



# Green Branch Library PROGRAMS for Adults

## Straighten Up Green!

**Wednesday, March 10, 7 pm** - a free, public service program, presented by Dr. Mark Taylor; "Straighten Up" is packed into three minutes of fun, engaging, easy-to-perform healthful activities. Equally useful as an ergonomic break, exercise warm-up or cool-down, "Straighten Up" is designed to get people of all ages and ethnicity up and moving - improving their posture and spinal health. The program also includes a short set of healthy lifestyle recommendations congruent with the goals and objectives of Healthy People 2010. Signup begin in February.



## Victorian Women

**Thursday, March 11, 6:30 pm**  
What was life like for the typical Victorian Woman? Find out about her home life, her fashion, and her family. Learn the language of the fan for flirting and sending secret messages. Fans will be provided. Signups begin Monday, February 8.

## Investment Databases



**Wednesday, March 24, 7pm**  
Learn about investment resources and your investment options. Signups begin Monday, March 1.

## Spring Fling with Chef Sarah Mentzer



**Monday, March 29, 6:30 pm** - fun meals and ideas for the great spring veggies. Sign up begins Monday, March 8.

## Memory Fitness Matters

**Wednesday, April 7, 1 pm**  
Forgot why you went into a room? Lose your train of thought? Have trouble thinking of a specific word? Interested in developing a good brain workout? Want to learn more effective memory strategies? Join Kathryn Kilpatrick, Memory Fitness Specialist for an interesting, inspirational, and informative program. Co-sponsored by Home Instead Senior Care. Registration begins Monday, March 8.

## An Evening with Paul Tople



**Monday, May 3, 6:30 pm**  
Join us for an evening with Pulitzer Prize winning Akron Beacon Journal photographer Paul Tople. Mr. Tople will discuss his career as a photographer, including photos taken at Kent State University on May 4, 1970. To view part of his body of work please visit: <http://may4th1970.com>

## Women's Health Week: Osteoporosis

**Wednesday, May 12, 7 pm**  
- presented by Dr. Mark Taylor of Boggs Chiropractic - prevention of osteoporosis, as well as exercises and treatment. Signups begin Monday, April 12.

## Let's Get Ready for Summer: Clothing Swap



**Saturday, May 15, 11 am-1pm**  
Calling all adults! Do you want to swap out some of your kids smaller summer clothes for bigger ones? Join our kids summer clothing swap. For each gently used article of clothing you bring in, you will get to take that many pieces of clothing from the swap. A ticket will be provided with the amount of clothing you donate. Boys and girls, sizes infant and up. Please no stained clothing.

## Green Health Series with Dr. Suzanne Morgan, D.O.



**Mondays, 6:30 pm**  
**April 5** Colon cancer & colonoscopy.  
**April 12** Skin cancer & sun safety.  
**April 19** Vacation preparedness.  
Dr. Suzanne Morgan, D. O. is a physician with Summa Physicians, Inc in Green.

## Adult Game Days



**Saturdays, 10:30 am - 1 pm**  
**March 20, April 10, May 1**  
Have you been looking for a place to get together and play cards and/or board games? Look no further. We will open up our Community Room and have games and cards available for you to enjoy. Please, no gambling.



## Coffee, Chocolate and Romance Book Discussion

**Saturdays at 9:30 am**  
**March 13: The UNSUNG HERO**  
by Suzanne Brockmann  
**April 3: MR. PERFECT** by Linda Howard  
**May 22: JANE EYRE** by Charlotte Bronte

## Afternoon Book Discussion



**Tuesdays at 12 pm**  
**March 9: GUERNSEY LITERARY & POTATO PEEL PIE SOCIETY**  
by Mary Ann Shaffer  
**April 13: EVERY CROOKED POT**  
by Renee Rosen  
**May 11: THE ART OF RACING IN THE RAIN** by Garth Stein

## Evening Book Discussion

**Tuesdays at 6 pm**  
**March 16: SHANGHAI GIRLS** by Lisa See  
**April 20: THREE CUPS OF TEA**  
by Greg Mortenson  
**May 18: PAULA DEEN: IT AIN'T ALL ABOUT THE COOKIN'** by Paula Deen

## Tax Help



**Fridays, March 5-April 9, 12:30-3:30 pm**  
By appointment only.



**Akron-Summit County  
Public Library**

330-896-9074

Green Branch Library  
4046 Massillon Rd., Uniontown, Ohio 44685  
[www.akronlibrary.org](http://www.akronlibrary.org)