

LIBRARY TALK

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LIBRARY HOURS

On Friday, April 5th the library will open at 11:00 AM

- Mondays - 10 am - 2 pm
- Tuesdays - 12 pm - 8 pm
- Wednesdays - 10 am - 2 pm
- Thursdays - 12 pm - 8 pm
- Fridays - 10 am - 1 pm
- Saturdays - 10 am - 1 pm

Kreutz Creek Library Focuses on Health Literacy

Free Seminar



Break Free from Emotional Eating
featuring Pam Myers, co-founder FULLforlife.com

**Thursday, April 11
1:00 PM - 2:00 PM**

RSVP on our online calendar!

Join Pam Myers, co-founder of FULLforlife.com, and discover a simplified approach to developing a healthier relationship with food and breaking free from the cycle of diets and overeating.

For more information about the program call Cathy Bollinger, Executive Director of Embracing Aging and TroveStreet®, 717-363-1129

THE FRIENDS OF KCL SPRING USED BOOK, PUZZLE, & BAKE SALE

**Fri., May 3rd
9 am - 6 pm**

**Sat., May 4th
9 am - 4 pm**



The Friends of Kreutz Creek Library Spring Used Book, Puzzle, & Bake Sale

**Fri., May 3rd
9 am - 6 pm**

**Sat., May 4th
9 am - 4 pm**

**Located in the Hellam Twp.
Public Works Building**

A huge selection of books, audiobooks, DVDs, and puzzles at exceptional prices. Enjoy baked goods freshly made by library volunteers while browsing the inventory. **SAVE THE DATES!** You won't want to miss this SALE.

The Friends of Kreutz Creek Library Spring Puzzle Swap

**Sat., April 20, 2024
10:00 am - 12 noon**

Community Room

Purchase a 300+ piece jigsaw puzzle for \$2.00 each
OR swap one of yours for one of ours.

*The FRIENDS of KCL
Spring Puzzle Swap*



**From the Desk of
Jennifer Johnson, Library Manager**



HEALTH
LITERACY

The PA Forward initiative is designed to equip Pennsylvanians with the knowledge and resources they need to make better choices to improve their lives and the lives of those around them. When those decisions involve hard choices, sometimes it is a struggle to keep on track. At Kreutz Creek Library, we aim to bring you information about some of those difficult topics that we hope will help you make good decisions.

On April 11th, we welcome back Trove Street® for a Health Literacy program to discover an effortless way to make choices that prioritize your health. Pam Myers, co-founder FULLforLife, will walk you through strategies to promote emotional wellness as a pathway to vibrant living. Do not be put off by the title of her seminar: Break Free from Emotional Eating is about more than just ditching the diet mentality or curbing the cravings. By recognizing the impact of emotions on eating habits, you will learn how to cultivate a positive and trustworthy relationship with food which will ultimately contribute to your overall well-being and longevity.

Mindfulness plays a significant role in relieving stress in the decision-making process. On April 4th, you can join Miranda Markowski for an evening Reiki meditation session. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treats the whole person including body, mind and emotions, creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Miranda hosts the sessions each month.

If you want to live in a community that helps you to thrive, adapt and cope with changes, your journey can begin at Kreutz Creek Library.

CHILDREN, YOUTH & FAMILY PROGRAMS



**Preschool Story Time
with Miss Felicia**

**Spring Session
Ages 3 - 5**

**Fri., March 22nd – May 9th
10:30 am - 11:15 am**

**No Story Time on
Friday, April 5th**

Join Miss Felicia for stories, music, and movement for preschoolers (ages 3 - 5) and their caregivers. With a themed craft to make & then take home, story time couldn't be more fun.

Please RSVP on our online calendar.
or give us a call at the library, 717.252.4080



**Baby and Toddler Story Time
with Miss Felicia**

**Spring Session
Ages 0 - 3**

**Wed., March 20th – May 7th
10:30 am – 11:15 am**

Join Miss Felicia for a special story time for babies and toddlers (ages 0 - 3) and their caregivers. Enjoy stories, fingerplays, music, singing, and playtime. Please RSVP on our online calendar or give us a call at the library, 717.252.4080.

PHOE, FI FO, FUN

FUN with PHOE(nix)

Stories, Music & Crafts

**Mon, April 15th
10:30 am - 11:30 am**

Geared for PreSchoolers



Join our junior volunteer, Phoe, each month for stories, music, songs, and a craft. Please RSVP on our online calendar or give us a call at the library, 717.252.4080!

Phoe's theme for April is 'WEATHER'.

