

Library Events for Adults

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

Maple Valley 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

The Akron African United Front Book Discussion Group

Every second and fourth Thursday, 6 pm

The Akron African United Front book discussion group offers you the opportunity to share your opinions on how history affects our world views in today's society. Read and analyze books that are rich in African American culture and history. Discuss important heartfelt issues with your peers.



Sistas Knit 2

Every Thursday, 6:30 pm

Socialize with other crafters while creating wonderful projects that can be given to family and friends. This group does everything from knitting to crocheting, needlepoint to cross stitch and more. All crafters are welcome.

Movie Mania in June

Wednesdays in June, 6 pm

Join us at the library, eat popcorn and enjoy a movie.

June 6 Justice League Starring Ben Affleck

June 13 Jumanji: Welcome to the Jungle
Starring Kevin Hart and Jack Black

June 20 Black Panther Starring Chadwick Boseman





Beginners Knitting with Linda

Saturdays, June 23, 30, 2 pm

If you've always wanted to learn or need to brush up on knitting, you don't want to miss this program. Linda Curry has taught classes at craft stores and at libraries. She will teach the basics steps to knitting in two instructional classes. Please call the branch to register.



Creative Painting with Tissue Paper

Saturday, July 7, 2 pm

There is no paint involved in this craft. Using bleeding tissue paper, you will create a piece of art to hang on your wall. All supplies are provided by the library. Please call the branch to register.

Cardboard Tube DIY Craft

Wednesday, July 11, 6 pm

This is not the craft from elementary school. Using cardboard tubes, you will make an elegant piece of art that you will be proud of. The piece could be framed or used as a free-style wall hanging. See what treasure you will create. Please call the branch to register.



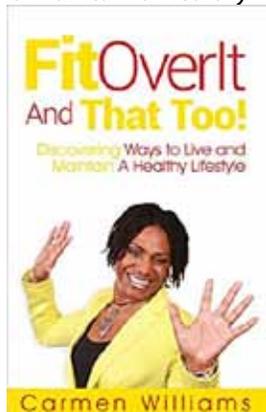
Author Visit and Book Signing

Spend an Afternoon with Author

Carmen Williams

Saturday, July 14, 2 pm

If you want to start the summer off right you must join us for a special visit with Carmen Williams, author of *Fit Over It: Discovering Ways to Live and Maintain a Healthy Lifestyle*. Ms. Williams will help you discover ways to live and maintain a healthy lifestyle. You'll learn how to broaden your awareness to become successful. Ms. Williams provides strategies to help you win the battle. She'll explain ways for you to envision purpose and clarity to your life. Please call the branch to register.



Chair Yoga with Nancy Hayes

Wednesday, August 1, 6:30 pm

Chair Yoga is a gentle yoga class that is perfect for those who are unable to get up and down off the floor comfortably. Yoga postures will be done seated in a chair or standing, using the chair to help with support and balance. As a result, with the help of a chair anyone can practice yoga with the same benefits of increased circulation, balance, flexibility, mobility and strength. People of every age, ability, strength, or experience level are welcome to try this Chair Yoga session. Please call the branch to register.

Racing Through the Holy-Land:

9000 Years in Nine Days

Saturday, August 4, 2 pm

If you are curious about modern-day Israel and its Biblical history, please join us for this exciting program. Karen Eckert will share her experience when she traveled to



Israel. She discusses the country's history, archaeology and modern-day facts as it relates to a Biblical context. Visit another country while visiting your library. Please call the branch to register.



330-864-5721

Maple Valley Branch Library
1187 Copley Road, Akron, Ohio 44320
www.akronlibrary.org

