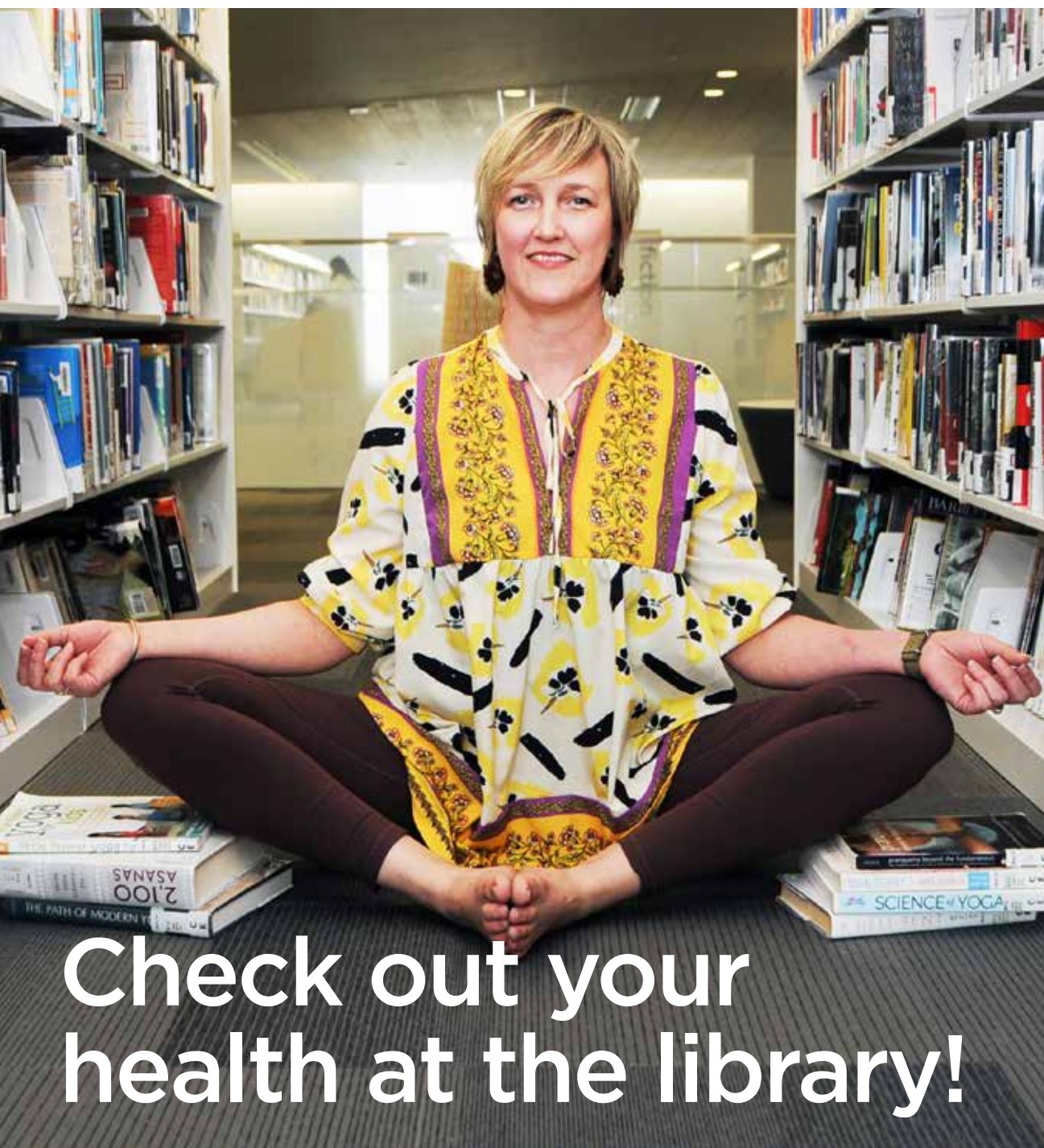


APRIL 2023

mylibrary

A monthly guide to events, services and resources



Check out your
health at the library!



mi biblioteca
en español
Página 33

Tulsa City-County
library

my library

A monthly guide to events, services and resources

My Library event guide is published
by the TCCL Public Relations Office.

In this Issue

PRIORITIZE YOUR HEALTH

This issue of *My Library* explores how the library can help you boost your health, improve your mental well-being and take preventative measures against illness.



ON THE COVER | Yoga for Every Body instructor Beth Richmond finds zen in the stacks. Learn more on Page 3.

3 CHECK OUT YOUR HEALTH | Explore free services, resources and events that can help you improve your physical and mental health.

6 ADULTS & ALL AGES | Find new and coming soon book titles, plus events.

14 BECOME A TUTOR; CHANGE A LIFE | Improve the lives of others in your community by volunteering as an adult literacy tutor.

16 TEENS & TWEENS | Find new and coming soon book titles, plus events.

22 JOIN TEEN TEAM | Work at your local library this summer to develop skills, gain work experience and make friends.

23 CHILDREN | Find new and coming soon book titles, plus events.

28 DOLLY PARTON'S IMAGINATION LIBRARY | Learn about and register your children under age 5 for this free book gifting program.

33 MI BIBLIOTECA | Una guía mensual de eventos, servicios y recursos

39 LIBRARY LOCATIONS

LIBRARIES CLOSED

Sunday, April 9 for Easter

STAY CONNECTED @TULSALIBRARY



GET A LIBRARY CARD TODAY!

With a TCCL card, you get access to a wealth of services and resources, including more than 1 million books, e-books and e-audio materials. Pictured here, Mandy Durham, Ruth G. Hardman Adult Literacy Service manager, invites you to get a library card and help others improve their literacy skills. Learn about volunteering as an adult literacy tutor on Page 14 of this guide.



Sign up today! www.tulsalibrary.org/get-a-library-card

FREE AND OPEN TO THE PUBLIC

If hard of hearing, contact Customer Care at 918-549-7323 or askus@tulsalibrary.org for accommodations at least five days in advance of the program. Accommodations are subject to the availability of ASL interpreters.

RECIBE AYUDA EN ESPAÑOL

¿Sabías que tenemos personal bilingüe disponible en nuestras sucursales que te pueden ayudar en español? Llama a Atención al Cliente al 918-549-7323 o visita www.tulsalibrary.org para obtener la información más actualizada.

CHECK OUT YOUR HEALTH AT THE LIBRARY

Your mental and physical wellness are key to improving your life in the present and for taking preventative measures against illness and disease. Lifestyle changes are difficult, and finding the right health information can be a challenge ... but we have resources and services that can help, so come **CHECK OUT** your health at the library!

"I began yoga for the physical benefits and continued to practice for the psychological benefits I receive. It is a wonderful opportunity to slow life down and be mindful about our choices."

- Beth Richmond, Yoga for Every Body instructor



Yoga for Every Body is a beginner-friendly class held at Central Library each Tuesday from 6-7 p.m. Adults new to or experienced with yoga are invited to get in touch with their body and mind during this hour of physical movement and spiritual attention.

Health issues are easier to understand when you have accurate, easy-to-use information about them, and as a result, they become easier to address. These free online resources can help you take control of your health:

- **Salem Health** offers e-reading materials on topics like addictions and substance abuse, adolescent health and wellness, psychology, nutrition and more. Each category includes information on causes, risk factors, screening and diagnosis, treatment and therapy, prevention and further reading.
- **Medline Plus** is a free online resource with information on health topics, drugs, directories and dictionaries to help you find the health info you need. Use it to explore recipes and healthy eating, the benefits of exercise, herbal medicine, dental health, mental health and more.
- Find both resources in the alphabetical list at www.tulsalibrary.org/databases.



Discover additional health resources here: www.tulsalibrary.org/consumer-health-information



"More health resources are available than ever before, but it is often difficult to know which ones to trust. TCCL's Research Center can help you find reliable, up-to-date information on nearly any health-related topic. Having credible, current health resources at your fingertips will empower you to make the best choices for yourself and your family."

- Allison Embry-Saenz, Central Library assistant manager - Research Services



Get physical at TCCL locations! Maxwell Park Library and Herman and Kate Kaiser Library are located by parks, so budget in some walking time on your next visit. At the Judy Z. Kishner Library, walking trails wind through the surrounding landscape. Explore the paths next time you pick up holds!

Check out seeds with your library card!

Our Seed Library offers a collection of flowering and edible plants you can take home and grow. Use the Seed Library to replenish the green in your life and then help replenish our collection by returning saved seeds to the library.

"Gardening is a physical, mental and often social activity that is proven to reduce stress and the risk of some diseases, and improve your mood. Growing plants for beauty or nourishment can help you feel confident and strong."

- Johanna Burton, Central Library associate and Seed Library founder



Get gardening tips at the Tulsa Master Gardeners Lunch and Learn events. Join us at Central Library each Tuesday at noon or at Hardesty Regional Library each Thursday at 1 p.m. Find details in the Adults & All Ages section of this guide.



Find resources on seed saving and gardening here: www.tulsalibrary.org/food-and-gardening

Unable to travel to a doctor? Don't have the ability to conduct virtual appointments at home? The new telehealth booth at Central Library can help connect you with a physician remotely.

The ADA-compliant booth includes computer access with dual monitors and an adjustable table, soundproofing and frosted glass to ensure privacy, and a variety of basic medical equipment upon request, as well as HEPA filtration and advanced sanitization practices to ensure a safe environment. To book time in the telehealth booth and find details, visit www.tulsalibrary.org/telehealth.

