

# Odom Blvd. Branch Library Summer 2013



## MIND, BODY & SOLE

READ AT YOUR OWN PACE JUNE 3 - SEPTEMBER 14, 2013  
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 free goodie bag, including your reading and exercise logs.
2. Read 30 minutes today. Check off the date 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, 54 days, 68 days, 82 days, and 96 days.
3. Choose to be active also! Run/walk 26 miles (or 52,000 pedometer steps), record your accomplishment on your exercise log, AND read 26 days and 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 to be held at the Akron Marathon Health and Fitness Expo on September 27. (If a pedometer cannot record your movement activity, log ½ hour of activity as one mile.)

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



**Mind, Body & Sole Summer Reading Kick-Off**  
Monday, June 10 1-3 pm  
Ice cream, lemonade, and activities.



## Adult Programs

**Happy Days are Here Again – The Baby Boom Years®**  
Tuesday, June 18, 6:30-7:30 pm  
Remember Hula Hoops, Roy Rogers, and Rock n' Roll? Join us as we take time to relax and stroll through the memories of long ago summers. Summit County Historical Society will present a program filled with photos, collectibles, music and memorabilia of the various forms of entertainment between 1946-1964. Bring your own memorabilia and memories to share. Please sign-up in advance.

**Himalayan and Gem Crystal Singing Bowls**  
Tuesday, June 25, 6:30-7:30 pm  
Relax with a "musical massage" produced by gem crystal singing bowls and 300-year-old Himalayan (or Tibetan) bowls. The bowls have been used in meditation for thousands of years, so the harmonics produced are very soothing. Please sign-up in advance.

**Zumba**  
Saturday, June 29, 10:30-11:30 am  
Dance your way to fitness doing the Latin-inspired exercise, Zumba, with instructor Aundrey Sommerville. Please sign-up in advance.

**Getting Started in African-American Genealogy**  
Tuesday, July 9, 6:30-8 pm  
Do you want to trace your African-American family tree? Not sure how or where to begin? The Special Collections Division presents a class for genealogy beginners who have a specific interest in African-American ancestral research. Please sign-up in advance.



**Make a Summer Wreath**  
Tuesday, July 23, 6:30-7:30 pm  
Jazz up your home décor. Try your hand at crafting a wreath. You'll discover a new hobby that is fun, easy, and has endless possibilities. Please sign-up in advance.

### Lavender Wands

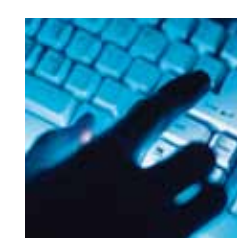
Monday, July 29, 6:30-7:30 pm  
Braid ribbon through strands of fresh lavender from Miss Bobbie's garden to make a Victorian Era "wand" for your bedside or linen drawer. Lavender repels moths and is also used for relaxation in aromatherapy. Please sign-up in advance.

### Watershed – What is it?

Tuesday, July 30, 2-3 pm  
Learn why protecting and conserving the local watershed is important. Water is a part of our everyday lives and is important to human survival. Learn what you can do to improve quality of life in our community. Topics include: Rain garden construction and making and using rain barrels. Please sign-up in advance.

### Computer Training

Monday, July 22, 6 pm Introduction to Computers: The Basics  
Tuesday, July 23, 10:30 am Computer Mouse Skills for Beginners  
Wednesday, July 24, 6 pm Microsoft Windows for Beginners  
Thursday, July 25, 6 pm E-mail Basics, Part 1: Read, Respond, Write, and Print



## Teen Programs

### Make a Yarn Globe

Thursday, June 13, 2-3 pm  
Create a festive yarn globe to hang. Yarn globes are perfect for your summer patio parties or to decorate your room. Please sign-up in advance.

### Easy Barrettes 1, 2, 3

Thursday, June 20, 2-3 pm  
Decorate your hair for the summer. These easy barrette clips will dazzle your friends. Boys and girls can learn to make these for gifting or to wear. Please sign-up in advance.

### Fruity and Delicious

Thursday, June 27, 2-3 pm  
Enjoy a healthy snack. We'll be making a luscious fruit dip and trying various fruits available during the summer. Come ready to taste test. Please sign-up in advance.



### Make a Magazine Bowl

Thursday, July 11, 2-3 pm  
Learn to make a beautiful bowl with this easy technique. Magazine pages will be provided. Please sign-up in advance.

### Placemat Tote Bag for Teens

Thursday, July 18, 2-3 pm  
Interested in creating, sewing, and design? Boys and girls will learn how to make this easy tote bag for your library books or e-readers. You can decorate them as well. Please sign-up in advance.

### Make an Ice Cream Sundae

Thursday, August 1, 2-3 pm  
Teens can enjoy making a sundae with a variety of ingredients and ice cream of course. So get out of the hot sun and relax with a cool treat. Please sign-up in advance.



## Children's Programs

### Monday Night Playtime

June 17, 24, July 1, 8, 15, 6:30-7:30 pm  
Parents with babies and children to age 5. Our meeting room will become an exploratorium of toys and activities. Meet other young families in our community while the children play.

### Yoga Storytime with Miss Vicky

Tuesday, June 11, 10:30 am  
For preschoolers to age 6. Vicky is a Certified ChildLight Yoga Instructor, with a specific focus on using storytelling, creative movement, imagination-building games and crafts to teach the basics of yoga to young children.

### Wednesday Performances at 1 pm

June 12 Drip E Faucet Magician, Juggler, and Plumber performs magic and hilarious gravity defying juggling fun.  
June 19 Yoga with Nancy Hayes (please call to register, space is limited)  
July 3 Hiphop workshop with Shananne Miller Lewis (please call to register, space is limited)  
July 10 Rick Smith, Jr. World famous magician  
July 17 Jeff Nicholas Draw along with a cartoonist.  
July 24 World of Difference with Lindsay Bonilla Theatrical Storytelling  
July 31 NatureConnect

### Crafternoons

Fridays, 1 pm  
Please sign-up for these programs. Open to grades 1 and up.  
June 21 Make a birdbath from recycled materials on this first day of summer.  
July 12 Get crafty and healthy. Make a braided jump rope out of recycled materials.

