

Library Events for Adults

Highland Square Branch Library SUMMER 2017

Library Closings: July 4, Independence Day

MIND, BODY & SOLE

BUILD A BETTER WORLD JUNE 5-JULY 29, 2017

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 or contact your local library.



Adult Programs

Please register for all adult programs either by calling 330-376-2927 or stopping in to visit us at the Highland Square Branch Library.

Crooked River Comedy Improv Show

Saturday, June 3, 11 am

Fast, funny and deliriously attractive, The Crooked River Comedy Ensemble is Northeast Ohio's premier improv troupe. These skillful storytellers create fresh, original performances based on ideas from you, the audience. The Crooked River Comedy Ensemble features Deena

Nyer Mendlowitz, Patrick French and James Catullo, as well as a rotating list of the best and brightest comedic minds around.

Egyptian Tomb Excavation Series

Professor Emeritus Earl Ertman, from the University of Akron, shares his experiences excavating tomb KV63. An art history professor, Ertman shifted his emphasis to ancient art and, after winning a Smithsonian Research and Development Grant in 1971 with a colleague, began working in tombs in Egypt.

First Tomb Found in the Valley of the Kings Since Tutankhamun's in 1922: KV63, 2005-2006, (Part I) Wednesday, June 14, 6:30-7:30 pm Learn about the discovery and excavation of this tomb.



KV-63: What the Objects Tell Us, and Nefertiti: Sorting Myth from Reality (Part II)

Wednesday, June 21, 6:30-7:30 pm

Learn about dates, uses and importance of the items found.

Nefertiti: More Than a Wife and Queen/Tutankhamun's Reign (includes New Research!) Wednesday, June 28, 6:30-7:30 pm Learn about

Nefertiti, and some details of King Tutankhamun's tomb.

Essential Oils Presentation

Tuesday, June 20, 6:30-7:30 pm

Learn what essential oils are, where they come from, and how they can support health from wellness advocate Lana Kearns. The three major ways to use essential oils will be explained, and samples will be available for participants to smell.

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Sign Language Series with Paula Wray

Saturdays, June 24, July 22, August 12, 1:30-3 pm

Interested in learning how to sign? Join us at these sessions of lessons, games, and songs, and learn more. No prior knowledge of sign language is necessary! This class is for adults. Children over 10 may come if accompanied by an adult.



Cooking Series with Chef Sarah

Tuesdays, 6:30-7:30 pm

Learn about these international inspirations by Chef Sarah. **July 11** Morocco- With local ingredients like figs, olives and dates, recipes like Moroccan lamb and poultry stews come to life with flavor. Join us and learn traditional Moroccan cuisine!

August 15 Argentina- As one of the world's greatest food producing regions, Argentina combines many cultures to create amazing and unique cuisine. Join us for a taste of Argentina.

September 19 Japan-The people of Japan live long lives and have a low rate of heart disease due to healthy eating habits. Learn the fun and tasty way of Japanese eating.

October 17 Sweden- Creators of the first food preservation methods, Swedes are still the best users of leftovers around. Learn some new tips and tasty recipes of Sweden.



Exploring the Pilates Method

Wednesdays, July 12, 19 11 am-12 pm

This program is presented by Debora Totti. Learn about this system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness. This two-part series will explore a brief history of the method founded by Joseph Pilates, familiarize participants with essential key poses, and provide a check list of what

- to do, and what not to do to prevent injuries. Bring a mat and a bottle of water and wear comfortable clothes.

Shade Gardening with Hosta Plants

Tuesday, July 18, 6:30-7:30 pm

Learn all about hosta plants from Barrie Kridler of Kridler Gardens, who specialize in hostas and rare perennials. This presentation will include a slide show and examples of varying types of hosta plants for participants to examine.



Highland Square Branch Library's Ten-Year Anniversary Celebration with Guest Speaker

Rosemary Reymann

Saturday, August 5, 11 am-12 pm

Inspired by a collection of photographs and post cards, Rosemary Reymann will share stories of how Highland Square has changed over time. Rosemary Reymann, a retired Akron Public Schools teacher, has lived in Highland Square since 1973, and grew up on West Hill across from Forest Lodge. While she was a fourth-grade teacher, Akron's history was part of the fourth grade curriculum. Since living in Highland Square, its history has been a focus of her attention. Ms. Reymann has been involved in many community redevelopment, historic preservation, and cultural events that highlight and enrich the Highland Square neighborhood. For a few years, she answered questions about her neighborhood as "Dear Rosemary" on www.highlandsquare.org. She was head of a neighborhood liaison committee that worked with the city for the 1979-89 Redevelopment Block Grant program. At that time, her fellow committee member Don Drumm dubbed her "Queen of Highland Square," and it stuck! Refreshments will be provided by the Friends of the Highland Square Branch Library.

Reduce Stress with Adult Coloring

Wednesday, August 16, 11 am-12 pm

Listen to relaxing music and color with friends, family or our community. All supplies are provided.

Falconry Presentation by Mike Pompoco

Saturday, August 26, 2 pm

Mike Pompoco, retired US Air Force pilot and pilot for American Airlines, has been a falconer for 17 years. He is the secretary of the Ohio Falconry Association, a state and federally licensed group that practices this 4000 year-old sport, and hunts using birds of prey instead of a gun. In this presentation, people will learn about falconry today, and get to meet Otaktay, the Harris's hawk.



Mindfulness Meditation for Your Health

Tuesday, August 29, 6:30-7:30 pm

Meditation with Andy Davis, professional clinical counselor. This workshop is an introduction to mindfulness meditation and its current implications for health, stress, and brain function.

Book Discussion Group

Thursdays, 6:45 - 7:45 pm

Enjoy a diverse selection of titles. New members are always welcome.

June 22 H IS FOR HAWK,

Helen Macdonald

July 20 FATES AND FURIES, Lauren Groff

August 24 THE WITCHES: SALEM, 1692, Stacy Schiff



Computer Lab

Please call 330-643-9145 for more information about these classes.

Tuesday, July 25, 2-3:30 pm MS

PowerPoint, 1: The Basics

Wednesday, July 26, 2-3:30 pm MS

PowerPoint, 2: Advanced Features

Thursday, July 27, 2-3:30 pm MS

Publisher, Part 1: The Basics



330-376-2927

Akron-Summit County Public Library

Highland Square Branch Library
807 W. Market St., Akron, Ohio 44303
www.akronlibrary.org

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