This project is made possible by the Institute of Museum and Library Services under the provisions of the American Rescue Plan Act, administered by the Oklahoma Department of Libraries. However, the opinions expressed by a grant-supported outside agent do not necessarily reflect the position or policy of ODL or IMLS, and no official endorsement by those entities should be inferred.

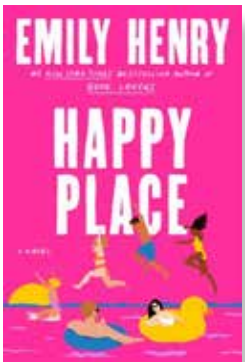


Get a free blood pressure check at Broken Arrow Library on Thursday, April 13, and check in with your mental health at the Be Kind to Your Mind events on Thursday, April 13 and April 27 at Central Library. Find details in the Adults & All Ages section of this guide.

New and coming soon titles for Adults

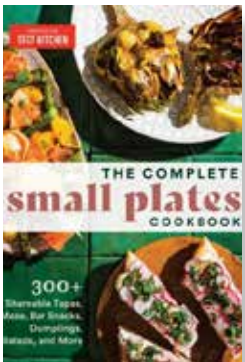
>> Visit www.tulsalibrary.org/books-music-movies to check out these titles and find more.

Happy Place By Emily Henry



Perfect couple Harriet and Wyn are no longer the perfect couple – but they don't want their friends to know that. Can they successfully keep their breakup a secret on their friend group's last annual getaway?

The Complete Small Plates Cookbook By America's Test Kitchen



The balanced, low-stress ideas in this book cover recipes and presentation that will add creative, adventurous variety to any dinner spread.

Really Good, Actually By Monica Heisey



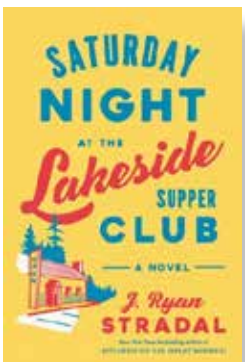
Maggie didn't plan to get divorced before turning 30, but with a support system of friends, she is able to embrace the journey she must now embark upon to rediscover her happiness.

Hello Sleep By Jade Wu



Jade Wu, an expert in behavioral sleep medicine, offers a practical, compassionate and science-backed guide to getting better sleep and overcoming insomnia.

Saturday Night at the Lakeside Supper Club By J. Ryan Stradal



Mariel and Ned, a Midwestern couple who come from different restaurant families, struggle with tragedy, love and legacy in this honest and thoughtful exploration of family, identity and impermanence.

Saving Time: Discovering a Life Beyond the Clock By Jenny Odell



This thought-provoking book critiques the cult of productivity and the value of slowing down, with practical strategies for reclaiming your time and attention in a hyper-connected world.

Events for Adults & All Ages

>> Visit www.TulsaLibrary.org/events to register or for more details.



DAILY

Life-Size Checkers

During regular library hours
Judy Z. Kishner Library

The whole family is invited to play our life-size checkers board game.

MONDAYS

Yuchi Language Class

6:30-7:30 p.m. • Zarrow Regional Library

Any and all skill levels are welcome to join this language revitalization class, led by Yuchi language instructor Brent Deo from the zOyaha School of Language. For elementary schoolers to adults.

TUESDAYS

Job Lab

2-3 p.m. • Central Library • Computer Lab

Get job-hunting help! We will help you set up an email account, create or update a résumé, and search and apply for jobs. For adults. **Registration is required.**

Yoga for Every Body

6-7 p.m. • Central Library • Aaronson Auditorium

Join us for a beginner-friendly yoga class taught by certified yoga instructor Beth Richmond. For adults.

Heartland Harmony Dulcimer Club

6-8 p.m. • Zarrow Regional Library

Join the Heartland Harmony Dulcimer Club as they share their love of music. Extra dulcimers will be on hand for those who do not have their own and are ready to learn. Come to practice, learn or just listen to the sweet sounds of the dulcimer! For all ages.

WEDNESDAYS

Conversation Circles in English

noon-1:30 p.m. • VIRTUAL: Zoom

Join Fatima Zehra, English language learning specialist with TCCL's Ruth G. Hardman Adult Literacy Service, and other English language learners on Zoom for a fun and relaxed conversation class! All English language learners are welcome. For adults. Class size is limited. **Registration is required.**

FRIDAYS

Conversation Circles in English

10-11:30 a.m. • Hardesty Regional Library

Oak Room • Join Fatima Zehra, English language learning specialist with TCCL's Ruth G. Hardman Adult Literacy Service, and other English language learners for a fun and relaxed conversation class! All English language learners are welcome. Class size is limited. Call 918-549-7402 for more information. For adults.

Chicks Knit and Lit

1-3 p.m. • Glenpool Library

Join an amazing group of people for crafting of any kind, not just knitting. Bring your own project and spend the afternoon laughing, talking and crafting. For adults and teens.

SATURDAYS

Just Write

10:30 a.m.-noon • Jenks Library

Sitting down to write can sometimes be the hardest part, so we've created a space for you to come and work on your writing project with fellow creatives! All genres are welcome. For adults and teens.

APRIL 1, SATURDAY

Hardesty Craft Club: Button Flower Bouquet Kit

9 a.m.-5 p.m. • Hardesty Regional Library

Stop by our Craft Corner on the second floor and pick up a kit with everything needed to make a fun mini bouquet using recycled book pages and buttons. New Craft Club kits are released on the first day of each month and are available while supplies last. Use the kit in our Craft Corner or take it home! For adults.

Inaugural Hummingbird Award in Literary Arts
Honoring Benjamin Alire Sáenz

11 a.m. • Central Library • Greadington Center

Benjamin Alire Sáenz, an award-winning American author of poetry and prose for adults and teens, and a writer of books for children, will receive the inaugural Hummingbird Award in Literary Arts, talk about his life and writings, and sign books. Given biennially by the Tulsa Library Trust and Tulsa City-County Library's Hispanic Resource Center, the Hummingbird Award in Literary Arts honors and recognizes a nationally prominent author, poet or artist of Latinx descent whose work has elevated and affirmed the voice of the Latinx community. For all ages.

Scrapbook Social

2-4 p.m. • Bixby Library

Bring your own project and join us for crafting of any kind, not just scrapbooking! For adults and teens.

APRIL 3, MONDAY

Books Sandwiched In

12:10-12:50 p.m. • Central Library

Aaronson Auditorium

Discover your next read or dive deeper into a latest bestseller with this lunchtime book talk series. Cathey Edwards, a retired Unitarian Universalist minister, will discuss *With the End in Mind* by Kathryn Mannix. Presented by Friends of the Tulsa City-County Libraries. For adults.

The Stitching Hour

6-7 p.m. • Central Library • Greadington Center

In our last Stitching Hour meeting, we learned the fundamentals of crochet. This time, feel free to bring whatever crafting project you are currently working on, whether it is knitting, cross-stitch, macramé, collage journaling or something else. If you would like to continue learning crochet techniques and stitches, bring your yarn and hook for further instruction and advice. For adults and teens. **Registration is required.**

APRIL 4, TUESDAY

Lunch and Learn With the Tulsa Master Gardeners:
Tomatoes and Other Popular Vegetables

noon-1 p.m. • Central Library

Greadington Center

Homegrown tomatoes are the vegetable garden's superstar. Bring your lunch and get tips from the experts on growing the finest on the block. For adults.

Cover to Cover Book Club

6:30-7:15 p.m. • Broken Arrow Library

Join us for a lively discussion as we explore *Fallout: Spies, Superbombs, and the Ultimate Cold War Showdown* by Steve Sheinkin, winner of the 2023 Anne V. Zarrow Award for Young Readers' Literature. Meet Sheinkin in person at a free presentation at Hardesty Regional Library on Friday, May 5 at 6 p.m. Learn more at www.tulsalibrary.org/zarrowaward. For adults.

Kiowa Language Class

6:30-8:30 p.m. • VIRTUAL: Zoom

Learn the beautiful language of the Kiowa people. This class is taught by the Kiowa Language and Culture Revitalization Program of the Kiowa Tribe. For all ages. **Registration is required.**

APRIL 5, WEDNESDAY

Really Basic Computer Class

2-3 p.m. • Rudisill Regional Library
Computer Lab

This class is for new computer users who have little or no previous experience using computers, Windows, a mouse or the internet, and little or no knowledge of basic computer terms. For adults.

APRIL 6, THURSDAY

Lunch and Learn With the Tulsa Master Gardeners:
Tomatoes and Other Popular Vegetables

1-2 p.m. • Hardesty Regional Library

Frossard Auditorium

Homegrown tomatoes are the vegetable garden's superstar. Bring your lunch and get tips from the experts on growing the finest on the block. For adults.

25th Annual Yom HaShoah: An Interfaith Holocaust Commemoration

Moral Courage:

THE STORY OF THE WORLD WAR II Ritchie Boys



During World War II, an elite division of the U.S. Army known as the “Ritchie Boys” greatly aided Allied forces in their fight against Germany and other Axis nations. These soldiers, who trained at Camp Ritchie in Maryland between 1942 and 1945, provided about 60 percent of the advanced intelligence on Germany’s war plans and tactics, which contributed to ending the war. Of the nearly 20,000 Ritchie Boys soldiers, about 2,000 of them were Jewish German-speaking immigrants who fled Nazi-controlled Germany, which was systematically killing Jews.

