

# Library Events for Adults

Branch Hours:  
Monday – Thursday 10 am – 8 pm  
Friday 12 – 6 pm  
Saturday 10 am – 5 pm

## Highland Square Branch Library SUMMER 2019

Library Closings: July 4, Independence Day

# MIND, BODY & SOLE

## A UNIVERSE OF STORIES! JUNE 3-JULY 27, 2019

Mind, Body & Sole is a reading/wellness experience for the whole family to enjoy.



### How the program works:

1. Fill out a registration card at your library and receive your reading and exercise log and program flyer.
2. Read today! Check off a box on your reading log. You will win a prize, or be entered into a prize drawing, at each of these reading milestones: 10 days, 26 days, 40 days, and 50 days.
3. Choose to live active also! Record each day you participate in a movement activity—running, walking, bicycling, yoga, gardening, outside play, physical therapy, and more--on your exercise log. When you have reached 26 days of exercise AND 26 days of reading, you will receive a Mind, Body & Sole T-shirt. Fill out the entry form at the bottom of your exercise log to also be entered into our end-of-summer Grand Prize Drawing.

Find out more at [www.akronlibrary.org](http://www.akronlibrary.org) or contact your local library.



## Adult Programs

### Annual Ice Cream Social

**Monday, June 3, 2-3 pm** Kick-start your summer with free ice cream and sundae toppings (provided by the Friends of the Highland Square Branch Library) outside in the square.

### Snack Attack - Vegan Edition with Vegan Vicki

**Tuesday, June 18, 6-7 pm** Learn about Vegan cooking. Vegan Vicki will teach about vegan tuna

salad, chik'un salad, and other easy to follow dips. Please register by phone, in person, or online.

### Feeling the Urge to Purge? - Organization Tips by Sandra Wright

**Wednesday, June 26, 6:30-7:30 pm** Are you tired of looking at all the clutter surrounding you? Join Professional Organizer Sandra Wright of Organized Wright LLC for this presentation. Please register by phone, in person, or online.

### Book Discussion

**Thursday, June 27, July 25, August 22, 6:45-7:45 pm** Meetings are the fourth Thursday of every month.

Discuss a diverse selection of fiction and non-fiction. New members are always welcome.

**June 27:** *Americanah* by Chimamanda Ngozi Adichie

**July 25:** *The House Girl* by Tara Conklin

**August 22:** *The Circle* by Dave Eggers

# Highland Square Branch Library Summer 2019



## **Drawing 101 - Learning to See Like an Artist**

**Saturday, June 29, 1:30-3:30 pm** Learn to see like an artist and translate the three-dimensional world into a two-dimensional drawing. Please register by phone, in person, or online.

## **Beautiful Ohio - Enjoy Stories Accompanied by Photography and Music**

**Tuesday, July 16, 6:15-7:15 pm**

Mary Lou Jubin will share stories about Ohio including state symbols, and history. After each story, Mary will show photography and play the hammered dulcimer. Please register by phone, in person, or online.



## **Computer Classes - Basic Computer Skills Series**

Free hands-on computer classes. Registration is required and available one month prior to the start of the first class. Please register by phone, in person, or online beginning June 23.

**Basic Computer Skills  
Tuesday, July 23, 2 pm**

**Windows 10  
Wednesday, July 24, 2 pm**

**Organizing File Folders  
Thursday, July 25, 2 pm**

**Internet Basics  
Friday, July 26, 2 pm**



## **The Chronicles of Hair Follicles - Local**

**Author Presentation, Dameka Woods  
Monday, July 29, 6:30-7:30 pm** Dameka Woods informs about experiences of caring for hair of all textures and ethnicities.

Learn about how mental and emotional health can affect the hair care journey. Please register by phone, in person, or online.



## **Mindfulness Meditation for Your Health with Andy Davis**

**Tuesday, July 30, 6:30-7:30 pm** Meditation with Andy Davis, a professional clinical counselor. This workshop is an introduction to mindfulness meditation and its current implications for health, stress, and brain function. Please register by phone, in person, or online.

## **Writing Children's Books: From Concept to Contract**

**Tuesday, August 13, 6-7:30 pm** Local authors Allison and Wayne Marks share personal insights on breaking into the children's book market. Please register by phone, in person, or online.

## **Reduce Stress with Adult Coloring**

**Wednesday, August 21, 11 am-12 pm** Spend some relaxing time coloring with our community. Choose from a large selection of coloring pages. Please register by phone, in person, or online.

## **Discover Dahlias with Lee Paulson**

**Tuesday, August 27, 6:30-7:30 pm** Learn how to grow beautiful Dahlias, and how to care for their tubers for the next growing season. Presented by Lee Paulson, Summit County Master Gardener. Please register by phone, in person, or online.

## **The Secret World of Bats - Presented**

by Mike Johnson, Summit Metro Parks  
**Thursday, August 29, 6:30-7:30 pm** Learn about the diversity of bats and what Summit Metro Parks is doing to manage these rare and misunderstood creatures. Please register by phone, in person, or online.



**Akron-Summit County  
Public Library**

330-376-2927

Highland Square Branch Library  
807 W. Market St., Akron, Ohio 44303  
[www.akronlibrary.org](http://www.akronlibrary.org)

