For all women, there was the challenge of transitioning from a male-dominated world to one where they could be responsible for their own actions and plan for their own futures. Come hear about the real experiences of San Diego women as they lived through this tumultuous period of history!