KEYNOTE SPEAKER

Landon Grove, director and curator of the Ritchie History Museum in Cascade, Md.



ALSO FEATURING

- Theme-related music performed by Elliott Wulff, Kara Staiger and Rick Fortner
- Yom HaShoah Student Art Contest display
- Candle lighting ceremony in honor of Oklahoma Ritchie Boys
- Mobile library with Holocaust resources available for checkout from Tulsa City-County Library

The commemoration is free and open to the public. Visit jewishtulsa.org/yomhashoah2023 for more details.

Thursday, April 20
7 p.m.
Temple Israel
2004 E. 22nd Place
Tulsa, Okla.

FILM SCREENING

The Ritchie Boys
(2004 documentary)
Sunday, April 16 • 2 p.m.
Monday, April 17 • 10 a.m., 2 p.m., 7 p.m.
Tuesday, April 18 • 10 a.m., 2 p.m.
Wednesday, April 19 • 2 p.m.
Circle Cinema • 10 S. Lewis Ave.
Admission: \$5
Students, teachers,
military and seniors: FREE



APRIL 6, THURSDAY (continued)

Findable: Moving Your Business Up in Search Engines
5:30-6:30 p.m. • Central Library Greadington Center
Learn how to make your business easier to find in search engines by utilizing keywords and blogs. For adults. **Registration is required.**

Getting Started With Square-Foot Gardening
6:30-7:30 p.m. • Bixby Library
Join gardener Lavita Sharp as she shares her experience with square-foot gardening. Stick around to learn about library resources that can help you grow your green thumb! For adults.

Let's Talk About It: Native American Identity From Past to Present – A More Perfect Union
6:30-8 p.m. • Martin Regional Library
Join us to discuss *Bad Indians: A Tribal Memoir* by Deborah A. Miranda, led by Andrew Vassar. Register at www.tulsalibrary.org/events for event reminders and updates. Copies of the book are available to borrow at the library while supplies last. For more information on the theme of this book discussion series, visit www.okhumanities.org/programs/lets-talk-about-it. Books, services and other materials for this series are provided by Let’s Talk About It, a project of Oklahoma Humanities. Generous funding and support for this series was provided by the Kirkpatrick Family Fund and Oklahoma City University. For adults.

APRIL 7, FRIDAY

1-2-3 Play With Me: Parent-Child Workshop
10-11:15 a.m. • Hardesty Regional Library Maple Room
11 a.m.-noon • Martin Regional Library
Playing is learning! Join us for this play workshop for parents and children ages 1-3.

The program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere. Early childhood specialists will be available to talk about child development, speech and hearing, and music and movement. Class size is limited. **Registration is required.**

APRIL 8, SATURDAY

Plant Swap
10 a.m.-noon • Owasso Library
Bring your surplus plants, seedlings, bulbs, cuttings and usable gardening tools and exchange them with other gardeners. Indoor and outdoor plants are welcome, including ornamental, vegetable and herb plants. Please clearly label your plants so they can be cared for properly. This is also a great opportunity to exchange gardening tips and advice with other local green thumbs. Our TCCL Seed Library is full of seed packets that can be checked out while you are here! For adults.

Heartland Harmony Dulcimer Club
1-3 p.m. • Zarrow Regional Library
Join the Heartland Harmony Dulcimer Club as they share their love of music. Extra dulcimers will be on hand for those who do not have their own and are ready to learn. Come to practice, learn or just listen to the sweet sounds of the dulcimer! For all ages.

Monthly Movie Matinee
2-4 p.m. • Central Library • Greadington Center
Join us for a 1952 critically acclaimed classic film. Rated G. Complimentary coffee and cookies will be provided. For adults.

APRIL 10, MONDAY

Brookside Book Discussion
1:30-2:30 p.m. • Brookside Library
Join us for a lively discussion of Stacy

Willingham's masterfully written debut novel, *A Flicker in the Dark*, a lyrical thriller that is eerily compelling to the very last page. For adults.

Books Sandwiched In
6-7:30 p.m.
LOCATION: Heirloom Rustic Ales, 2113 E. Admiral Blvd.

Join us for a special evening Books Sandwiched In event at Heirloom Rustic Ales. Mona Easterling, assistant professor of biology at Tulsa Community College, will discuss *Lessons in Chemistry* by Bonnie Garmus. Presented by Friends of the Tulsa City-County Libraries. For adults.

Banned Book Club: Celebrate your FREEDOM to READ!
7-8 p.m. • Hardesty Regional Library Frossard Auditorium
Join us every second Monday of the month to discuss books that have been banned or challenged in schools and libraries. This month we will discuss *Speak* by Laurie Halse Anderson. For adults.

APRIL 11, TUESDAY

Lunch and Learn With the Tulsa Master Gardeners: Herb Gardening
noon-1 p.m. • Central Library Greadington Center
Hardy, aromatic and delicious, herbs are so rewarding to grow. Bring your lunch and get tips from the experts on cultivating the perfect herb garden. For adults.

Collinsville Book Discussion
12:30-2:30 p.m. • Collinsville Library
Read this month's selected book and then join us for a lively discussion. Copies of the book are available to check out at Collinsville Library. For adults.

Patchworkers: Quilting
6-7:45 p.m. • Collinsville Library
Bring your latest project and join us for an evening of quilting and friendly conversation. For adults.

APRIL 12, WEDNESDAY

Full Cup Book Club
10-11 a.m. • Martin Regional Library Conference Room
Read *Remarkably Bright Creatures* by Shelby Van Pelt and then join us for a lively discussion. Copies are available to check out at Martin Regional Library. For adults.

Yarn Therapy
11 a.m.-noon • Maxwell Park Library
Join us for an hour of knitting and/or crochet. Bring your own project or start a new one. All skill levels are welcome. For adults.

Bixby Book Club
2-3 p.m. • Bixby Library
Read *It All Comes Down to This* by Therese Anne Fowler and join us for a lively discussion. Copies are available to check out at Bixby Library. For adults.

Facebook for Beginners
2-3 p.m. • Rudisill Regional Library Computer Lab
Join us to learn all the ins and outs of using Facebook. For adults.

Cafecito, Libros y Chisme: Latina-Focused Book Club
6-7 p.m. • Martin Regional Library, Lecture Room
Join us to discuss *Velvet Was the Night* by Silvia Moreno-Garcia. Copies are available to check out in English or Spanish at Martin Regional Library. The discussion will be led in English. For ages 16 and up.



Telehealth at TCCL

Unable to travel to a doctor? Don't have the ability to conduct virtual appointments at home? The new telehealth booth at Central Library can help connect you with a physician remotely.

The ADA-compliant booth includes computer access with dual monitors and an adjustable table, soundproofing and frosted glass to ensure privacy, and a variety of basic medical equipment upon request, as well as HEPA filtration and advanced sanitization practices to ensure a safe environment.

Telehealth at TCCL is available at:
Central Library
Monday-Friday
(excluding holidays)
10-11 a.m. | noon-1 p.m.
2-3 p.m. | 4-5 p.m.

To book time in the telehealth booth or for more information, visit
www.TulsaLibrary.org/telehealth
or call 918-549-7323.

This project is made possible by the Institute of Museum and Library Services under the provisions of the American Rescue Plan Act, administered by the Oklahoma Department of Libraries. However, the opinions expressed by a grant-supported outside agent do not necessarily reflect the position or policy of ODL or IMLS, and no official endorsement by those entities should be inferred.



HUMMINGBIRD AWARD IN LITERARY ARTS

HONORING BENJAMIN ALIRE SÁENZ

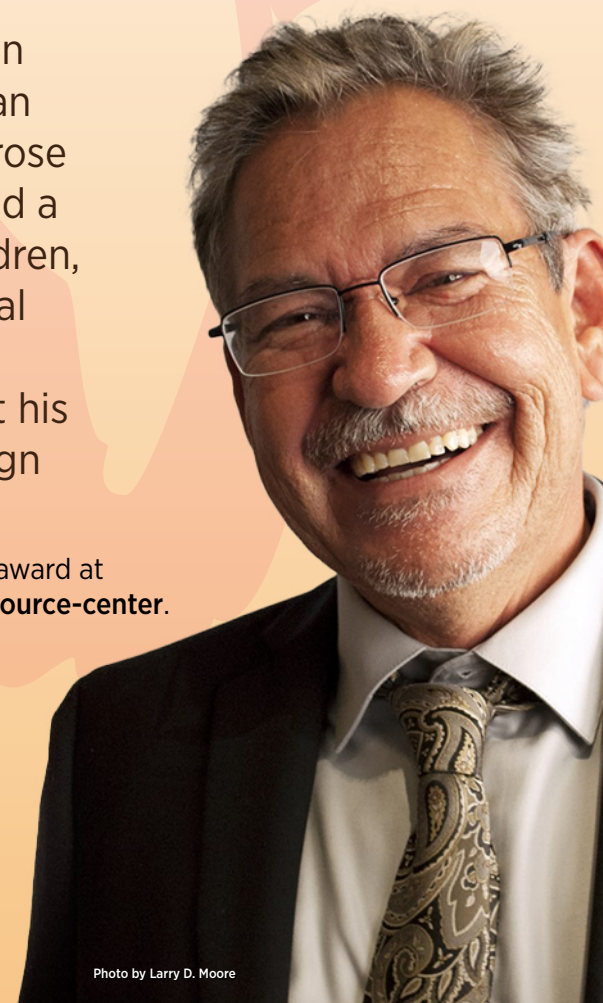
SATURDAY, APRIL 1 • 11 A.M.
CENTRAL LIBRARY
POCAHONTAS GREADINGTON
LEARNING AND CREATIVITY CENTER
FIFTH STREET AND DENVER AVENUE

Benjamin Alire Sáenz, an award-winning American author of poetry and prose for adults and teens, and a writer of books for children, will receive the inaugural Hummingbird Award in Literary Arts, talk about his life and writings, and sign books.

