



July Events

at the

Scripps Ranch Library

Where's Odi?

All ages are invited to stop by the Scripps Miramar Ranch Library during the month of July and find where we've hidden Odi the Coyote to earn a souvenir button! Visit all 36 San Diego Public Library locations for a special prize.

Summer Reading Time!

The Summer Reading Program for adults, teens and kids of all ages is in full swing. "Read Beyond the Beaten Path" and complete a combination of 10 books, hours, or activities to earn prizes. Join the fun and sign up at sandiego.gov/summerreading.

Mindful Meditation

Mindful Meditation can help lower heart and respiratory rate, blood pressure, and stress. "Dr. Wendy," through the Healthy Adventures Foundation, will lead participants in meditative breathing, guided imagery, and contraction/relaxation exercises. Join us on Mondays at 2 pm and take a break in your day to de-stress while also learning how to use mindfulness in your daily life. This ongoing program is sponsored by SRFOL.

Programs for Children

Summer fun continues at the library with lots of exciting programs for children of all ages, many sponsored by SRFOL.

- Storytime: Wednesdays, 10 am; Join us in the library's spacious community room where we can all safely space out for a Storytime with Miss Melissa or Miss Jennifer; appropriate for preschoolers. Storytimes incorporating sign language are sponsored by SRFOL.
- Craft Programs with ToshWerks: Wednesday, July 6, 3:30; ages 8 and up. Join us and local artists Toshwerks for a fun, hands-on DIY crafty project recommended for ages 8 and up. Supplies provided Sponsored by SRFOL. Registration required: <https://sandiego.librarymarket.com/>
- Book Craft with EnvisionIt: Thursday, July 7, 3:30 pm; ages 7 and up. All supplies provided. Sponsored by SRFOL. Registration required: <https://sandiego.librarymarket.com/>
- Girls Who Code Summer Camp: Monday-Thursday, July 11-14 and 18-21, 3:30-5 pm; grades 6-8; Middle schoolers will learn from fun and simple online coding tutorials, build community through interactive activities, learn about inspiring role models, and will then work in teams to design and build a Girls Who Code Project that solves real world problems through code! Registration required: <https://sandiego.librarymarket.com/>
- StoryBox Theatre: Tuesday, July 12, 3 pm. Presented by Write Out Loud San Diego, StoryBox (also known as *kamishibai*) combines dramatic storytelling with a wooden theatre to showcase illustrations in an engaging family-friendly storytime experience!
- Mad Science Show: Saturday, July 16, 11 am; all ages. Sponsored by SRFOL.

- Wild Wonders Animal Show: Saturday, July 23; 11 am. Sponsored by SRFOL.
- Noteworthy Puppets Show: Thursday, July 28, 11 am. Sponsored by SRFOL.
- Craig Newton's Historical Journey through America's Music: Thursday, July 28, 3:30 pm. Sponsored by SRFOL.

Keeping Your Wits: Why Brain Function Declines and 10 Ways to Prevent It

Did you know that most of the decline in your mental functioning has nothing to do with aging? In fact, some mental functions actually improve with age. There are at least 10 things we can do to keep the brain working along with the rest of the body. Learn how at this informative lecture by Philip J. Goswami, M.D., through Oasis, on Saturday, July 23, 2:00-3:30 pm. Sponsored by SRFOL.

Grace's Book Nook

Make Grace's Book Nook your go-to destination for incredible bargains on books and more for all ages and reading tastes! This month's 2nd Saturday pop-up sale is on July 9, 10 am-2 pm. All Book Nook proceeds support our library. Your tax-deductible donations of gently used books are always welcome at the library.

Please email gracesbooknook@srfol.org for information on how you can become involved and help us keep the door to the Book Nook open by volunteering.

Special Book Donation Day

In advance of the next semiannual mega sale, Book Nook volunteers will be accepting your donations of gently used books curbside on Wednesday, July 27, from 10 am-2 pm. What could be easier! Can't make it then? Your donations of gently used books are welcome anytime at the library.

Book Discussion Group

Virtual meeting on Wednesday, July 27, 6:30 pm, to discuss *Anxious People* by Fredrik Backman. Email srfol@yahoo.com for Zoom invitation.

3-D Printing Available!

Our Library has a new 3-D printer which community members are welcome to use at no charge. The printer and supplies are made possible by SRFOL. Visit <https://www.srfol.org/3D-Print-Service.htm> for details.

Music Program

The "Pleasure of Your Company" concert series sponsored by Scripps Ranch Friends of the Library (SRFOL) is on summer break and will resume in September. Watch our website for schedule updates.

Social Media

- Facebook: @ScrippsMiramarRanchLibrary, @SDPLVirtualHub, @GracesBookNook
- Instagram: @srfolibrary, @sdpubliclibrary, @sdplteens

*For details and updated information about programs and library happenings, check our website www.srfol.org or library's Facebook page <https://www.facebook.com/ScrippsMiramarRanchLibrary/>.