

## **April 2018 Adult Programming for the Homewood Public Library**

### **Library Yoga**

**Mondays, April 2, 16 & 30, at 10 a.m. in the Large Auditorium**

Take time out of your busy schedule for free yoga classes at the library. All levels of fitness welcome. No registration required, but *please bring your own mat*.

### **Not Your Mama's Book Club: Hypnotherapy**

**Tuesday, April 3, at 2p.m. in the Boardroom**

Join us for a brand new kind of genre book club. Instead of all reading, the same book you get to do it your way... read a book or an article, listen to a podcast or an interview, or watch a documentary and then discuss. Join us as we discuss hypnotherapy, a form of psychotherapy used to create change in a patient while in a state of sleep, or unconsciousness, known as hypnosis. The therapy itself uses guided relaxation techniques from a trained hypnotist that invoke feelings of intense relaxation, concentration, and/or focus to achieve a heightened state of awareness or trance-like state. Find out its many uses. Refreshments will be provided.

### **Let's Dish Cookbook Club: Last Supper**

**Thursday, April 5, at 6:30 p.m. in the Boardroom**

Talk, tempt, and taste during this recipe club discussion group that's all about food! To participate, prepare a recipe around this month's theme and bring the dish and recipe to the meeting. We will dish about the theme, recipe, and deliciousness at the meeting. No registration required. For more information, please contact Judith Wright at [jrwright@bham.lib.al.us](mailto:jrwright@bham.lib.al.us) or at (205) 332-6622.

### **Stretching Your Money During Retirement with Philip Wilson**

**Thursday, April 5, at 6:30 p.m. in the Round Auditorium**

Are you interested in learning how to stretch your money during retirement? Wilson will show you how to maximize your benefits. The best way to do this is an in-depth look at filing strategies for maximizing your Social Security and finding the specific retirement investment recommendations that are suitable for your income. Philip Wilson is a local financial advisor with 30 years experience, and the only advisor Certified in Social Security Claiming Strategies (CSSCS) in Alabama. While participation in the workshop is FREE, space is limited to 25. Register online at [www.homewoodpubliclibrary.org](http://www.homewoodpubliclibrary.org)

### **Rum-Tiki**

**Friday, April 6, 2018 at 6:30 p.m. in the Large Auditorium**

Tiki, a faux Polynesian/pan-tropical movement characterized by bold prints, bright colors, and lots of garnishes, has been around for more than 80 years. More recently, it's also been labeled as controversial. Join bartender and author Clair McLafferty as she discusses the history of American Tiki drinks. We'll also be raffling off a Tiki-themed basket of goodies. After each program Ms. McLafferty will be selling and signing copies of her book, *The Classic & Craft Cocktail Recipe Book: The Definitive Guide to Mixing Perfect Cocktails from Aviation to Zombie*. Ages 21 and up. Tickets are \$12.50 and include two adult beverages and light refreshments. Tickets are on sale now at [www.homewoodpubliclibrary.org](http://www.homewoodpubliclibrary.org).

### **AARP Smart Driver Course**

**Saturday, April 7, from 9:30 a.m.-4 p.m. in Boardroom**

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for older drivers. Those who complete the course may be eligible for an automobile insurance discount for up to 3 years. Participants should check with their insurance

company for possible discounts. Registration required. AARP members \$15.00, non-members \$20.00. To register, please call Joe Ross at (205) 823-7067.

**How to Build a Better Garden: How to Attract Butterflies to Your Backyard Garden**  
**Saturday, April 7, at 10 a.m. in the Round Auditorium**

Butterflies are some of the most beautiful and interesting creatures on Earth. By planting a butterfly garden with all of the plants and flowers that butterflies love to feed on and lay eggs on, you will certainly have a yard full of butterflies throughout the growing season. Butterfly gardens can be any size - a window box, part of your landscaped yard, or even a wild untended area on your property. Join us as Master Gardener Charlene Chaband discusses what you need to do to bring more butterflies into your life.

**Oxmoor Page Turner's Book Club: A Gentleman in Moscow by Amor Towles**  
**Tuesday, April 10, at 6:30 p.m. in the Boardroom**

Join us as we explore *A Gentleman in Moscow*. Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates the count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

**First Step Wednesdays: Get the Most Out of Your iPad and iPhone!**  
**Wednesday, April 11, at 2:30 p.m. in the Round Auditorium**

This workshop is geared towards casual users. Join us as Apple® certified trainers for Alabama Tech-Ease answer your questions on how best to use your Apple® device.

**Shred It! Recycle It!**

**Friday, April 13, from 10 a.m.-2 p.m. in the Library's Back Parking Lot**

Secure Destruction's shredding truck will be in the back parking lot to destroy your sensitive documents and files. Limit of two boxes or bags per person. Boxed paper will be shredded and boxes returned. Protec Recycling will also be on hand to take and recycle your old electronics, appliances, ink cartridges, and other items. Secure hard drive destruction on-site for \$10. No TVs or monitors. For more information contact Heather Cover at (205) 332-6621 or [hcover@bham.lib.al.us](mailto:hcover@bham.lib.al.us). This event is a cooperative program of the Homewood Library, the Homewood Chamber of Commerce, Secure Destruction, Protec Recycling, and the Kiwanis Club of Homewood-Mountain Brook.

**Bossypants Book Club: Motherest by Kristen Iskandrian**  
**Monday, April 16, from 6:30-8 p.m. at Nabeel's Café**

If you love spiky humor, quick wit, and brutal honesty, this is the book club for you! We are taking book discussions across the street to Nabeel's Café to enjoy food and fun. *Motherest*, bestselling cult classic, is soon to be a major motion picture directed by Steven Spielberg. The author will be present to discuss her title with us.

