

Summer Sampler

JULY 30 | WEEK 9

IT'S HOMEMADE LEMONADE DAYS!

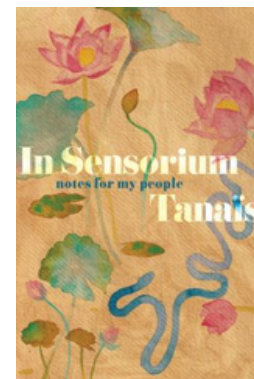
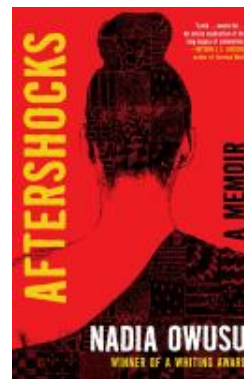
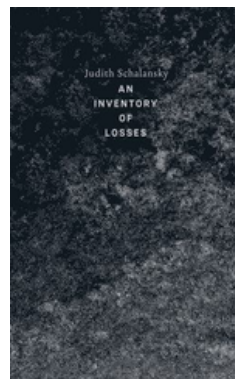
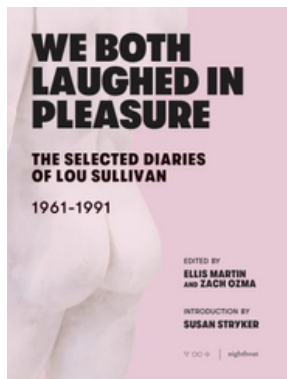
CLEANSE YOUR ENERGY

We all enjoy a good soak in a warm bubble bath or lying in a hammock, but have you tried a sound bath? A sound bath is a meditative practice that allows you to cleanse your energy and heal the mind and body with sound waves! Many yoga studios offer sound baths on occasion, like [Yoga Flow](#) with many locations around the city. Check out [Rooted in Sound](#) for more classes available locally. You can also experience a sound bath virtually on [YouTube](#). Turn the speaker up and get comfy. It's definitely better in person however. Try something new and cleanse your mind and body this summer!



NONFICTION FOR YOUR POOLSIDE READING

Take a chance on these hidden nonfiction gems, each brilliant in its own way! Covers are links to catalog. And for more under-the-radar nonfiction, [check this booklist](#).



IT'S BBQ SEASON

According to a 2017 survey by Hearth, Patio, and Barbeque Association nearly 70% of us own a grill or smoker. That's a lot of backyard action which means your chances of being invited to a summer cookout or BBQ are pretty high.

Break away from the standard sides and try this refreshing chickpea and avocado salad. It's loaded with lots of colorful veggies and fiber. It could even be an enjoyable light yet satisfying summer meal. [Check out the recipe!](#)

Summer Programs

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YOUR GUIDE TO PROGRAMS ALL OVER THE COUNTY



Fun
stuff

No registration necessary unless otherwise noted

- 8/1 | 2:30pm **Brentwood Public Library The Buzz on Bees**: Expert beekeepers will share fun facts about bees. Did you know that honey tastes different depending on what type of flowers the bees visit? Learn this and more and you'll even get to sample different kinds of honey! [Register here](#).
- 8/2 | 1:00pm **Cooper-Siegel Community Library Midweek Knitters**: Join us for 2 hours of crafting and chatting every Wednesday. New knitters welcome! Bring your current projects. [Register here](#). Drop-ins also welcome!
- 8/2 | 7:00pm **Green Tree Library Monthly Book Club**: Reading doesn't have to be a solitary activity when you join our book club! August's selection is *The Maid* by Nita Prose.
- 8/4 | 1:00pm **Scott Township Library Create Space**: A self-directed creative arts activity with a short staff demo of a crafting skill. Bring knitting, crocheting or other small projects and explore our small collection of patterns and project materials as well.
- 8/5 | 11:00am **Penn Hills Library Puzzle Exchange**: Bring in an old puzzle and find a new one to take home!



Be sure and register for Summer Reading! Check with your local library on how to register and get reading!