Learn more about the author and award at
www.tulsalibrary.org/hispanic-resource-center.



Photo by Larry D. Moore



APRIL 12, WEDNESDAY *(continued)*

Hardesty Craft Club:
The Art of Coptic Bookbinding
6:30-7:30 p.m. • Hardesty Regional Library

Have you ever wanted to learn how to make your own journal? We will demonstrate the Coptic bookbinding technique as well as provide decorating tips so you can make your own unique journal. Journal-making kits are provided. For adults and teens. **Registration is required.**

APRIL 13, THURSDAY

Free Blood Pressure Check
10:30 a.m.-12:30 p.m. • Broken Arrow Library

Stop in for a free blood pressure check provided by Hillcrest Hospital South. For adults.

Lunch and Learn With the Tulsa Master Gardeners: Herb Gardening
1-2 p.m. • Hardesty Regional Library
Frossard Auditorium

Hardy, aromatic and delicious, herbs are so rewarding to grow. Bring your lunch and get tips from the experts on cultivating the perfect herb garden. For adults.

Helmerich Library Annual Book Sale:
Preview Night

5-8 p.m. • Helmerich Library

Become a member of the Friends of the Helmerich Library and be the first to pick out high-quality books and media at our annual book sale, featuring thousands of gently used books and media. You can purchase a Friends membership at the door. Cost is \$5 for individual or \$10 for family.

Be Kind to Your Mind: Understanding Trauma
5:30-6:30 p.m. • Central Library
Greadington Center

Join us for this free mental health series

led by Andrew Duffy, a licensed clinical social worker. This week's class will focus on understanding trauma and the impact it can have on our everyday lives. Register to receive event updates. For adults.

APRIL 14, FRIDAY

Helmerich Library Annual Book Sale
10 a.m.-5 p.m. • Helmerich Library

The Friends of the Helmerich Library's annual book sale features thousands of gently used books and media. Get quality and quantity at great prices while supporting the library! For all ages.

1-2-3 Play With Me Parent-Child Workshop
11 a.m.-noon • Martin Regional Library

Playing is learning! Join us for this play workshop series for parents and children ages 1-3. Each program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere. Early childhood specialists will be available to talk about child development, speech and hearing, and music and movement. Class size is limited. **Registration is required.**

APRIL 15 AND APRIL 22, SATURDAYS

Literacy Tutor Training: Two-Part Workshop
9 a.m.-noon • Literacy, Outreach and Volunteer Services, 2901 S. Harvard

One in six Tulsans do not know how to read or have difficulty reading. Learn what you can do to change someone's life and get the skills needed to work with an adult literacy or English language learner through TCCL's Ruth G. Hardman Adult Literacy Service. You must attend both sessions for workshop completion. For adults. **Registration is required.**

APRIL 15, SATURDAY

Creative Truths: A History Book Discussion
9-10 a.m. • Herman and Kate Kaiser Library

Join librarians Mark and Sarah to discuss *The Golden Thread: The Cold War and the Mysterious Death of Dag Hammarskjöld* by Ravi Somaiya. The program begins before the library opens so please follow signs to the rear door of the building to attend the discussion. For adults.

Helmerich Library Annual Book Sale
10 a.m.-5 p.m. • Helmerich Library

The Friends of the Helmerich Library's annual book sale features thousands of gently used books and media. Get quality and quantity at great prices while supporting the library! For all ages.

Genealogy for Beginners
noon-2 p.m. • Collinsville Library

Are you curious about your family history but don't know where to begin? Aaron Pope, Genealogy Resource Center coordinator, will share tips to help you begin your family history research. For adults.

APRIL 17, MONDAY

Craft Club: Tissue Paper Bouquets
6-7 p.m. • Central Library • Greadington Center

Make your own tissue paper bouquet. Join us for this craft inspired by the current featured artwork from the "Gilcrease in Your Neighborhood" program, "An Island of Redbuds on the Cimarron" by Pawnee artist Brummett Echohawk. For more information, visit <https://gilcrease.org/about/gilcrease-in-your-neighborhood>. For adults. **Registration is required.**

APRIL 18, TUESDAY**Lunch and Learn With the Tulsa Master Gardeners: Saving Heirloom Seeds****noon-1 p.m. • Central Library
Greadington Center**

Every heirloom has a story. Bring your lunch and get tips on how to be part of the story by saving your own seeds. For adults.

Preserving Oral History**2:30-3:30 p.m. • Charles Page Library**

Is there a story you want to preserve for future generations or an experience you had from which others could learn? Join us and get prompts, a notebook and a flash drive to begin preserving your oral history. Supplies are limited. For adults.

Kiowa Language Class**6:30-8:30 p.m. • VIRTUAL: Zoom**

Learn the beautiful language of the Kiowa people. This class is taught by the Kiowa Language and Culture Revitalization Program of the Kiowa Tribe. For all ages. **Registration is required.**

Down the Rabbit Hole: Weird Fiction Book Club**7-9 p.m. • VIRTUAL: Zoom**

Join us on Zoom for a lively discussion of *Babel, or the Necessity of Violence* by R.F. Kuang. Email Ben.Willcox@tulsalibrary.org for the Zoom link. For adults.

APRIL 19, WEDNESDAY**Internet @ the Library****2-3 p.m. • Rudisill Regional Library**

Computer Lab • This class is designed for people with little or no experience using the internet. Learn how to navigate the World Wide Web and use the library's catalog system and online resources. For adults.

APRIL 20, THURSDAY**Genealogy Detectives: Exploring DNA****10-11 a.m. • Hardesty Regional Library
Maple Room**

Join genealogist Liz Walker and learn how to enhance your genealogy research with DNA. For adults. **Registration is required.**

Lunch and Learn With the Tulsa Master Gardeners: Saving Heirloom Seeds**1-2 p.m. • Hardesty Regional Library
Frossard Auditorium**

Every heirloom has a story. Bring your lunch and get tips on how to be part of the story by saving your own seeds. For adults.

The Banned Books Club**2-3 p.m. • Schusterman-Benson Library**

This book discussion group focuses on banned or challenged books. This month's book is *Of Mice and Men* by John Steinbeck. For adults.

Jenks Book Club**6-7 p.m. • Jenks Library**

Join fellow book lovers to discuss the historical fantasy novel *The Diviners* by Libba Bray. For adults.

Candleholder Craft Night**6:30-7:30 p.m. • Skiatook Library**

Join us to make a faux stained-glass candleholder. Supplies are provided but limited on first-come-first-serve basis. For adults.

APRIL 21, FRIDAY**Helmerich Library Annual Book Sale****10 a.m.-5 p.m. • Helmerich Library**

The Friends of the Helmerich Library's annual book sale features thousands

of gently used books and media. Get quality and quantity at great prices while supporting the library! For all ages.

APRIL 22, SATURDAY**Grow Academy: You're Worth It****10 a.m.-noon • Central Library
Greadington Center**

You have an amazing product, now you need to charge what you are worth! Pricing can be difficult, but we have the tools you need to help ensure you set prices that will keep your customers happy, your supplies stocked and yourself paid. Jeff Moore from OU-The Mine will share information you can use, along with library resources. For adults. **Registration is required.**

Helmerich Library Annual Book Sale**10 a.m.-5 p.m. • Helmerich Library**

The Friends of the Helmerich Library's annual book sale features thousands of gently used books and media. Get quality and quantity at great prices while supporting the library! For all ages.

Plant Swap**10:30 a.m.-4:30 p.m. • Charles Page Library**

Did you get too many plants at the Herbal Affair? Got extra seedlings ready to transplant or cuttings from houseplants you'd like to share? Bring them by to swap for something new! For all ages.

Spring Swap, Spring Clean, Spring Fling: Happy Earth Day!**10:30 a.m.-4:30 p.m. • Nathan Hale Library**

Bring plants and garden items to swap, share surplus art and hobby supplies, and enjoy fun activities for the whole family! Sponsored by the Friends of the Helmerich Library.

**National Library Week 2023**

Libraries are full of stories – from picture books and biographies to DVDs and audiobooks – but they also help make stories. Library events bring communities together for entertainment, education and connection, and library services advance communities through internet and technology access, literacy skills, support for job seekers and more. So, use the library to make and tell YOUR story!

Visit your local library during National Library Week, April 23-29, to explore all that we have to offer.

CHANGE LIVES AND STRENGTHEN YOUR COMMUNITY BY VOLUNTEERING AS AN ADULT LITERACY TUTOR!

**LITERACY TUTOR TRAINING:
TWO-PART WORKSHOP**

Saturday, April 15 and April 22 • 9 a.m.-noon
Literacy, Outreach and Volunteer Services • 2901 S. Harvard
Registration is required and participants must attend both sessions.

One in six adults in Tulsa County cannot read the prescription label on a medicine bottle, understand a news article or complete a job application.

