

Mindfulness Meditation at the Studio City Library

Fridays, March, 17, 31 at 10:00 am

Led by Stacy Kesten. Wear comfortable, quiet clothes. All are welcome.

Studio City Library
12511 Moorpark St in Studio City
818-755-7873

Used Book Sale in Granada Hills

Friday, March 17, from 9:30 am to 5:00 pm

Saturday, March 18, from 9:30 am to 4:00 pm

Granada Hills Branch of LAPL, 10640 Petit Ave, GH
818/368-5687

NEW: French Conversation Class in Studio City

Friday, March 17 at 11:30 a.m.

Join them for their new French conversation class. After this, it will meet the first and third Fri-day of every month.

Laura Tresch, a linguistics PhD student currently researching at UCLA, will teach the class. Beginners welcome.

Studio City Branch Library
12511 Moorpark Street in Studio City
(818) 755-7873

Gentle Yoga

Friday, Mar 17 at 10:00am

Does your new year resolution include being healthier and less stressed? Try our new yoga class with certified yoga instructor Janette. Learn how to calm your body and your mind. All levels welcome. Bring your own mat or towel as well as a bottle of water for hydration.

West Valley Regional Branch Library
19036 Vanowen Street in Reseda
(818) 345-9806

UCLA Memory Training Program

Friday, Mar 17 from 9:30am to 11:30am

Brought to you by Sherman Oaks/East Valley Adult Center & Sherman Oaks Library This workshop is designed for people with mild memory concerns. You will learn practical techniques for enhancing memory performance. The four-week workshop focuses on the four top memory complaints: **This workshop is not intended for anyone with a diagnosis of dementia or Alzheimer's disease For ADA accommodations please call (213) 228-7430 at least 72 hours before the event

Sherman Oaks Martin Pollard Branch Library
14245 Moorpark Street in Sherman Oaks
(818) 205-9716

Adult Coloring Club

Saturday, Mar 18 from 1:00pm to 3:00pm

Coloring books are no longer just for kids! Coloring is a great way to have fun and generate wellness. Join us for a calming time of coloring. Pages, colored pencils, pens, and markers will be provided or bring your own. Generously sponsored by the Friends of the Sunland-Tujunga Branch Library.

Sunland - Tujunga Branch Library
7771 Foothill Boulevard in Tujunga
(818) 352-4481

"Two La Rays" At The West Valley Regional Branch Library

Saturday, Mar 18 from 1:00pm to 2:30pm

Join us at the West Valley Regional Branch Library as actors from THEATRE 40 present staged readings of short stories by LA writers Raymond Chandler & Ray Bradbury.

West Valley Regional Branch Library
19036 Vanowen Street in Reseda
(818) 345-9806

Chinese Conversation Club

Saturday, Mar 18 from 3:00pm to 4:00pm

Join our wonderful teen volunteer for a casual Chinese Conversation Club. This club is for teens and adults with a basic knowledge of Chinese who would like to practice speaking in a non-threatening environment.

Woodland Hills Branch Library
22200 Ventura Boulevard in Woodland Hills
(818) 226-0017

Expressions LA Reading Series

Saturday, March 18 from 3 - 5 p.m.

Listen to featured poets & participate in 4-6 minute open poetry readings.

Studio City Library
12511 Moorpark St in Studio City
818-755-7873

Free Yoga Classes in Porter Ranch

Saturday, Mar 18 at 10:00am

The Porter Ranch Branch offers FREE yoga classes three Saturdays a month, from 10am to 11am, EXCEPT the first Saturday of each month. The classes are held in the library's meeting room. * The classes are led by Devin Morgan, the founder and director of the Rishi Institute. Ms. Morgan received her yoga instructor's certificate in 1992. She has presented workshops both domestically and abroad, and has led retreats in England, Egypt, Jordan, and Israel

Please bring your own mat and towel. Floor-space is limited. Please be on time.

Porter Ranch Branch Library
11371 Tampa Avenue in Porter Ranch
(818) 360-5706

Harmonious Yoga in Studio City

Monday, Mar 20 from 10:15am to 11:15am

A calming, stress-relieving Gentle Yoga Class designed to stretch and strengthen the body gradually. Emphasis is on creating harmony between breath and motion.

Develop flexibility and range of motion, resilient strength, glowing wellness, inner connection and inner peace. Recommended for all levels looking to slow down and release the stress of everyday life.