**The ABC's of Medicare**

**Tuesday, April 17, at 12 p.m. and 6 p.m. in Room 116 (Lower Level)**

Have you been wondering about all the new changes to our Medicare Benefits? Karen Haiflich will answer all your questions about how benefits are currently computed, how to become insured, and how to file a claim.

**Homewood Senior Center Book Club: Seabiscuit by Lauren Hillenbrand**  
**Tuesday, April 17, at 1 p.m. at the Homewood Senior Center**

Seabiscuit was one of the most electrifying and popular attractions in sports history and the single biggest newsmaker in the world in 1938, receiving more coverage than FDR, Hitler, or Mussolini. Join us for this heartwarming story of a phenomenal run to sporting greatness.

### **Opening To Flow: A Celebration of Poetry for Adults**

**Wednesday, April 18, at 1 p.m. in Room 102, Lower Level**

There's no better time than National Poetry Month to celebrate the power of poems. Poetry is a uniquely human creation that awakens the senses and shows us the world in a new light. Harnessing words to create beautiful mental images is something we all have the ability to do, and it can be a powerfully therapeutic activity to write poems. Even simply reading or hearing poems can spark feelings and memories, and studies have shown that poetry can have a range of mental and physical health benefits. Learn more about reading poetry and writing poetry from writer Charlotte Donlon, MFA.

### **Getting a Grip: Build a Custom Parenting Plan that Actually Works**

**Workshop / Book Signing with Bethany Meadows**

**Thursday, April 19, at 6:30 p.m. in the Round Auditorium**

Have you ever read a parenting book only to be left wondering why it didn't work? Join us as local author, speaker, entrepreneur and radio host, Bethany Meadows shares a framework for building your own custom parenting plan. One that actually works because it takes into account the unique dynamic that is your family. Learn how to set objectives, establish rules and guidelines, create and implement an effective discipline system and so much more. Books will be available for purchase, and a signing will take place after the program.

### **Niki Sepsas Presents London: A City for the Ages**

**Friday, April 20, at 1 p.m. in the Round Auditorium**

This presentation explores London, one of the world's great cities, where a glorious past lives side-by-side with a vibrant present.

### ***LibraryFlix: Disneynature Earth***

**Tuesday, April 24, at 3:30 p.m. in the Large Auditorium**

The first film in the Disneynature series, *Earth*, narrated by James Earl Jones, tells the remarkable story of three animal families and their amazing journey across the planet we call home.

### **Dixie's Pet Loss Support Group**

**Tuesday, April 24, at 5:30 p.m. in Room 106 (Lower Level)**

The death of a pet can be one of the most devastating events that can happen to a person – yet one of the most misunderstood, too. This grief/loss group is sponsored by the Greater Birmingham Humane Society. Participation in the workshop is free; however reservations are requested since space is limited. Contact Randy Hicks, GBHS Volunteer Coordinator, at (205) 542-7111.

### **The Better Than Therapy Book Club: *The Hideaway* by Lauren Denton**

**Wednesday, April 25, at 2 p.m. in the Boardroom**

When her grandmother's will wrenches Sara back home, she learns more about Margaret Van Buren in the wake of her death than she ever knew in life. Join us as we welcome local Homewood author, Lauren Denton, to our Book Club meeting to answer your questions.

### **iProduct Master Class: Deep Dive Into the Settings for iPads & iPhones**

**Wednesday, April 25, at 2:30 p.m. in the Large Auditorium**

Join us for this special class with Apple® Certified trainers for Alabama Tech-Ease, a member of the Apple® Consultants Network, for a deep dive into the settings for our iOS devices. Learn how to get the most out of your devices by utilizing each group of settings, including: iCloud, Control Center, mail settings, Bluetooth, cellular and WiFi, battery, and much more!

### **UAB Neuroscience Café: Pain Management Using Virtual Reality**

**Thursday, April 26, at 6:30 p.m. in the Round Auditorium**

Pain, a feeling everyone tries to avoid, may come from disease, injury, retrogression, medical treatment and other sources. Even so, pain is necessary to let us know when there is a problem in our body. Our strategy for coping with pain is not to eliminate it completely, but rather to relieve it and have it under control when necessary. This is what we call pain management. As history progressed, we have developed various means of pain management, e.g. chemical pharmacy, physical therapies and acupuncture. Virtual reality is one of the latest inventions in this field. Virtual reality (VR) is a technology that exploits the latest advancements in computer science, to fabricate a virtual world for its users. Many researchers believe that VR has a promising value in pain management mainly because it can be an effective distracter. While it cannot cure a disease or physical disorder, abundant evidence has been collected showing its superiority in relieving pain and other kinds of discomfort caused by disease or the treatment procedures. UAB researchers and doctors as they explore this phenomenon.

### **Dolores Hydock Presents Lost & Found: New & True Stories**

**Friday, April 27, at 6:30 p.m. in the Large Auditorium**

Join us in welcoming beloved storyteller Dolores Hydock as she presents her latest show *Lost & Found: New & True Stories* about what shows up while you are looking for something else. There will be a light hors d'oeuvres buffet starting at 6:30 p.m. and the show follows, starting at 7:30 p.m. Tickets are \$30.00 for the buffet and show and must be purchased in advance. Tickets are available beginning Monday, March 19. Purchase your tickets before April 25 online at [www.homewoodpubliclibrary.org](http://www.homewoodpubliclibrary.org).