The Ruth G. Hardman Adult Literacy Service works to address this issue by matching volunteer tutors from the community with adults who want to improve their literacy skills. No prior teaching or tutoring experience is required.

Register: www.tulsalibrary.org/events
Learn more: www.tulsalibrary.org/literacy



APRIL 22, SATURDAY *(continued)*

2023 Better Me: Container Gardening
2-3 p.m. • South Broken Arrow Library

Join avid gardener Melinda as she shares time-tested tips on growing roses and maximizing harvest with minimal space. For adults.

Family Painting: Cherry Blossom Tree at Sunset
2-4 p.m. • Pratt Library

Join us as we paint a cherry blossom tree at sunset. For all ages; ages 10 and younger must be accompanied by an adult. **Registration is required.**

APRIL 25, TUESDAY

Lunch and Learn With the Tulsa Master Gardeners: Houseplants
noon-1 p.m. • Central Library
Greadington Center

Whether you grow them for décor, air quality or just to have a little green company, houseplants are more popular than ever. Get tips from the experts on keeping your indoor plants happy. For adults.

Fiction Addiction Book Club
6-7 p.m. • Owasso Library

Join us for a lively discussion of *Dear Edward* by Ann Napolitano. Books are available for checkout at Owasso Library or for download at www.tulsalibrary.org. For adults.

Messy Art Club: Secret Garden Party
6-7 p.m. • Zarrow Regional Library

Celebrate spring with botanical and gardening crafts inspired by the book *The Secret Garden* by Frances Hodgson Burnett. For all ages.

APRIL 26, WEDNESDAY

Page Turners Senior Book Club
12:30-1:30 p.m. • Charles Page Library

Read *Black Cake* by Charmaine Wilkerson and then join us for a lively discussion. For adults.

APRIL 27, THURSDAY

Beyond the Book
10:30-11:30 a.m. • South Broken Arrow Library

Love talking about books? So do we! Join us to discuss *Lessons in Chemistry* by Bonnie Garmus. Copies of the book are available at South Broken Arrow Library. For adults.

Lunch and Learn With the Tulsa Master Gardeners: Houseplants
1-2 p.m. • Hardesty Regional Library
Frossard Auditorium

Whether you grow them for décor, air quality or just to have a little green company, houseplants are more popular than ever. Get tips from the experts on keeping your indoor plants happy. For adults.

Be Kind to Your Mind: How To Make Changes
5:30-6:30 p.m. • Central Library
Greadington Center

Join us for this free mental health series led by Andrew Duffy, licensed clinical social worker. This week's class will focus on making positive changes. Whether stopping a bad habit or making a new healthy one, change usually follows the same process. Register to receive event updates. For adults.

Let's Talk About It: Native American Identity From Past to Present – A More Perfect Union
6:30-8 p.m. • Central Library
Aaronson Auditorium

We will discuss *The Round House* by Louise Erdrich, led by Sarah Jane Richter. Register to receive event reminders and updates. Copies of the book are available to borrow at the library while supplies last. For more information on the theme of this book discussion series, visit www.okhumanities.org/programs/lets-talk-about-it. Books, services and other materials for this series are provided by Let's Talk About It, a project of Oklahoma Humanities. Generous funding and support for this series was provided by the Kirkpatrick Family Fund and Oklahoma City University. For adults.

APRIL 29, SATURDAY

We Are Oklahoma Symposium: The Outsiders
9 a.m.-2:30 p.m. • Central Library

Oklahoma is a mosaic of different cultures, languages and ways of living. Join us to celebrate and learn about often-ignored "outsider" cultures in Oklahoma. We will focus on three books: *The Outsiders* by S.E. Hinton (youth and homeless), *iHola Papi!* by John Paul Brammer (LGBTQIA+) and *The Noh Family* by Grace K. Shim (Korean/Korean Americans). Featured speakers include authors Grace K. Shim and John Paul Brammer, who will join us virtually. Breakfast and lunch will be provided, while supplies last. Sponsored by The University of Tulsa, Oklahoma Museum of Popular Culture (OKPOP) and Youth Services of Tulsa. For adults and teens. **Registration is required.**

New and coming soon titles for Teens & Tweens

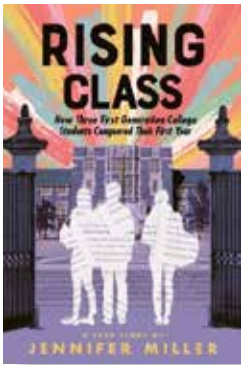
>> Visit www.tulsalibrary.org/books-music-movies to check out these titles and find more.

Doomsday With My Dog, Vol. 1
By Yu Ishihara



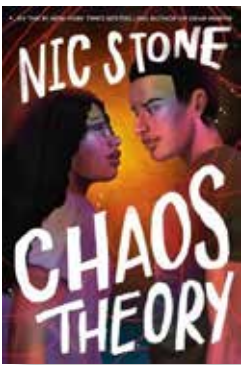
This gripping manga series follows a teenage girl and her loyal canine companion as they try to survive in a postapocalyptic world filled with danger and uncertainty.

Rising Class
By Jennifer Miller



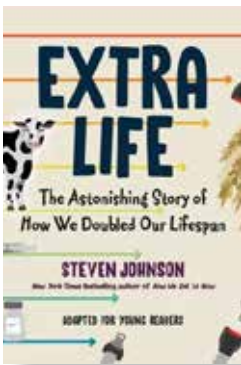
This nonfiction book follows the lives of three first-generation college students as they navigate life away from home amid a global pandemic.

Chaos Theory
By Nic Stone



High school senior Shelbi is a certified genius with a diagnosed mental illness who usually keeps to herself. When romance blossoms with Andy, who has struggles of his own, both teens wonder if this new relationship can withstand the forces that threaten to push them apart.

Extra Life
By Steven Johnson



Discover the fascinating history of the scientific and technological advances that have led to dramatic increases in human lifespans.

Sunshine
By Jarrett Krosoczka



This heartwarming graphic memoir explores the author's experience as a counselor at Camp Sunshine, a camp for seriously ill kids and their families, and how it changed his perspective on life.

A Door in the Dark
By Scott Reintgen



When six teenage wizards accidentally stumble through a mysterious door to a dangerous world, they must fight to make it home alive.

Events for Teens & Tweens

>> Visit www.TulsaLibrary.org/events to register or for more details.



DAILY

Unwrap a Mystery Book

During regular library hours
Hardesty Regional Library

Calling all junior detectives and mystery book enthusiasts! Choose a wrapped up mystery-themed book from our table to check out. For tweens and elementary schoolers.

MONDAYS

Teen Time!

3:30-5 p.m. • Charles Page Library

Hang out in our meeting room after school. We will have our Nintendo Switch, LEGOs and maybe even some crafts or a movie. For tweens and teens.

Yuchi Language Class

6:30-7:30 p.m. • Zarrow Regional Library

Any and all skill levels are welcome to join this language revitalization class, led by Yuchi

language instructor Brent Deo from the zOyaha School of Language. For all ages.

TUESDAYS

Heartland Harmony Dulcimer Club

6-8 p.m. • Zarrow Regional Library

Join the Heartland Harmony Dulcimer Club as they share their love of music. Extra dulcimers will be on hand for those who do not have their own and are ready to learn. Come to practice, learn or just listen to the sweet sounds of the dulcimer! For all ages.

WEDNESDAYS

After-School Teen Lounge

4-6 p.m. • Central Library • Chapman Room

Join us to kick back and chill after a long school day with music, video games, board games and plenty of space to study, read or hang out with friends. For tweens and teens.

THURSDAYS

Teen Scene

4-5 p.m. • Brookside Library (no program April 6)

Come and hang out, play games, create art or study. For tweens and teens.

FRIDAYS

After-School Teen Lounge

4-6 p.m. • Central Library • Chapman Room

Join us to kick back and chill after a long school day with music, video games, board games and plenty of space to study, read or hang out with friends. For tweens and teens.

SATURDAYS

Just Write

10:30 a.m.-noon • Jenks Library

Sitting down to write can sometimes be the hardest part, so we've created a space for you to come and work on your writing

project with fellow creatives! All genres are welcome. For teens and adults.

APRIL 1, SATURDAY

Scrapbook Social

2-4 p.m. • Bixby Library

Bring your own project and join us for crafting of any kind, not just scrapbooking! For teens and adults.

APRIL 3, MONDAY

Art in the Afternoon

2-3 p.m. • South Broken Arrow Library

Looking for something to do on Broken Arrow's virtual school day? Let's make some art! For teens, tweens and elementary schoolers.

The Stitching Hour

6-7 p.m. • Central Library • Greadington Center

In our last Stitching Hour meeting, we learned the fundamentals of crochet. This time, feel free to bring whatever crafting project you are currently working on, whether it is knitting, cross-stitch, macramé, collage journaling or something else. If you would like to continue learning crochet techniques and stitches, bring your yarn and hook for further instruction and advice. For teens and adults. **Registration is required.**

APRIL 4, TUESDAY

Crochet and Craft Club

4:30-6:30 p.m. • Pratt Library

Join us to work on crochet or crafting projects, learn new skills and meet other crafters! We'll share tips and tricks while we work on our projects. For tweens and teens.

