

# THE PAGE TURNER

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## April 2024

## National Library Week & Earth Day

Black- Children's Library Activities

Black Italicized- Teen Activities

**Black- Adult/All Ages Activities**

SUN	MON	TUE	WED	THU	FRI	SAT
31	<b>01</b> <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time	<b>02</b> 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b>	<b>03</b> <b>10 am Stronger in Body &amp; Mind</b>	<b>04</b> 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <b>4 pm Lawyer in the Library</b>	<b>05</b> 9 & 11 Spring Pre-School Story Time <b>1 pm Mindful Doodling</b>	<b>06</b> <b>12 pm Knotty Plant Party</b>
07	<b>08</b> <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time 10:30-12 pm PAWS to Read <b>2 &amp; 5 pm Scribbler's Society Writing Club</b>	<b>09</b> 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> 4 pm Hive of Creativity <b>National Library Workers Day</b>	<b>10</b> <b>10 am Stronger in Body &amp; Mind</b> <b>1-3 pm NLW Celebration</b> 4-5:30 pm Crochet Wednesday! <b>5:30 pm History Hour</b>	<b>11</b> 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <b>4 pm Magical Music Tour with Brad Soh Dahl</b>	<b>12</b> 9 & 11 Spring Pre-School Story Time	<b>13</b>
<b>National Library Week * National Library Week * National Library Week * National Library Week * National Library Week</b>						
14	<b>15</b> <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time	<b>16</b> 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> <b>1:30 pm Medicare Workshop</b> 4 pm Hive of Creativity <i>4 pm Classic BookTok</i>	<b>17</b> <b>10 am Stronger in Body &amp; Mind</b> <b>11 am Sit-n-Stitch</b> 4-5:30 pm Crochet Wednesday!	<b>18</b> 9 & 11 Spring Toddler Story Time <b>12-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i>	<b>19</b> 9 & 11 Spring Pre-School Story Time <i>4 pm Gamers' Guild</i>	<b>20</b> <b>8:30 am Earth Day Morning Bird Walk</b> <b>10- 2 pm Earth Day</b> 11 am Earth Day with the Symphony
21	<b>22</b> <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time <b>2 &amp; 5 pm Scribbler's Society Writing Club</b> 3:30-5 pm PAWS to Read	<b>23</b> 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> <b>10:30 am Friends of the Library mtg.</b> 4 pm Hive of Creativity <i>4 pm Classic BookTok</i>	<b>24</b> <b>9 am Tubbs Hill Bird Walk</b> <b>10:15 am Pageturners Book Club</b> <b>12-3 pm Community Sew-In</b> <b>4 pm Board of Trustees meeting</b>	<b>25</b> 9 & 11 Spring Toddler Story Time <i>4 pm Creative Arts Club</i>	<b>26</b> 9 & 11 Spring Pre-School Story Time <i>4 pm Gamers' Guild</i>	<b>27</b> <b>10:30 - 12:30 pm Writing in Flow</b>
28	<b>29</b> <b>9:30 am Yoga for You!</b> 10 am All Abilities Story Time	<b>30</b> 9 & 11 Spring Baby Story Time <b>10 am Tai Chi - Qi Gong</b> 1 pm & 4 pm May Basket Craft <i>4 pm Classic BookTok</i> <b>5:30 pm Walking Adventures</b>	<b>01</b>	<b>02</b> 9 & 11 Spring Toddler Story Time <b>2-3 pm Community Sew-In</b> <i>4 pm Creative Arts Club</i>	<b>03</b> 9 & 11 Spring Pre-School Story Time <i>4 pm Gamers' Guild</i>	



# Earth Day!



## Earth Day Celebration – Saturday, April 20 (10 am-2 pm)

Show your appreciation and care for our planet at our annual Earth Day Celebration! There will be educational booths, activities, free items, a children's storytime, and live performances! This year's theme is "The Planet vs. Plastics". Learn about the organizations in our community that are making our environment a more sustainable place to live. Find the event in the Community Room and outside on the park-side of the Library.

