



**August 1 8:45am**

A History of San Diego County Parks: Local author Jennifer Grahlman shares a century of park memories from her book, "San Diego County Parks: Over 100 Years"

**August 2 8:45am**

Chair Yoga: Certified instructor leads this low impact yoga class

**August 3 10:00am**

Mystery Book Club- Discussion: *The Last Enchantments* by Charles Finch

**August 4 1:00pm**

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players

**August 7 8:45am**

Zumba Gold: Certified instructor leads this active Zumba dance class

**August 9 8:45am**

Chair Yoga: Certified instructor leads this low impact yoga class

**August 10 9:00am**

Yarn Circle: Share projects and advice with other knitting/crocheting enthusiasts

**August 11 1:00pm**

OASIS: Unravel Travel: 50 ways to reduce the stress of international travel with Diana Clark

**August 12 2:00pm**

Hot Air Balloon Memory Book: Annelvira shares her newest tricks and embellishments to make this charming five-pocket travel book. Give as a gift or keep for yourself! All materials provided.

Space is limited: sign up with library staff.

**August 14 8:45am**

Zumba Gold: Certified instructor leads this active Zumba dance class

**August 16 8:45am**

Chair Yoga: Certified instructor leads this low impact yoga class

**August 17 10:00am**

Breakfast & Books: Enjoy coffee and pastries while librarians book talk their favorite reads

**August 18 1:00pm**

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players

**August 21 8:45am**

Qi Gong: Certified instructor leads this class to gather and circulate internal energy

**August 23 8:45am**

Chair Yoga: Certified instructor leads this low impact yoga class



On **August 13 from 9:30-11:30am** free Hepatitis A vaccine shots are being provided by nurses from the County's HHSA Dept to anyone who may need it. Hep A is a two-dose series with shots given 6 months apart; please come if you want the first shot or a booster shot.