Studio City Branch Library
12511 Moorpark Street in Studio City
(818) 755-7873

Body & Brain Yoga & Tai Chi

Monday, Mar 20 from 10:30am to 11:30am

All ages are welcome to a free yoga class that is held every Monday at 10:30am. Bring your own yoga mat and a large towel.

Granada Hills Branch Library
10640 Petit Avenue in Granada Hills
(818) 368-5687

California Healthier Living

Monday, Mar 20 from 12:00pm to 2:30pm

Who Should Attend?

- Anyone with an ongoing health condition (arthritis, heart disease, diabetes, high blood pressure, lung disease)
- Family members or friends of someone with an ongoing health condition
- Anyone interested in becoming more physically and socially active

During the workshops you will learn:

- Tips to better manage your health
- Ways to control pain, stress and anxiety • How to talk to doctors, family, and friends
- Goal-setting and problem solving • Healthy eating and ways to keep moving

Presented by the Partners in Care Foundation and the Los Angeles Department of Aging, For ADA accommodations please call (213) 228-7430 at least 72 hours prior to the event.

Sherman Oaks Martin Pollard Branch Library
14245 Moorpark Street in Sherman Oaks
(818) 205-9716

Free Lacma Art Class For Adults

Monday, Mar 20 from 2:00pm to 3:00pm

During the Reformation in Germany portraits reflecting the sitter's wealth, class and character became popular. Participants will use a photograph as a reference to draw a portrait of themselves or someone they know, adding objects, clothes or surroundings to best represent the sitter's personality. No reservations needed. Participants will also be able to sign up for a free round-trip bus to the L.A. County Museum of Art to participate in Sunday family events featuring artist-led workshops, gallery tours and activities based on special exhibitions and the permanent collection.

North Hollywood Amelia Earhart Regional Library
5211 Tujunga Avenue in North Hollywood
(818) 766-7185

Chess Club For All Ages

Monday, Mar 20 at 3:30pm

The best chess players in the world today are computers, but we humans can still give it our best shot. Learn chess strategy and tactics from Marc, our adult librarian, or come in for a casual game. Chess sets will be provided and all are welcome.

Platt Branch Library
23600 Victory Boulevard in Woodland Hills
(818) 340-9386

Yarn Club

Monday, Mar 20 from 4:15pm to 5:15pm

Learn to knit &/or crochet from other crafters. Bring your own supplies or borrow some of ours.- Join us in the YA Section! -

Silver Lake Branch Library
2411 Glendale Blvd in Los Angeles
(323) 913-7451

Quilting Club

Tuesday, Mar 21 from 12:00pm to 4:00pm

QUILTING CLUB Learn hand or machine piecing (you must provide your own sewing machine), get help with unfinished projects, or just come to socialize. Taught by local professional quilting teacher, Tina Wince. Sign up at the Reference Desk or just show up! We meet every Tuesday. Come and join the fun!

Sunland - Tujunga Branch Library
7771 Foothill Boulevard in Tujunga
(818) 352-4481

Silver Lake Library Tuesday Afternoon Book Club

Tuesday, Mar 21 at 1:00pm

Meeting for over 20 years, reading the Classics, Fiction and Non-Fiction, the Book Club welcomes new members. Discussing "A Delicate Truth" by John Le Carre. Pick up a copy at the Reference Desk and join the conversation.

Silver Lake Branch Library
2411 Glendale Blvd in Los Angeles
(323) 913-7451

Feldenkrais at the Studio City Library

Tuesday, March 21 at 2:30 p.m.

Feldenkrais is back again - Carolyn is coming back with her fabulous Feldenkrais program to heal your aches and pains. It's a system of gentle

exercises for health. Wear comfortable clothes and bring a towel and mat.

Studio City Library
12511 Moorpark St in Studio City
818-755-7873

Studio City Adult Book Club

Tuesday, March 21 at 6:30 pm

They will discuss “The Queen of the Night” by Alexander Chee.
Adult Book Club will move to Wednesdays starting in April.

Studio City Library
12511 Moorpark in Studio City
818-755-7873

The Brown Bag Book Club in Burbank

Tuesday, March 21 from 12:00 to 1:00 pm

The Brown Bag Book Club meets the third Tuesday of each month. This month they will be discussing “Me Before You” by Jojo Moyes.

Bring your lunch and join in!

Burbank Central Library
110 N. Glenoaks Blvd in Burbank
818/238-5610

The Scene of the Crime Mystery Book Club in Burbank

Tuesday, March 21 from 7:00 to 8:00 pm

They meet the third Tuesday of each month.