- **11 am - Earth Day with the Symphony: A Children's Program (3+yo)** - Children 3 and older can enjoy "Saturday with the Symphony" from 11-11:45 a.m. Saturday, at the Coeur d'Alene Public Library. The free music education program is coordinated by the Coeur d'Alene Symphony Orchestra and recurs the third Saturday of each month. Since this event will occur during our Earth Day celebration, children can also enjoy some Earth Day themed stories and make their own instruments from recycled materials following the symphony performance!
- **8:30 am - Earth Day Morning Bird Walk** - Celebrate Earth Day with a morning bird walk on Tubbs Hill and enjoy the sights and sounds of birds. George Saylor, board member of the Coeur d'Alene Audubon Society, will conduct a guided birding tour of the east side of Tubbs Hill. The tour will begin at 8:30 and start at the bird sign at the east trailhead on the south- east side of Tubbs Hill (11th Street). The tour will last approximately an hour and a half. Binoculars are recommended and please no pets or children under the age of seven.

MORE INFORMATION COMING SOON!

# National Library Week

## NLW Bingo – April 1-30

Pick up a bingo card, complete the book/library challenges of 5 squares in a row and be entered into the prize drawing for a basket of library goodies!

## National Library Week Celebration \*COLLAGE\*CAKE\*CELEBRATE\*

### Wednesday, April 10 (1-3pm)

First sponsored in 1958, National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April. It is a time to celebrate the contributions of our nation's libraries and librarians and to promote library use and support. All types of libraries -- school, public, academic and special -- participate. Come celebrate all the reasons you love libraries by joining us in the Community Room to make collaged bookmarks, eat cake, and show your library love!

## NLW Take Home Craft - All Month Long

Pick up a miniature paper house kit, designed in-house by our Communications Coordinator. With a lot of coloring, cutting, and taping you too can have your own book-themed mini house! The kit comes with instructions and the house printed on card stock. Color with whatever you have, cut it out, tape it up, and post your finished product with #CDApaperhouse.

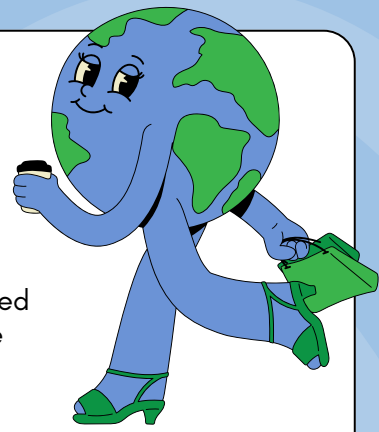
For full information on programs visit our website and sign up for our monthly e-newsletter at [cdalibrary.org](http://cdalibrary.org)



## Adult Programming

### Lawyer in the Library- Thursday, April 4 and May 2 (4-6 pm)

The Library is partnering with the Idaho Volunteer Lawyers Program (IVLP) to provide resources for low-income individuals and families in Idaho who require civil legal services and cannot afford to pay for them. Although they are unable to assist with criminal issues or fee generating cases, these free legal clinics are an opportunity to receive advice and counseling from local attorneys who volunteer their time and expertise. Registration is required and must be done at least 24 hours before the clinic, every first Thursday of the month in the Gozzer Room. REGISTER HERE: [cdalibrary.org/library-events/lawyer/](http://cdalibrary.org/library-events/lawyer/)



### Mindful Doodling - Friday, April 5 (1 pm)

De-stress after a long week with our Mindful Doodling hour! Mindful Doodling is a self-directed art program in which we will relax with light music, tea, and hot chocolate while doodling special patterns on tiles following the ZenTangle © Method. The first 15 minutes of the program will be spent following an instructional video on how to make a special ZenTangle creation using special ink and tools, followed by "freestyle" doodling for the rest of the hour (directions and materials will be provided). No previous art skill required. The ZenTangle © Method was created by Rick Roberts and Maria Thomas and is copyrighted.

### Knotty Plant Party - Saturday, April 6 (12 pm)

Come join fellow plant lovers for an afternoon of plant talk and crafting! Bring any cuttings or houseplants you would like to swap and stay for a lesson in beginning macrame. Learn how to use simple knotting techniques to create useful and beautiful art out of cord and rope. We will be making mini plant holders; all supplies are included!