YORKLIBRARIES.ORG/hellam-kreutz-creek/

66 Walnut Springs Rd, York, PA 17406 | 717.252.4080

**STORYTIME
WITH TEEN
VOLUNTEERS**

**Sat., April 6th 10am-1pm
Kreutz Creek Library**

**Our enthusiastic teen
volunteers will be offering
one-on-one story times
for kids aged 3-6.
No RSVP necessary.**



TEENS, ages 12 - 18

Thurs., April 4th

5:00 pm - 6:00 pm

Spoiler Alert! is a teen review group that meets online via Zoom. We discuss and review books, TV Shows, movies, video games and more. The group meets every month. Please RSVP on our online calendar to receive the Zoom link.

Manga Book Club

(Teens 12-18)

Sat., April 20th 1:30 pm - 2:30 pm

LET'S TALK ABOUT:



"Bungo Stray Dogs"

by Kafka Asagiri

No RSVP

Kreutz Creek Library's Builders Club

Designed for Kids, ages 6 and up!

Now 2 Opportunities to Attend

Thurs., April 18th | 4:30 pm - 5:30 pm

Sat., April 20th | 10:30 am - 11:30 am



Miss Felicia selects a new theme each month.

Use your imagination to create your masterpiece.

We have LEGO® bricks, Keva Planks, K'nex, Lincoln Logs, Magnatiles, and much more.

No registration required.

TWEEN PROGRAMS, ages 9 - 12

The Danger Club
Kreutz Creek Library
 2nd Tuesday of the Month
 6:30 pm - 7:30 pm

**Danger Club
 In-Person
 Tues., April 9th
 6:30 pm - 7:30 pm**

Join Miss Jennifer for a new adventure every month, with just the right amount of mayhem!
 Attend in-person at the library.

**Library Squad
 In-Person
 Tues., April 16th
 6:30 pm - 7:30 pm**



Join Miss Jennifer as she engages Tweens in shaping library programs for their age group.
 Attend in-person at the library.

Green Thumb Garden Talk

"Make and Take Seed Bombs"

with Melanie Markowski and Judy Pena

**Thurs., April 11th
 6:30 pm - 7:45 pm**



Seed bombs (or balls) are small clusters of soil packed with seeds to throw into areas of your garden that need a little brightening up! Dig in, get your hands dirty, and take one home!
 No need to RSVP. Just drop in and bring a friend!

Stitch and Chat!



DAYTIME GROUP:

**1st and 3rd Tuesdays
 1:00 pm to 2:45 pm
 Tue., April 2nd
 Tue., April 16th**

EVENING GROUP:

**1st and 3rd Thursdays
 6:00 pm - 7:45 pm
 Thurs., April 4th
 Thurs., April 18th**

KCL's group of crocheters and knitters chat while working on projects already begun or while starting brand new ones. No matter whether you knit, crochet, cross-stitch, or embroider, all are welcome! Come to one group or both. The more the merrier.

THE FRIENDS CORNER

The Friends of Kreutz Creek Library is a group of civic-minded individuals who recognize that a good library is central to a good community. Through committee work, the Friends raise funds, help promote library awareness and help to improve and expand library service by working with the library manager.

Used Book Donation Drop-Off Days at Kreutz Creek Library

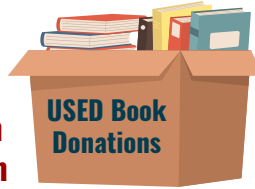
NEW

April Dates:

Thurs., 4/4/2024 | Noon - 6 pm

Mon., 4/15/2024 | 10 am - 2 pm

Thurs., 4/25/2024 | Noon - 6 pm



The Friends of KCL have added another way to donate your gently used books, CDs, DVDs, jewelry, and jigsaw puzzles. We now have several Book Drop-Off days scheduled throughout the year. In April just stop by the library on the above dates/times and the Friends will take care of you.

Remember, you can still arrange special appointment times for drop-off by calling the main desk at the library or emailing Friends.kcl@gmail.com



Friends of KCL Branch Support Group

In-Person Gathering in the
Community Room

**Tues., April 23rd
5:30 pm - 6:30 pm**

The Friends gather on the 4th Tuesday of the month for a 1-hour meeting starting at 5:30 pm in the large Community Room. Come to hear updates on the library, discussions about upcoming events, and join in on the exchange of ideas to ensure our community library remains vital for future generations.

Join us Tuesday, April 23rd at 5:30 pm. All are welcome. If you have any questions email us at Friends.KCL@gmail.com or call the library at 717-252-4080.