



October Events

at the

Scripps Ranch Library

Music Program

“The Pleasure of Your Company” concert series, sponsored by the Scripps Ranch Friends of the Library (SRFOL), will feature 8 Plus 88, a piano trio, on Sunday, October 9, at 2:30 PM. Violinist Alyse Dreiling, cellist Lorie Kirkell, and pianist Steve Gray will perform a program entitled “Fantasies and Dances.” There is no charge for the concert, which is sponsored by SRFOL; donations are appreciated. Masks continue to be required for all audience members regardless of immunization status.

Mindful Meditation

Start your week off right with Mindful Meditation, led by “Dr. Wendy” through the Healthy Adventures Foundation, on Mondays at 1 pm. This class, sponsored by SRFOL, includes guided imagery and contraction/relaxation exercises. Mindful meditation can help lower heart rate, blood pressure, and stress.

Fall Veggies with Farmer Roy

Join us on Saturday, October 15, at 1:30 pm to learn about topics such as soil preparation, varietal selections, pests, and fertilization of fall and winter crops and get your questions answered. Presenter Roy Willburn was a commercial tomato grower in Baja California for 20 years and has supplied high quality fruits and vegetables for seniors in assisted living and families-in-need in the Poway area.

Programs for Children

Programs sponsored by SRFOL are indicated by an asterisk (*).

- Storytime*: Wednesdays, 10 am; appropriate for preschoolers. Join us in the library's spacious community room for Storytime with Miss Melissa or Miss Jennifer.
- Do Your Homework @ the Library: Monday – Thursday, 3 – 6 pm, K – 8th grade.
- Craft Programs with ToshWerks*: Wednesdays, October 5 and 19, 3:30 pm. Fun, hands-on DIY crafty projects for ages 8 and up. Supplies provided. Pre-registration required: [\[https://sandiego.librarymarket.com/\]](https://sandiego.librarymarket.com/).
- StoryBox Theatre: Tuesday, October 11, 3 pm; all ages. 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!

Amateur Telescopes 101

Learn about available amateur telescopes, their pros and cons, and how-tos as well as locations for local astronomical viewing in a program presented by the SD Astronomy Association on Saturday, October 22, 10 am–12 pm.

Grace's Book Nook

Shop at Grace's Book Nook, open Monday through Saturday during library hours, for great bargains on gently used books for readers of all ages and tastes, as well as CDs, DVDs, magazines, greeting cards and duck food. The inventory is updated almost daily, so stop by often. This month's 2nd Saturday pop-up sale is on October 8, 10 am-2 pm. We currently have openings for volunteers interested in covering weekly or biweekly 2½ hour shifts. Contact [booknook@srfol.org] to learn more.. Your tax-deductible donations of gently used books are always welcome. All proceeds help support our Library.

Book Discussion Group

Virtual meeting on Wednesday, October 26, 6:30 pm, to discuss *Don't Sleep, There Are Snakes* by Daniel Everett. Email [srfol@yahoo.com] for Zoom invitation.

3D Printing Available at Our Library!

Visit [<https://www.srfol.org/3D-Print-Service.htm>] for complete information about use of the 3D printer, which is made possible by SRFOL.

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
- the library's Facebook page [www.facebook.com/ScrippsMiramarRanchLibrary].