Kiowa Language Class

6:30-8:30 p.m. • VIRTUAL: Zoom

Learn the beautiful language of the Kiowa people. This class is taught by the Kiowa Language and Culture Revitalization Program of the Kiowa Tribe. For all ages. **Registration is required.**

APRIL 5, WEDNESDAY

LEGO Build

4-5 p.m. • Bixby Library

Get hands-on experience with engineering principles as you design and build with LEGOs. We will provide the LEGOs; you bring your imagination! Sponsored by the Friends of the Tulsa City-County Libraries. For tweens and elementary schoolers.

Teen Advisory Board

4-5 p.m. • Owasso Library

Have fun, eat snacks, earn community service hours and join us in making the library a better place for teens! Talk about what you have been reading, creating or watching, and help plan programs, displays and events. Snacks funded by the Friends of the Helmerich Library. For tweens and teens.

APRIL 6, THURSDAY

Altered: Teen Maker Club

4-5 p.m. • Brookside Library

Do you like art, crafting, writing or DIY culture? We're going to explore them all. Check out our Facebook page at www.facebook.com/brooksidelibrary to see what we're crafting next. For tweens and teens.

Craft Happens: A Teen Book Club

6-7 p.m. • Hardesty Regional Library

Digital Lounge • We'll discuss *With the Fire on High* by Elizabeth Acevedo and make blackout poetry. Register to receive event updates and reminders. For teens.

APRIL 8, SATURDAY

Heartland Harmony Dulcimer Club

1-3 p.m. • Zarrow Regional Library

Join the Heartland Harmony Dulcimer Club as they share their love of music. Extra dulcimers will be on hand for those who do not have their own and are ready to learn. Come to practice, learn or just listen to the sweet sounds of the dulcimer! For all ages.

Getting Your First Job

2-4 p.m. • Hardesty Regional Library

Computer Lab • Looking for a summer job but not sure where to start? Join us for a workshop to help you apply for your first job. Learn how to create a résumé, find job openings and ace an interview. Ideal for ages 15-19. **Registration is required.**

Graphic Novel Club

3:45-4:45 p.m. • Nathan Hale Library

Join us to discuss *Salt Magic* by Hope Larson. Snacks and crafts are provided. For tweens and teens. **Registration is required.**

APRIL 10, MONDAY

Notebook Cover Decorating: Decoupage, Paper Crafts and Stickers

4-5 p.m. • Skiatook Library

Create a unique notebook cover and design your own stickers. All materials are provided, but supplies are limited. Please bring your own special notebook if desired. For tweens and teens.

Middle Grade Book Club With Mr. Paul

5-6 p.m. • Hardesty Regional Library

We will discuss the first half of *Ground Zero* by Alan Gratz and then discuss the second half on April 24. For upper elementary and middle schoolers.

Meet author **Steve Sheinkin**

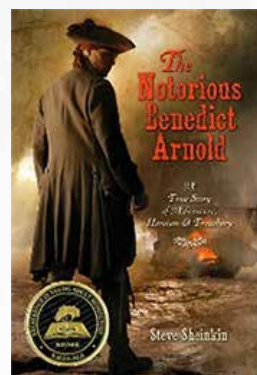
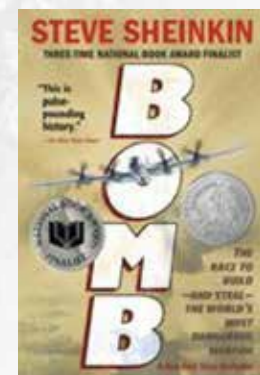
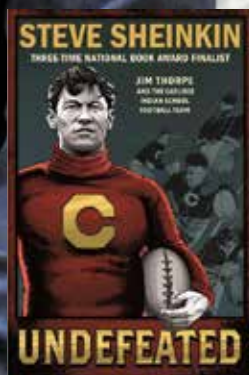
Winner of the 2023 Anne V. Zarrow Award for Young Readers' Literature

Friday, May 5 • 6 p.m.
Hardesty Regional Library, Connor's Cove

Steve Sheinkin is the *New York Times* bestselling author of *Undeclared: Jim Thorpe and the Carlisle Indian School Football Team*; *Fallout: Spies, Superbombs, and the Ultimate Cold War Showdown*; *The Notorious Benedict Arnold: A True Story of Adventure, Heroism and Treachery*; and many more books.

He is an American author who writes fiction and nonfiction books for young adults and middle graders, including the Newbery Honor book and National Book Award finalist *Bomb: The Race to Build – and Steal – the World's Most Dangerous Weapon*.

Visit www.tulsalibrary.org/zarrowaward for more information.



Find titles by Sheinkin at www.tulsalibrary.org/books-music-movies.



The Zarrow Award is a program of the Tulsa City-County Library, made possible through the Tulsa Library Trust by a grant from the Anne and Henry Zarrow Foundation.

APRIL 11, TUESDAY

Sculpt Your Story

4-5 p.m. • Herman and Kate Kaiser Library

Sculpt your own story with modeling clay. We'll use clay to write a story together. Snacks will be provided by the Friends of the Helmerich Library. For ages 8-12.

LEGO Club

4-5 p.m. • Jenks Library

Drop in for educational fun as we hang out and build cool things with LEGOs. DUPLOs will be available for younger siblings. For elementary schoolers to teens.

Bixby Anime and Manga Club

6-7 p.m. • Bixby Library

Join us as we discuss our favorite manga and watch anime! For tweens and teens.

LEGO Club

6-7 p.m. • Zarrow Regional Library

Create and build with LEGOs. We provide the LEGOs; you provide the imagination. All LEGOs must stay in the library. For all ages.

APRIL 12, WEDNESDAY

Teen Lounge

3-4 p.m. • Judy Z. Kishner Library

Join us to create art and hang out with friends! For tweens and teens.

Cafecito, Libros y Chisme: Latina-Focused Book Club

6-7 p.m. • Martin Regional Library

Lecture Room • Join us to discuss *Velvet Was the Night* by Silvia Moreno-Garcia. Copies are available to check out in English or Spanish at Martin Regional Library. The discussion will be led in English. For ages 16 and up.

Hardesty Craft Club:

The Art of Coptic Bookbinding

6:30-7:30 p.m. • Hardesty Regional Library

We will demonstrate the Coptic bookbinding technique as well as provide decorating tips so you can make your own unique journal. Journal-making kits will be provided. For teens and adults. **Registration is required.**

APRIL 13, THURSDAY

Messy Art: Collage Haikus

4-5 p.m. • Glenpool Library

In celebration of National Poetry Month, we will use old magazines to make haikus out of cut-up letters. For tweens and elementary schoolers.

Teen Scene

4-6 p.m. • Jenks Library

Come and hang out, play games, create art or study. For tweens and teens.

In the Middle: Book Club

4:30-5:30 p.m. • South Broken Arrow Library

Join us at our book club for middle graders ages 9-14. We'll discuss this month's book selection, play games, make crafts, learn new skills and eat snacks.

Pratt Anime and Manga Club

4:30-6:30 p.m. • Pratt Library

Join fellow anime and manga lovers as we talk about our favorite anime, manga and cosplay; play games; make crafts; and much more! For tweens and teens.

APRIL 15, SATURDAY

Read or Die: Anime Club

noon-1 p.m. • Broken Arrow Library

Fellow anime and manga lovers, join us as we discuss, watch and increase our overall knowledge of anime and manga. For ages 12-18.

APRIL 17, MONDAY

Watercolor Doodling

5:30-7 p.m. • Owasso Library

Use your imagination to create unique and unexpected art from color blobs! Try this watercolor technique by painting first and then doodling over it with a pen. For tweens and teens.

APRIL 18, TUESDAY

Hobby Club: Cross-Stitch

4:30-7 p.m. • Martin Regional Library

Join us to learn the basics of cross-stitch. Using needles, fabric and thread, you'll take home an awesome craft and maybe even a lifelong hobby! For tweens and teens.

Blackout Poetry

6-7 p.m. • Central Library • Chapman Room

Celebrate National Poetry Month with some blackout poetry. Breathe new life into battered books by using them as a vehicle to express your most poetic inner thoughts! Register to get event updates. For tweens and teens.

Kiowa Language Class

6:30-8:30 p.m. • VIRTUAL: Zoom

Learn the beautiful language of the Kiowa people. This class is taught by the Kiowa Language and Culture Revitalization Program of the Kiowa Tribe. For all ages. **Registration is required.**

APRIL 19, WEDNESDAY

Anime and Manga Club

3-4 p.m. • Judy Z. Kishner Library

Join us to discuss manga and watch anime. For tweens and teens.

LEGOs

3:30-4:30 p.m. • Charles Page Library

Hang out and build some cool stuff! For all ages.

APRIL 19, WEDNESDAY *(continued)*

Chess Party
5-6:30 p.m. • Hardesty Regional Library
Frossard Auditorium • Meet other chess players, browse our strategy books, enjoy snacks and explore the idea of a recurring chess club! We will provide six chess sets, but you may bring your own if you have one. For upper elementary and middle schoolers.

APRIL 20, THURSDAY

STEAM After School
4-5 p.m. • Maxwell Park Library
Join us for an hour of STEAM fun by playing with Spheros! For tweens and teens.

Melted Crayon Art Jewelry
4:30-5:30 p.m. • Collinsville Library
Make a beautiful pendant out of melted crayons, perfect for yourself or as a gift for someone special. Supplies are limited. For tweens and teens.

