# National City Public Library

## Adults' & Seniors' Programs

### Natural Wellness Program
- **Sunday, June 2**: 2 pm
  - Group discussion of “Before We Were Yours” by Lisa Wingate.
  - (Book is available for checkout at the Circulation Desk.)

### 3-D Printing
- **Mondays, June 3, 10, 17 and 24**: 3-7 pm
  - Learn how to create objects on the library's 3-D printer!

### Healing Meditation Class
- **Saturdays, June 1, 8, 15, 22 and 29**: 1:15-2:15 pm
  - Please bring a yoga mat.

### Bagua Study Group
- **Tuesdays, June 4 and 18**: 5 pm
- **Wednesdays, May 5, 12, 19 and 26**: 6-7 pm

### Meditation
- **Mondays, June 3, 10, 17 and 24**: 6-6:30 pm
- **Thursdays, June 6, 13, 20 and 27**: 9-9:50 am

### Meditation
- **Saturdays, June 1, 8, 15, 22 and 29**: 2:30 pm

### Yoga for EveryBody
- **Mondays, June 3, 10, 17 and 24**: 11 am-12 noon
- **Wednesdays, May 5, 12, 19 and 26**: 6-7 pm

### Yoga in Spanish
- **Saturdays, June 1, 8, 15, 22 and 29**: 2 pm

### Camp Scary
- **Tuesdays, June 4, 11, 18 and 25**: 11 am-11:45 am
- **Thursdays, June 6, 13, 20 and 27**: 11 am-11:45 am

### Camp Scary
- **Tuesdays, June 4, 11, 18 and 25**: 11:00 am-11:45 am
- **Thursdays, June 6, 13, 20 and 27**: 11 am-11:45 am

### Lego Club
- **Tuesdays, June 4, 11, 18 and 25**: 11 am-11:45 am
- **Thursdays, June 6, 13, 20 and 27**: 11 am-11:45 am

### Microsoff Excel Class
- **Tuesdays, June 4, 11, 18 and 25**: 6-6:30 pm
- **Thursdays, June 6, 13, 20 and 27**: 6-6:30 pm

### Basic Computer Classes
- **Tuesdays, June 4, 11, 18 and 25**: 6-6:30 pm
- **Thursdays, June 6, 13, 20 and 27**: 6-6:30 pm

### Kids' Craos
- **Mondays, June 3, 10, 17 and 24**: 6-7 pm
- **Wednesdays, May 5, 12, 19 and 26**: 6-7 pm

### Kids' Craos
- **Tuesdays, June 4, 11, 18 and 25**: 6-6:30 pm
- **Thursdays, June 6, 13, 20 and 27**: 6-6:30 pm

### Drop-In Tech Help
- **Tuesdays and Thursdays**: 11 am-12:30 pm and 2-3:30 pm
- **First and Last Week of Each Month**: 11 am-12:30 pm and 2-3:30 pm
  - (class is in Spanish)

### Literacy Programs
- **All classes require pre-registering—call 619.470.5860**

#### Microsoft Excel Class
- **Tues. and Thurs.**: 11 am - 12 noon
- **Learn to use the Excel database program.**

#### Basic English as a Second Language Class
- **Mon. and Wed.**: 6-7 pm
- **ESL 2/ English Conversation Class**: 
  - **Tues. and Thurs.**: 6-7 pm

### 21st Century Skills
- **Tues. and Thurs.**: 11 am-12:30 pm and 2-3:30 pm (class is in Spanish)
SUGGESTIONS WELCOME!
The library adds lots of new materials every month. We welcome your input on which books or DVDs we should get! Talk to the Reference Desk if you have suggestions for adult materials, or the Children’s Desk for children’s materials.

“TUESDAYS WITH BOOKS” BOOK CLUB
Join us for a group discussion of Before We Were Yours by Lisa Wingate. Copies of the book are available for check-out at the Front Desk!
Tuesday, June 18  2-3:30 pm

BAGUA STUDY GROUP
Bagua is a Chinese martial art characterized by continuous fluid movement. Free classes for adults every:
Tuesday @ 6 pm (in the Family Activity Room)
Thursday @ 9 am (in the outside amphitheater on the library’s north side)