### History Hour Lecture - Wednesday, April 10 (5:30 pm)

In this monthly lecture series, join us in the Community Room at the Library for a special presentation with the Museum of North Idaho, featuring a local author or historian who will talk about Idaho's fascinating heritage.

**Wilderness Cathedral: The Story of Idaho's Oldest Building** - Join local historian and author Jake Eberlein as he discusses a transitional period in the history of the Cataldo Mission drawn from his book, *Wilderness Cathedral: The Story of Idaho's Oldest Building*. The pivotal 1910s saw the Mission transition from being a productive farm to becoming a tourist destination. During those years, a series of contentious conflicts with various mining corporations over waste deposits in the Coeur d'Alene River led the Jesuits to demand that the corporations pay for damages. Eventually, the corporations purchased the farm as part of a settlement. While all of this was happening, the Cataldo Mission was restored and recognition of its historical significance drew thousands of visitors over the following years. The current property where this Idaho state park stands is just a small portion of the land that once comprised more than 300 acres known as the Old Mission Ranch.

Upcoming event:

- **Wednesday, May 8 (5:30 pm) - Ed Pulaksi and the Big Burn** - In the summer of 1910, the largest forest fire in American history burned through North Idaho. The fire burned millions of acres, created heroes, and changed the way forest fires are fought. Join local historian Dave Eubanks as he shares the history of the Big Burn, the heroic story of Forest Ranger, Ed Pulaski, and the lasting impacts of the fire.

### Magical Music Tour with Brad Sondahl – Thursday, April 11 (4 pm)

Join local musician Brad Sondahl for a Magical Music Tour, a trip through musical history in concert form including pop, folk, and other music from the early to mid-20th century. Record covers from the era will lead to stories about the music and songs played on fingerstyle acoustic guitar and harmonica. It will be instructive for younger listeners, and nostalgic for older ones!

### Medicare Workshop - **MAY NEED TO UPDATE TIME**

SHIBA is presenting a series of senior health workshops at the library. Join us for any of the series. Senior Health Insurance Benefits Advisors (SHIBA) serves Idahoans on Medicare and those who help them by offering free, unbiased Medicare benefits information and assistance through workshops, group presentations and personal counseling. SHIBA is Idaho's provider for the federal network of State Health Insurance Assistance Programs (SHIPs). The program is partially funded by and operated under the authority of the U.S. Department of Health and Human Services Administration for Community Living (ACL).

**Medicare Basics - Tuesday, April 16 (1:30-2:30)** - Learn about the basic parts of Medicare and the basic choices for coverage. This will help you gain a basic understanding of Medicare & getting started

### Sit-n-Stitch – Wednesday, April 17 (11 am)

New to crochet and knitting? Always wanted to learn? Want to come and craft with some friendly faces? Join us on the third Wednesday of every month for our crochet Sit-n-Stitch! Materials, patterns, and project help will be provided. All skill levels are welcome, feel free to bring your own handwork projects! You can find us this month in the Jameson Room.

## Adult Programming Continued

### Pageturners Book Club - Wednesday, April 24 (10:15 am)

The Pageturners Book Club is discussing "Mama's Last Hug" by Franz de Waal.

"Mama's Last Hug" begins with the death of Mama, a chimpanzee matriarch who formed a deep bond with biologist Jan van Hooff. When Mama was dying, van Hooff took the unusual step of visiting her in her night cage for a last hug. Their goodbyes were filmed and went viral. Millions of people were deeply moved by the way Mama embraced the professor, welcoming him with a big smile while reassuring him by patting his neck, in a gesture often considered typically human but that is in fact common to all primates. This story and others like it form the core of de Waal's argument, showing that humans are not the only species with the capacity for love, hate, fear, shame, guilt, joy, disgust, and empathy. Pageturner discussions are lecture-based and open to any adult reader. Books are available for check out at the the Reference Desk. For more information call or email JD Smithson, 208-769-2315 ext 455., [communications@cdalibrary.org](mailto:communications@cdalibrary.org)

Upcoming Pageturner picks:

- **Wednesday, May 22 (10:15 am)- "Mind Fixers: Psychiatry's Troubled Search for the Biology of Mental Illness" by Anne Harrington**
- **Wednesday, June 26 (10:15 am)- Night watchman by Louise Erdrich**

### Ready! For Kindergarten (focus prosocial skills) – Thursday, April 25 (5:30-7:30 pm)

Learn how to "Play with a purpose" Parents and caregivers of children ages 4-5 learn how to turn everyday moments into learning moments. Receive free educational materials to make learning at home fun, easy and effective. Childcare available and dinner served for all. Registration for the event kits is full but parents can still attend and sign up for a kit to be sent to them!

