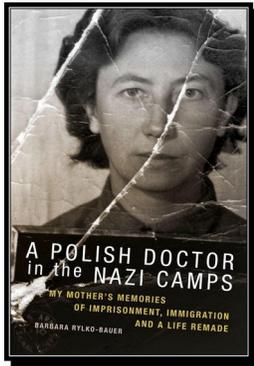


ADULT PROGRAMMING REPORT

JUNE 2015



Display Case: This month's display case features a selection of favorite, antique and vintage postcards from the private collection of Alexis Clemens.



A Polish Doctor in the Nazi

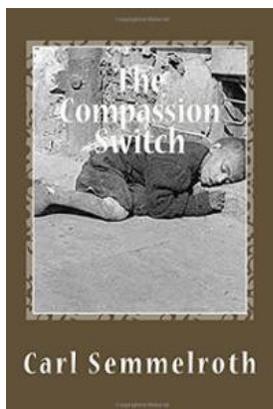
Camps: Barbara Rylko-Bauer, Ph.D., author of the book “A Polish Doctor in the Nazi Camps: My Mother's Memories of Imprisonment, Immigration and a Life Remade”, discussed her mother's time as a prison of war, surviving three concentration camps and a 42 day death march, and then building a new life in Germany and the United States.

The Importance of Women in the Civil War: Civil War history buff Shirley Gage Hodges, discussed the important roles of women during the Civil War and how the war impacted the women left at home.



Chair Yoga: Certified 225 Hour Holy Yoga Instructor, Level 4 YogaFit Instructor, and owner of All Things Serenity Paul DeJohgh, led a discussion about “Chair Yoga”. The

discussion covered yogic breathing techniques, concentration, and easy and advanced chair yoga posture exercises.



The Compassion Switch: Licensed Psychologist Carl Semmelroth is leading a 7 part discussion of his book “The Compassion Switch”. The book reveals how certain areas of modern psychology have been complicit in furthering the ideal of control and an ethics of self-blame. Participants read portions of the book and Carl leads a discussion of that portion. The last discussion will take place on July 1st.