
August 2016

August 3, 2016 Minding Your Mind
Mindfulness practice has shown to have both psychological and physical benefits. Irene McDonald, meditation instructor, demonstrates simple techniques to become a healthier, more tranquil you.

August 10, 2016 Landfill Art
Artist and Lone Star grad, Lyvia Alvarez, explores upcycling, the artistic process of creating artworks out of discarded materials such as paper and cardboard. Try your hand at your very own piece of art.

August 17, 2016 Battle of the Somme
100 years ago this summer, England launched its first major offensive of World War I. Just back from a visit to the Imperial War Museum in London, Professor Tom Kelly discusses the horrific five-month-long Battle of the Somme. He will also share pictures and insights into the devastating loss of life on the battlefield in France.

August 24, 2016 Curaçao Cuisine and Other Curiosities
Curaçao is a small island country just off the north coast of South America. Eliza Priest shares some of her family’s cooking traditions plus a few of her own invention. Learn about the Dutch influence in this area.

August 31, 2016 Mosaics Fun
Discover how to make mosaic masterpieces. Children’s librarian and artist Krissy Conn lets you get creative with beads and such.

Let us make it inspirational.

Come to the library to listen, learn and participate.
We have adult programs for all kinds of interests. Join us every Wednesday from

10 – 11 a.m. in LRNC 131.

Harris County Public Library
Lone Star College-CyFair Branch
9191 Barker Cypress Road
Cypress, TX 77433

281.290.3214
CyFairLibrary@LoneStar.edu
LoneStar.edu/library

Affirmative Action/ EEO College