

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 2018

Library Closings: July 4, Independence Day

MIND, BODY & SOLE

LIBRARIES ROCK! JUNE 4-JULY 28, 2018

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 by calling 330-376-2927 or stopping in to visit us at the Highland Square Branch Library.

How to Grow Terrific Tomatoes Tuesday, June 12, 6:30-7:30 pm

Learn about tomatoes, including the right varieties for your garden, how to correctly plant your tomatoes, suggestions on staking your plants, some ideas on starting your plants from seed, how to avoid insect damage, and ways to protect your tomatoes against disease. Find out about the history of



- the tomato, how to get the most out of your garden, and saving your tomato seeds for the next growing season. This program is presented by Summit County Master Gardener Lee Paulson.

- **Nature Yoga & Art**
Tuesday, June 26, 6:30-7:30 pm
Join Lisa Meranti of OneTreeLove to explore your artistic nature. This class will provide a window into the world of nature art; mandala creation; and connecting to nature through yoga movement, music, and meditation. Elements from nature will be provided, but you are welcome to bring a small item with you.

- **Mindfulness Meditation for Your Health**
**Wednesday, July 18,
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.

- **All Hands on Deck:
Lifesaving Lessons—
Hands-Only CPR Training**
Thursday, July 19, 6:30 pm

- Almost 610,000 people are killed every year by heart attacks. Be prepared and learn how to help someone who may be experiencing cardiac arrest at this hands-only CPR training class. Adults and youth over 10 years old may attend. This workshop is presented by the Summit County Go Red For Women-Passion Committee and supported by the American Heart Association.





Sedona Bracelet Class

Saturday, July 21, 1:30-3:30 pm

Make a Sedona bracelet, which is easy to create and fun to wear. This technique requires no tools, and many colors will be available to choose from. All materials are provided, along with a handout. Please register by calling 330-376-2927 or stopping in to visit us at the Highland Square Branch Library.

Using Historical Newspapers in Your Genealogy Research

Tuesday, July 24, 6-7:30 pm

Historical newspapers should be a "primary" source for all genealogists. From births to obituaries, estate notices to news stories, newspapers can fill in important details and help to paint a fuller picture of our ancestors' lives. This class will take a look at accessing newspaper content through a variety of resources, and is presented by the Special Collections Department of the Akron Summit County Public Library.

Beginning Beekeeping Essentials for the First Year

Tuesday, July 31, 6-7:30 pm

Have you considered having a beehive & wondered what is involved? Gaughan Bee Dancin' will present information about local ordinances, beehive placement, installing a package of bees, feeding & conducting hive inspections. A beehive & tools used to care for the bees will be demonstrated. There will be 15 minutes for a question and answer period after the presentation for anyone interested.



The Wonderful World of Ohio Owls

Tuesday, August 14, 6:30-7:30 pm

This program presents information about species descriptions, natural history, behavior and research on Ohio owl species. Tips are given on how to hopefully search for and find owls in and around where you live. This program is presented by Judy Semroc, a conservation specialist with the Cleveland Museum of Natural History.



Relieve Stress with Adult Coloring

Wednesday, August 15, 11 am-12 pm

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



Getting Started in Family History

Tuesday, August 21, 6-7:30 pm

Join the Special Collections Division of the Akron-Summit County Public Library for an introduction to genealogy for new family historians. This class includes an overview of genealogical sources available at the library, suggestions for getting started, and tips for organizing your research.

Honeybee Decline and the Movement to Save Them

Tuesday, August 28, 6-7 pm

Have you ever wondered why the honeybees are dying? Do you contemplate the importance of the honeybees to our eco system and food supply? Are you curious about what you can do to help save the honeybees? Join Kris and Evona with Gaughan Bee Dancin' to learn the answer to these important questions.

Computer Lab

No registration is required. 15 tickets will be distributed thirty minutes prior to class start.

Tuesday, July 17, 2-3:30 pm

Basic Computer Skills

Wednesday, July 18, 2-3:30 pm

Windows 10

Thursday, July 19, 2-3:30 pm

File Management

Friday, July 20, 2-3:30 pm

Typing

Tuesday, July 24, 2-3:30 pm

PowerPoint 1

Wednesday, July 25, 10:30-12 pm

PowerPoint 2

Thursday, July 26, 2-3:30 pm

PowerPoint 3

Friday, July 27, 2-3:30 pm

MS Publisher

Book Discussion Group

Thursdays, 6:45-7:45 pm

Meetings are usually the fourth Thursday of every month, at 6:45 pm. New members are always welcome.

June 28 *Orphan's Tale* by Pam Jenoff

July 26 *Eligible* by Curtis Sittenfeld

August 23 *Women in the Castle*

by Jessica Shattuck



330-376-2927

**Akron-Summit County
Public Library**

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