Fairy and Goblin Houses
5-7 p.m. • Schusterman-Benson Library
Celebrate Earth Day with us. Using a bounty of natural (and recycled) crafting materials, we'll create miniature fairy or goblin houses. Supplies are limited. For teens.

Animanga! Monthly Anime and Manga Club
6:30-7:30 p.m. • Zarrow Regional Library
Join us to enjoy anime and manga fandoms together. For teens.

APRIL 22, SATURDAY

STEAM Saturday:
Minecraft Gaming Education Edition
2-3 p.m. • Central Library • Computer Lab
Put your imagination to the test by building

your own world in the popular game Minecraft. For ages 9-14. **Registration is required.**

APRIL 24, MONDAY

Middle Grade Book Club With Mr. Paul
5-6 p.m. • Hardesty Regional Library
Join us to discuss the second half of *Ground Zero* by Alan Gratz. For upper elementary and middle schoolers.

APRIL 25, TUESDAY

Teen Tuesday: Weather Science
4:30-5:30 p.m. • South Broken Arrow Library
Barometers, rain gauges, anemometers and wind vanes! Learn how to make your own instruments and become an amateur weather expert. For tweens and teens. **Registration is required.**

Bixby Anime and Manga Club
6-7 p.m. • Bixby Library
Join us as we discuss our favorite manga and watch anime. For tweens and teens.

Messy Art Club: Secret Garden Party
6-7 p.m. • Zarrow Regional Library
Celebrate spring with botanical and gardening crafts inspired by the book *The Secret Garden* by Frances Hodgson Burnett. For all ages.

APRIL 26, WEDNESDAY

Dungeons and Dragons
3-5 p.m. • Judy Z. Kishner Library
Join us for Dungeons and Dragons as we continue our campaign. For tweens and teens.

Magnet Poetry Kit
4-5 p.m. • Herman and Kate Kaiser Library
Create your own magnet poetry set. For ages 12-18.

APRIL 27, THURSDAY

LEGO Club
4-5 p.m. • Glenpool Library
Drop in for our monthly LEGO Club, and maybe even "make" a new friend or two. For toddlers to tweens.

Teen Scene: Anime and Manga Club
4-6 p.m. • Jenks Library
Are you an anime or manga fan? Do you want to meet other teens who love these things as much as you do? Join us to talk about your favorite manga and anime. For tweens and teens.

Anime Club
6-7:30 p.m. • Martin Regional Library
Lecture Room
Join us as we discuss, watch and increase our overall knowledge of anime and manga. For tweens and teens.

APRIL 28, FRIDAY

Final Friday Arcade!
4-5 p.m. • Maxwell Park Library
Join us for games on our Nintendo Switch and Xbox. Space is limited to four players per game on the Switch and two per game on the Xbox, so taking turns is a must. For tweens and teens.

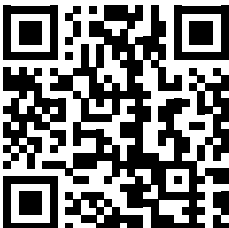
Teen Team



Join the Teen Team to develop skills, gain work experience and make friends!

Get hands-on job experience by assisting with library activities during the Summer Reading Program in June and July. Being a member of the Teen Team helps you earn credit for volunteer hours, develop practical work skills to apply toward a future job and meet new friends.

Teens ages 13-15 are invited to apply for the Teen Team at any TCCL location by May 1.



*Learn more at
www.tulsalibrary.org/
teen-team.*

Health Resources FOR TEENS

Being the best YOU involves more than physical activity and what you eat. It's also about your MENTAL health!

Search the following subjects on our website, www.tulsalibrary.org/books-music-movies, or browse the call numbers in the nonfiction section of any TCCL location to find resources.

- Anxiety - 618.9285
- Depression - 616.8527
- Eating Disorders - 616.8526
- Grief, Death - 155.937
- Managing Stress - 155.9
- Self-esteem - 155.5; 158.1

TIP: Need help but want privacy? Ask any staff member how to find resources or use call numbers. You don't need to specify what subjects or call numbers you want to find.

Plus, check out these collections in Hoopla:



Mental Wellness for Kids and Teens: www.hoopladigital.com/collection/14584

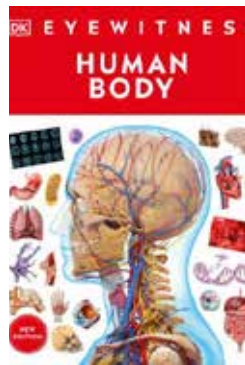


Managing Stress and Anxiety: www.hoopladigital.com/collection/14591

New and coming soon titles for **Children**

>> Visit www.tulsalibrary.org/books-music-movies to check out these titles and find more.

Eyewitness Human Body By Dorling Kindersley Ltd.



This visual tour of the human body uses photographs and illustrations to explore the incredible systems that keep our bodies functioning.

The Moth Keeper By K. O'Neill



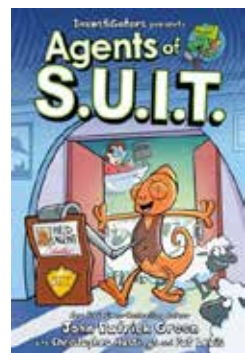
Anya is proud to become a Moth Keeper and protect the moths needed to help the night lily bloom, a flower which Anya's village relies on. But the job isn't quite what she thought it would be.

Big Sister, Little Sister By LeUyen Pham



This heartwarming story explores the bond between sisters, from playing and sharing to supporting and learning from one another.

InvestiGators: Agents of S.U.I.T. By John Patrick Green



Join Cilantro the Chameleon on her first investigation in this mystery-solving, crime-fighting graphic novel series featuring a cast of animal detectives.

Cookie Monsters By Erika J. Kendrick



Brooklyn Ace is determined to win the biggest cookie war her school has ever seen – despite a new student's attempts to replace Brooklyn as the Cookie Queen.

This Is Not a Cookbook By Flynn McGarry



Flynn McGarry's illustrated journey to becoming a chef is sure to inspire creativity, passion and a new perspective on cooking and food.

Books To Treasure MEMORIES

“[Meeting Hannah Harrison] was one of the most magical moments of my life, and I'll never forget that day.”



Pictured here is Marylove, who was in second grade when she met author Hannah Harrison in 2017.

Since 2003, Books To Treasure has helped Tulsa County celebrate the beauty and power of children's literature annually in November. We're celebrating its 20th anniversary with memories shared by YOU!

Through Books To Treasure, Tulsa County second graders make positive, lasting memories related to reading through a free copy of a treasured illustrator's book, and the chance to meet that illustrator and receive a special library card with their artwork.

Thank you, Tulsa Library Trust and the Anne and Henry Zarrow Foundation, for supporting Books To Treasure!

LEARN
MORE:



tulsa
LIBRARY TRUST

tulsakids
FOR PARENTS. FOR FAMILIES. FOR LIFE.

Tulsa City-County
LIBRARY

Events for Children

>> Visit www.TulsaLibrary.org/events to register or for more details.



DAILY

National Poetry Month: Mad Libs
During regular library hours • Glenpool Library
Celebrate National Poetry Month with Mad Libs at the library! Find a selection of Mad Libs and children's poetry in our Picture Book Nook. For elementary schoolers.

Life-Size Checkers
During regular library hours
Judy Z. Kishner Library
The whole family is invited to play our life-size checkers board game.

Unwrap a Mystery Book
During regular library hours
Hardesty Regional Library
Calling all junior detectives and mystery book enthusiasts! Choose a wrapped up mystery-themed book from our table to check out. For elementary schoolers and tweens.

MONDAYS

Build A Reader Storytime: Babies
10-10:20 a.m. • Hardesty Regional Library
(no storytime April 10)

Build A Reader Storytime: Preschool
10:30-10:55 a.m. • Broken Arrow Library

Build A Reader Storytime: Family
11-11:30 a.m. • Bixby Library

Build A Reader Storytime: Family/Stay and Play
6-7 p.m. • Central Library • Chapman Room

TUESDAYS

Build A Reader Storytime: Babies
10-10:20 a.m. • Hardesty Regional Library

Build A Reader Storytime: Babies and Toddlers/Stay and Play
STORYTIME: 10-10:25 a.m. • 10:30-10:55 a.m.
STAY AND PLAY: 11-11:30 a.m.
Owasso Library

Build A Reader Storytime: Family
10-10:30 a.m. • Jenks Library
(no storytime April 4)
4-4:30 p.m. • Nathan Hale Library
(no storytime April 4)

Build A Reader Storytime: Family/Stay and Play
10:15-11:05 a.m. • Brookside Library
10:30-11:30 a.m. • Central Library • Chapman Room
10:30-11:30 a.m. • Charles Page Library
10:30-11:30 a.m. • South Broken Arrow Library
1-2 p.m. • Judy Z. Kishner Library

Build A Reader Storytime: Babies and Toddlers
10:30-10:55 a.m. • Broken Arrow Library

Build A Reader Storytime: Preschool
10:30-11 a.m. • Schusterman-Benson Library

Build A Reader Storytime: Toddlers
11-11:20 a.m. • Hardesty Regional Library

Build A Reader Storytime: Bilingual
11-11:30 a.m. • Martin Regional Library

WEDNESDAYS

Build A Reader Storytime: Toddlers
10-10:20 a.m. • Hardesty Regional Library

Build A Reader Storytime: Babies and Toddlers
10-10:25 a.m. • Schusterman-Benson Library