### Writing in Flow: 13 Centering Techniques to Find Joy Every Day

Writing in Flow is a three-part series that offers a practical approach to Carl Jung's Active Imagination process. This program is designed for creative people, not only for genre writers. Hands-on activities center on expressive writing, meditations, and mini-lessons. Get out of your comfort zone with journaling, dream work, flow dance, haiku, mandala drawing and other creative media for personal transformation. You can change overwhelm into overflowing joy.

- **Saturday, April 27th (10:30am-12:30pm)** - Memoir: Find Your Voice, Reclaim Your Power
- **Saturday, May 11th (10:30am-12:30pm)** - Writing in Flow: 13 Centering Techniques to Find Joy Every Day
- **Saturday, June 22nd (10:30am-12:30pm)** - The Personal Narrative: Stories of Redemption, Identity and Transformation

### Spring 2024 Walking Adventures

Come learn about the natural wonders and history that are right in your backyard! This series of walks will take us around Tubbs Hill and the surrounding area as we explore the flora, fauna, geology, and history of the local area. Each walk will be led by a local community member eager to share their passion and knowledge. We will meet at the lower entrance of the library (outside the Community Room) unless otherwise specified, and walk towards our destination together; each walk will be about two hours. Please dress for the weather, wear appropriate shoes for a moderate hike, and bring water.

- **Tubbs Hill Bird Walk- Wednesday, April 24 (9 am)** - Spring brings a variety of bird activity and observation opportunities on Tubbs Hill. Join Ted Smith from the local Audubon chapter on a guided walk to search for morning bird activity. We will meet at the East Tubbs Hill parking area at 9:00 am. Bring your binoculars!
- **Nature Heals: Forest Bathing and its Beneficial Effects - Tuesday, April 30 (5:30 pm)** Join Dr. Toby Hallowitz and Nikki Peters as they present the health benefits of forest bathing/shinrin-yoku, the evolving medical science of Forest Medicine. Forest bathing is a traditional Japanese practice of immersing oneself in nature by mindfully using all five senses. Research has shown strong beneficial effects on the Immune System, Cardiovascular System, Respiratory System, Stress Reduction, Emotional Health and Mental Function. After the talk, we will go outside in nature and experience a taste of what forest bathing entails.
- **Springtime on Tubbs Hill - Saturday, May 4 (9 am)** - Please welcome Spokane-based author Jack Nisbet as he leads us for a turn around the trails of Tubbs Hill. This hike will focus on wildflowers, shrubs, and trees that were present around the time of the first tribal contact with fur traders. We talk about how the forest has evolved since the Ice Age Floods and how it might look to future generations of walkers.
- **Medicinal Plants in Your Backyard - Wednesday, May 22 (11 am) and Wednesday, June 26 (9:15 am)**
- **Osprey Walk- Wednesday, May 29 (9 am)**



## Children's Programming

### **Spring Baby Story Time (0-18 mo) - Tuesdays (9 & 11am)**

Celebrate spring with a storytime that's designed for caregivers to share quality time with their baby! We'll bounce, giggle, listen to flannel stories, sing catchy songs, and make silly actions that will bring a smile to your little one's face. Participants are encouraged to stick around afterward for playtime and adult conversation. You might even leave with ideas for new engaging ways to introduce developmental activities at home. Spring themes will include birds, flowers, and bugs!

### **Spring Toddler Story Time (18 mo-3 yo) - Thursdays (9 & 11 am)**

Bring your toddler to the library for some spring fun! Of course, we'll read great stories, but there will also be plenty of singing, dancing, and silly moves to keep youngsters busy. All the activities are intended to delight and emphasize early learning concepts. After storytime, you're invited to stay for unstructured playtime filled with creative opportunities and fun toys. Spring themes will include trees, trucks, and rain!

