

# MEDIA RELEASE

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**Kingston Frontenac Public Library**  
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September 9, 2019

FOR IMMEDIATE RELEASE:

## **Grownup Storytime**

Many adults enjoy audiobooks, but there's something special about listening to someone read aloud live and in person. It lets you enjoy not just a story but the company you're in. Meghan Cox Gurdon, children's book critic for the *Wall Street Journal*, has written about the physiological rewards 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," she explains.

KFPL, which has long offered read-alouds for children and families, is launching a new program beginning September 9 called **Grownup Storytime**, with the tag-line "Why should kids have all the fun?" 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—one week it might be something by Bill Bryson; another, it might be something by Stephen Leacock or Richard Wagamese. Feel free to bring your lunch, or perhaps your knitting. Beverages will be provided. If the group feels like staying to talk about what they've heard, there'll be time for that as well.

Grownup Storytime will run from **11:45 a.m. to 12:30 p.m.** on Mondays at the **Sydenham branch**, from **September 9 through October 21** (except on Monday, October 14, when the library will be closed for Thanksgiving.) 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](http://www.kfpl.ca) .

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