Buena Vista Branch Library
300 N. Buena Vista Street in Burbank
818/238-5630

Knitting Club

Tuesday, Mar 21 from 5:30pm to 7:30pm

Join our weekly knitting club! All ages and experience levels are welcome.

Sun Valley Branch Library
7935 Vineland Avenue in Sun Valley
(818) 764-1338

Mean...Moody...Magnificent! The Hollywood Marketing Of Jane Russell
Tuesday, Mar 21 from 6:00pm to 7:00pm

Platt Branch Library
23600 Victory Boulevard in Woodland Hills
(818) 340-9386

Chess Club @Van Nuys Branch Library
Tuesday, Mar 21 from 6:00pm to 7:30pm

Are you interested in learning about Chess and meeting fellow Chess players? If so, stop by the Van Nuys Branch Library on March 21st, the third Tuesday of the month from 6:00 pm to 7:30 pm. The Chess Club will meet in the Van Nuys Branch Library Meeting Room.

Van Nuys Branch Library
6250 Sylmar Ave in Van Nuys
(818) 756-8453

Quilting Club
Wednesday, Mar 22 from 10:00am to 3:00pm

QUILTING CLUB Learn hand or machine piecing (you must provide your own sewing machine), get help with unfinished projects, or just come to socialize. Taught by local professional quilting teacher, Tina Wince. Sign up at the Reference Desk or just show up! We meet every Wednesday. Come and join the fun!

Sunland - Tujunga Branch Library
7771 Foothill Boulevard in Tujunga
(818) 352-4481

Classics Book Club Discussion—“To The Lighthouse”

Wednesday, Mar 22 from 1:30pm to 3:00pm

This 1927 novel by Virginia Woolf is considered a modernist classic. There is little action or dialogue, but the novel is full of recollections and observations about human relationships. The novel focuses on the Ramsays and the times that they visited the Isle of Skye in Scotland. Woolf speaks about perception and how powerful loss can be in the human experience.

Granada Hills Branch Library
10640 Petit Avenue in Granada Hills
(818) 368-5687

Calabasas Historical Society Speaks at the Calabasas Library

Thursday, March 23rd at Noon

Enjoy this event about the early years of Calabasas which offer a colorful history full of buried treasure, cattle and sheep ranches, stagecoaching, ghost sightings, and some of Southern California’s roughest and toughest residents.

Calabasas Library
Behind the Commons in Calabasas
818-225-7616

Adult Coloring in Studio City

Thursdays, March 23, 30 from 2:00pm to 3:00pm

De-stress with Adult Coloring. Materials will be provided. Will take place every Thursday from 2 - 3 p.m. Here are some of our colored pieces:

Studio City Branch Library
12511 Moorpark Street in Studio City
(818) 755-7873

How To Practice Extreme Self Care

Thursday, Mar 23 at 3:00pm

Dr. Tammi L. Harris from Connected Health and Wellness will be at the library to give you tips on how to take control of your own health.

Woodland Hills Branch Library
22200 Ventura Boulevard in Woodland Hills
(818) 226-0017

Doc's History Discussion Moderated By Kurt Brown

Thursday, Mar 23 from 6:00pm to 7:30pm

The discussion topic for March is the U. S. Constitution. Please read The Penguin Guide to the United States Consitution by Richard Beeman (pgs. 1-92). Moderated by Kurt Brown, those who attend should be prepared for a lively discussion.

Granada Hills Branch Library
10640 Petit Avenue in Granada Hills
(818) 368-5687

Gentle Yoga

Friday, Mar 24 at 10:00am

Does your new year resolution include being healthier and less stressed? Try our new yoga class with certified yoga instructor Janette. Learn how to calm your body and your mind. All levels welcome. Bring your own mat or towel as well as a bottle of water for hydration.

West Valley Regional Branch Library
19036 Vanowen Street in Reseda
(818) 345-9806

Laughter Yoga at the Studio City Library

Mondays at 10:30 am

We all enjoy a good laugh, but did you know that laughing for just 10-15 minutes continuously may provide pain relief for up to 2 hours, increase oxygen levels in the blood, release endorphins, and bring relaxation and a state of euphoria? And did you know that you can get these benefits no matter why you laugh?

Studio City Library
12511 Moorpark St in Studio City
818-755-7873

Stretch & Strength Exercise for Seniors in Chatsworth

Wednesdays from 10:30 to 11:30 am

The Chatsworth Library holds a free class every Wednesday from 10:30 am to 11:30 am. The video classes alternate between seated yoga and other seated exercise.

Call (818) 341-4276 for more information.

The library is located at 21052 Devonshire Street in Chatsworth