### **Spring Pre-School Story Time (3-5 yo) - Fridays (9 & 11 am)**

Spring is a great time to introduce preschoolers to the fun of group activities such as storytime at the library! You can expect entertaining stories that nurture your child's imagination along with fun activities that fuel their curiosity and build literacy skills. In addition to offering plenty of music and movement, this storytime always ends with an exciting, crowd-pleasing craft. Spring themes will include fairies, snails, and gardening!

### **All Abilities Story Time (Ages 3-8) - Mondays (10 am)**

Join Miss Mandi for a story time designed for kids with sensory and adaptive needs and their caregivers. Designed to be welcoming to neurodivergence and disability, All Abilities Story Time uses a visual schedule. We will enjoy stories, music, movement, play, and sensory activities. Any child is welcome at this story time; stories and activities are typically at a preschool level. There will be noise-blocking headphones, weighted stuffed animals, and other sensory tools. Story time will be followed by an activity time, with all transitions announced.

What to expect during this story time: Attendees do not need to sit during the program. Children can feel free to stand or move around during the program as long as they are safe for themselves and others. Children can participate with their voices in any way they like to. Attendees are welcome to arrive late, leave early, and leave the story time room any time they need a break. Attendees can enjoy other activities of their choosing while listening to Miss Mandi read. The same schedule will be used each week, so attendees will know what to expect. If you would like a copy of the visual schedule ahead of time or if you have any questions, please email [showard@cdalibrary.org](mailto:showard@cdalibrary.org)

### **Paws to Read (All Ages) – Mondays, April 8 (10:30-12 pm) and April 22 (3:30-5 pm)**

Bring your young reader to the children's library to read to a real, live therapy dog. This is the perfect program for children who are working on building their reading confidence or who love sharing books with a furry friend. These dogs love to hear stories and are ready to help you become the best reader you can be!

### **Scavenger Hunt**

Explore the children's library during the month of April by participating in a fun insect scavenger hunt! After searching high and low to find all sorts of creeping, crawling, and flying bugs, you can turn in the completed activity sheet to receive a small prize!

### **Crochet Wednesday! (ages 9-12) - Wednesdays April 10, 17 (4-5:30 pm)**

Register here: <https://cdalibrary.org/library-events/crochet-wed/>

This 2-week series will focus on how to make your very own granny square. This staple of the crochet world is super fun to make and can be used on its own or become a larger project. Plan to learn about crochet materials, terminology, and a handful of basic stitches. You might even get hooked and walk away with the confidence to tackle new projects at home! Registration is required along with a commitment to attend all 2 classes.

### **Hive of Creativity (ages 6-12) - Tuesdays, April 9, 16, 23 (4-5 pm)**

Discover the beautiful and fascinating world of insects while creating awesome projects. During this 3-week series, we'll have fun creating Air Bee & Bee Hotels, Beaded Bug Broaches, and Collaged Insect Exhibits. We plan to display your artsy entomology in the library's display case during the month of April for the whole city to enjoy!

### **A-Ticket, A-Tasket... Make a May Basket! (ages 6-12)**

**Tuesday, April 30 (1-2 pm and 4-5 pm)** - Create a thoughtful May Day surprise for someone dear to you by making little baskets filled with flowers, cookies, and a special card. They're sure to bring a smile to the lucky recipient's face when you sneak it onto their doorknob on May first!



## Teen Programming

### #ClassicBookTok – Tuesdays April 16, 23, 30 (released by 4 pm) - On TikTok, FB, Substack +

Listen to a selection from one of our YA Classics. Find out if it's a Digital Book Club selection (meaning that multiple users can read it in eBook or eAudio format simultaneously). Learn how to create a classic book club with your friends! Watch our complete archive of episodes and sign-up to be notified about future ones (starting in April) here: <https://classicbooktok.substack.com> This event is designed for patrons ages 12 and older.

