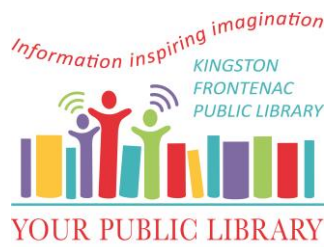

MEDIA RELEASE



Kingston Frontenac Public Library

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November 7, 2019

FOR IMMEDIATE RELEASE:

Grownup Storytime: "Why should kids have all the fun?"

After a successful launch in September and October, Grownup Storytime returns to the Sydenham branch of Kingston Frontenac Public Library for another six weeks. This time the sessions will be held by the fireplace from 12:30 to 1:30 p.m.

Many adults enjoy audiobooks, but there's something special about listening to someone read to you in person. It lets you enjoy not just a story but the company you're in. And hearing stories read aloud can even be good for you! Meghan Cox Gurdon (children's book critic for the Wall Street Journal) writes of the physiological benefits of hearing a story read aloud in her new book *The Enchanted Hour: the Miraculous Power of Reading Aloud in the Age of Distraction*: "Stress hormones are decreased and bonding hormones increase."

Adults of all ages are invited to drop by the Sydenham branch each Monday to listen to stories, essays, excerpts or articles read by Programming Assistant Margi McKay. Feel free to bring your lunch — or perhaps your knitting. If the group feels like staying to talk about what they've heard, there'll be time for that as well. The first session of this new round will feature selections related to Remembrance Day.

Grownup Storytime will run from 12:30 to 1:30 p.m. on Mondays at the Sydenham branch, from November 11 through December 16. Each weekly session of this drop-in program is open to adults of all ages, and no registration is required. Come to as many sessions as you like!

For more information, visit www.kfpl.ca .

Questions? Contact: Anne Hall, 613-549-8888, ext.3528, ahall@kfpl.ca