










Arthur F. Turner
Community Library
YOLO COUNTY
LIBRARY

January 2019 Adult & Teen Programs

1212 Merkley Avenue, West Sacramento, CA 95691

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|---|---|
| <p>FREE ADMISSION TO ALL PROGRAMS</p> |  | <p>1 Library Closed</p> | <p>2 4pm-5pm: English Conversation Group 6pm-8pm: WSFOL Monthly Meeting</p> | <p>3</p> | <p>4 10am-11am: English Conversation Group</p> | <p>5</p> |
| <p>6 2pm-4pm: Sunday Movie Matinee for Adults</p> |  | <p>8</p> | <p>9 12pm-2pm: Fall Prevention 4pm-5pm: English Conversation Group</p> | <p>10</p> | <p>11 10am-11am: English Conversation Group</p> | <p>12</p> |
| <p>13</p> | <p>14 4pm-5pm: Tai Chi & Qigong Part XXXVI</p> |  | <p>16 9am-11am: Computer 102 Class 12pm-1:30pm: What's Happening Seniors 4pm-5pm: English Conversation Group 5pm-6pm: Teen Club 6pm-7pm: Evening Book Club</p> |  | <p>18 10am-11am: English Conversation Group 3pm-5pm: Lunar New Year Celebration</p> |  |
| <p>20</p> | <p>21 Library Closed</p>  | <p>22</p> | <p>23 4pm-5pm: English Conversation Group</p> | <p>24 6pm-7:30pm: Aguas Frescas: Cork Art</p> | <p>25 10am-11am: English Conversation Group</p> | <p>26</p> |
| <p>27</p> | <p>28 Library Closes at 6pm</p> | <p>29</p> | <p>30 4pm-5pm: English Conversation Group 5pm-6pm: Teen Club 6pm-8pm: WSFOL Monthly Meeting</p> | <p>31</p> |  | <p>*Please refer to reverse side for program descriptions.</p> |



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P: (916) 375-6465

SPECIAL PROGRAMS

Fall Prevention Class: Adults are invited to a free two hour fall prevention and fitness class for seniors. Vickie "Mae" Denman has been teaching yoga since 1980 and is currently working with individuals who are concerned with body challenges due to age, chronic illness, or fall prevention. She is trained in three different modalities of fall prevention.

Library Closures: January 1st and 21st for the New Years and Martin Luther King Jr. Day. We will resume normal business hours on January 2nd and 22nd.

Lunar New Year Celebration: Lets celebrate the Year of the Pig. Families are invited to come out and make crafts. Leave with a red envelope and goodies inside.

ONGOING PROGRAMS

Aguas Frescas Cork Art: Come and drink some aguas frescas (Spanish for cool waters) while creating a maker project. This month's project is cork art! Materials provided.

Computer 102 Class: Adults are welcome to register for this free basic computer class. It offers a basic introduction to Microsoft Word, Excel, and PowerPoint, and what they are used for, as well as time to practice. Computers will be provided. Registration required as space is limited.

English Conversation Group: Join us in conversing and improving your English in a fun and relaxed way with the aid of a group facilitator. No registration is required. Drop-in visitors always welcome.

Evening Book Club: Come see old friends and meet new ones for a lively discussion. Books are collected and distributed at the meeting. This month's reading selection will be "Grayson" by Lynne Cox. Please contact Cindy at (916) 731-5504 for more information.

Sunday Movie Matinee for Adults: Join us for a PG-13 or rated R movie shown on our giant screen, with free popcorn! For ages 18+ only. Brought to with the generous support of the West Sacramento Friends of the Library. This month we will watch **Riddick!**

Tai Chi & Qigong Part XXXVI: Learn a series of movements and breathing exercises for general wellness, stress relief, physical balance, flexibility and fall prevention. Beginners welcome! Remember to wear loose, comfortable clothes.

Teen Club: Teens are invited to participate in our bi-weekly program focused on developing leadership skills through engaging activities. Snacks will be provided! Great for ages 13-18.

What's Happening Seniors? Want to get together with interesting, active seniors to make new friends, share stories, learn from one another, and find out What's Happening in West Sacramento and beyond?

WSFOL Monthly Meeting: The WSFOL meets the last Wednesday of the month. WSFOL is a non-profit 501(c)(3) organization dedicated to serving the West Sacramento community supporting library programs and services. WSFOL is always recruiting for new friends.

NO RESERVATION REQUIRED. Sponsored by the West Sacramento Friends of the Library. You may request reasonable accommodations 5 days in advance by calling (916) 375 - 6465. Connect with us on Facebook and at yolocountylibrary.org.