### Creative Arts Club – Thursdays April 18, 25 (4-5 pm) - In the Teen Zone

Make art—and friends! Explore your creative, crafty, artistic side, and get help when you're struggling creatively. We'll have art and crochet supplies available to inspire your creations, or you can bring a project from home! This event is designed for patrons ages 12-19 years old.

### Gamers' Guild – Fridays April 19, 26 (4-5:30 pm) - In the Teen Zone

Play games together! Hangout with other local teens while playing games like League of Legends, chess, UNO, the Library's Nintendo Switch games, board games from our Library of Things, or bring your own game to play! This event is designed for patrons ages 12-19 years old.



### Idaho Teen Reading Challenge (until April 30)

Join the Challenge: Read 8 Books Across 10 Categories and Win Prizes! Are you up for a challenge? Then read on! For every 4 books you finish, you'll earn a prize book. If you complete all 8, you'll be eligible for the grand prize! (Prizes are exclusive to the Coeur d'Alene Public Library.) The reading journal, available at the Teen Zone, provides more information, or you can visit [cdateenzone.weebly.com/books/itrc-23-24](http://cdateenzone.weebly.com/books/itrc-23-24).

### What to do when you're bored (for Teens)

Checkout a D&D Kit, play the library's Nintendo Switch for 2-hours, make a pinback button, receive two book recommendations a month with our Teen Book Box subscription, chat with teens on our Teen Discord Server, or volunteer for an opportunity from our monthly teen newsletter: [cdalibrary.org/services/teen-services](http://cdalibrary.org/services/teen-services)

## Weekly Adult Programming

### Yoga for You! - Mondays (9:30 am)

Join us for this Yoga program for adults. This blend of stretching, strengthening and balance work, along with relaxation, may be just what you're looking for. Come enjoy the many benefits of this ancient practice! Your instructor, Gerry Bryak, will adapt poses to your needs so this yoga is truly for YOU! All levels are welcome, from beginners to experienced. Please bring a mat to class.

### Tai Chi & Qi Gong - Mind Body Movement- Tuesdays (10 am)

Improve strength, balance, coordination, focus, breathwork and relaxation, all while exploring different movements from Tai Chi and Qi Gong styles. All movements can be done within your own comfort zone and mobility level. No special equipment or clothing needed, wear what is comfortable for you. Avoid wearing flip flops or slides. Chairs will be available for those that need to sit or use for extra balance. This program is for anyone at any age and any ability level. Your instructor Christine brings over 25 years of experience in teaching and sharing Tai Chi and Qi Gong.

### Stronger in Body & Mind – Wednesdays, April 3, 10, & 17 (10 am)

Low-impact fitness & strength training class for all ages. Feel stronger, fitter, refreshed and more focused! Jeannette, a trainer with over a decade of experience, will guide you to work at your own personal level, with modifications as needed. Whole body workout, using dumbbells, body weights, and simple resistance training. We'll add a bit of cardio, flexibility and finish with a guided mindfulness practice. For any questions email Jeannette at [StrongerBodyMind@gmail.com](mailto:StrongerBodyMind@gmail.com)

\*It is recommended to please bring a pair of light weights/dumbbells, a mat and a bottle of water!

### Community Sew-In – Thursdays, April 4, 11, 18 & Wednesday, April 24 (12-3 pm)

Join us in our weekly sewing sessions! Are you working on a quilting project and want to connect with fellow enthusiasts? Come along and socialize, ask for advice, or whatever else you might need. Don't forget to bring your sewing machine (or your hand-sewing materials), your fabric, your extension cord, and your enthusiasm for sewing! Meet us in the Community Room and let's get creative.

All ages are welcome for this program, there is no instruction provided.

### Scribbler's Society Writing Club - Mondays, April 8 & 22 (2 & 5 pm)

Join fellow writers for an hour of brainstorming, critiquing, and inspiration – in-person every 2nd and 4th Monday from 2-3 and 5-6 in the Gozzer Room. All skill levels and genres welcome. Geared toward adults. If you are interested in joining our email list, please email [lmoores@cdalibrary.org](mailto:lmoores@cdalibrary.org) for more information.

While everyone is always welcome at the Library, this event is intended for adults and this collaboration is designed for an adult audience.