Build A Reader Storytime: Preschool/Stay and Play
STORYTIME: 10-10:25 a.m. • 10:30-10:55 a.m.
STAY AND PLAY: 11-11:30 a.m.
Owasso Library

Build A Reader Storytime: Family
10:30-11 a.m. • Rudisill Regional Library
(no storytime April 26)
10:30-11 a.m. • Collinsville Library

Build A Reader Storytime: Babies and Toddlers/Stay and Play
10:30-11:30 a.m. • Central Library • Chapman Room

Build A Reader Storytime: Family/Stay and Play
10:30-11:30 a.m. • Glenpool Library
10:30-11:30 a.m. • Helmerich Library
10:30-11:30 a.m. • Zarrow Regional Library
(no storytime April 5)
11 a.m.-noon • Skiatook Library

Build A Reader Storytime: Preschool
11-11:30 a.m. • Hardesty Regional Library

THURSDAYS

Build A Reader Storytime: Family/Stay and Play
10-11 a.m. • Pratt Library (no storytime April 6)
11 a.m.-noon • Herman and Kate Kaiser Library

Build A Reader Storytime: Bilingual/Baby
11-11:30 a.m. • Martin Regional Library

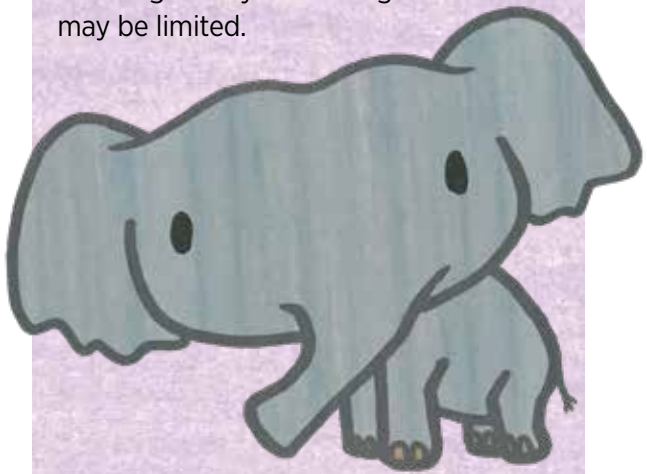
PAWS for Reading

Registered therapy dogs are excellent listeners. Elementary schoolers are invited to read their favorite books to a furry, four-pawed friend. Each reader will receive a free book provided by the Raymond and Bessie Kravis Foundation through the Tulsa Library Trust.
Registration is required.



Build A Reader Storytimes

Help your baby and young child get ready to read! Pick the storytime that's right for you! Seating may be limited.



Babies • Learn and enjoy songs, stories and activities that are just right for your little one at this lapsit storytime for newborns to 2-year-olds and their caregivers.

Babies and Toddlers • Ready, set, READ! This beginning storytime focuses on helping your baby or toddler develop important literacy skills while emphasizing the fun of reading.

Bilingual • Enjoy stories, songs and activities in English and Spanish.

Family • Bring the whole family for this 0-to-5 storytime! There's something for everyone – simple songs and books for the little ones, more interactive stories and activities for your older children.

Preschool • The best in children's literature, songs, games, finger plays, rhymes and other reading-related activities are shared with your preschooler.

Toddlers • Join us for songs, stories and movements geared to your toddler.

Stay and Play • For babies and young children, playing is learning! Join us after storytime for games, toys and activities that foster critical early literacy skills.

THURSDAYS *(continued)*

Games in the Garden
3:30-4:30 p.m. • Central Library • Tandy Garden

Join us after school for some outdoor fun and games (weather permitting). For elementary schoolers.

Build A Reader Storytime: Family
6:30-7 p.m. • Hardesty Regional Library

APRIL 1, SATURDAY

Build A Reader Storytime: Family/Stay and Play
10-11 a.m. • Owasso Library
11 a.m.-noon • Glenpool Library

Build A Reader Storytime: Family
11-11:30 a.m. • Jenks Library

APRIL 3, MONDAY

Art in the Afternoon
2-3 p.m. • South Broken Arrow Library
Are you looking for something to do on Broken Arrow's virtual school day? Let's make some art! For elementary schoolers to teens.

APRIL 4, TUESDAY

Build A Reader Storytime: Family/Oklahoma Aquarium Storytime
10:30-11 a.m. • LOCATION: Oklahoma Aquarium, 300 Aquarium Drive, Jenks
Oklahoma Aquarium admission fee is required.

Build A Reader Storytime: Family/Pajama Storytime
6-6:30 p.m. • Judy Z. Kishner Library

APRIL 5, WEDNESDAY

Build A Reader Storytime: Family/Stay and Play
10:30-11:30 a.m. • Rudisill Regional Library

Build A Reader Storytime: Family/Dolly Parton's Imagination Library Enrollment
STORYTIME: 10:30-11 a.m. • ENROLLMENT: 11-11:30 a.m. • Zarrow Regional Library
After storytime, learn all about Dolly Parton's Imagination Library and register your children under age 5 for this free book gifting program. Attendees will receive a free copy of *The Little Engine That Could*. Visit www.tulsalibrary.org/imagination-library for more information.

Día! Children's Day/Book Day: Explore a Story
4-5 p.m. • Herman and Kate Kaiser Library

Listen as Ms. Sarah reads *¡Vamos! Let's Go to the Market* by Raul the Third and then join us to make Latin American-inspired pottery with air-dry clay. For elementary schoolers.

LEGO Build
4-5 p.m. • Bixby Library

Get hands-on experience with engineering principles as you design and build with LEGOs. We will provide the LEGOs; you bring your imagination! Sponsored by the Friends of the Tulsa City-County Libraries. For elementary schoolers and tweens.

APRIL 6, THURSDAY

Build A Reader Storytime: Family
6-7 p.m. • Central Library • Chapman Room

April Flowers
6:30-7:15 p.m. • Skiatook Library
April showers bring May flowers, but we can make crepe paper flowers to enjoy right now! Use them in Easter baskets, give them to a loved one or put them in a vase. All materials are provided, but supplies are limited. For elementary schoolers.

APRIL 7, FRIDAY

1-2-3 Play With Me: Parent-Child Workshop
10-11:15 a.m. • Hardesty Regional Library
Maple Room
11 a.m.-noon • Martin Regional Library
Playing is learning! Join us for this play workshop for parents and children ages 1-3. The program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere. Early childhood specialists will be available to talk about child development, speech and hearing, and music and movement. Class size is limited. **Registration is required.**

APRIL 8, SATURDAY

Build A Reader Storytime: Family/Make-and-Take Crafts
STORYTIME: 10:30-11 a.m. • CRAFTS: 11-11:30 a.m. Rudisill Regional Library

Join us after storytime for a simple craft or art project perfect for imaginative toddlers and preschoolers.

Build A Reader Storytime: Bilingual
11-11:30 a.m. • Charles Page Library

Second Saturday Family Fun
11:30 a.m.-1 p.m. • Charles Page Library

Do you love to build and create with LEGOs? We will have a variety of building activities and crafts available. For preschoolers and elementary schoolers.

Build A Reader Storytime: Family/Stay and Play – Hoppy Easter!
12:30-1:30 p.m. • Nathan Hale Library

PAWS for Reading
2-3 p.m. • Nathan Hale Library
Registration is required.



FREE Books for Kids

from birth through their fifth birthday!

Inspire your child's love of reading! Enroll them in Dolly Parton's Imagination Library and get a free, age-appropriate book every month until your child's fifth birthday.

Enroll NOW!

Learn more at:
www.TulsaLibrary.org/imagination-library



The Imagination Library of Tulsa City-County Library is paid for through a partnership with the Oklahoma State Department of Education and private funding through the Birth through Eight Strategy for Tulsa, an initiative of George Kaiser Family Foundation.

TOUCH A TRUCK



Saturday, April 29 • 10 a.m. - noon
Owasso Library • 103 W. Broadway

Explore vehicles of all sizes and interact with community helpers like police officers, firefighters and construction workers. We'll also have live music and giveaways.



APRIL 10, MONDAY

LEGO Build
10:30-11:30 a.m. • South Broken Arrow Library
Join us for a fun, educational experience as we put engineering principles into action with LEGOs. DUPLOs will be available for younger siblings. For elementary schoolers to teens.

Día! Children's Day/Book Day: Digging Into Latinx History/Peruvian Retablos
4:30-5:30 p.m. • South Broken Arrow Library
Join Tulsa City-County Library's Hispanic Resource Center as we explore Peruvian history and folk art with the bilingual children's book *Sharuko: El Arqueólogo Peruano* Julio C. Tello / *Peruvian Archaeologist* and try to make our own Peruvian retablo painting. Supplies and snacks are provided. For all ages.

Middle Grade Book Club With Mr. Paul
5-6 p.m. • Hardesty Regional Library
Join us to discuss the first half of *Ground Zero* by Alan Gratz. We will discuss the second half on April 24. For upper elementary and middle schoolers.

APRIL 11, TUESDAY

Build A Reader Storytime: Toddlers/Dolly Parton's Imagination Library Enrollment
11-11:20 a.m. • Hardesty Regional Library
After storytime, learn all about Dolly Parton's Imagination Library and register your children under age 5 for this free book gifting program. Attendees will receive a free copy of *The Little Engine That Could*. Visit www.tulsalibrary.org/imagination-library for more information.

Sculpt Your Story
4-5 p.m. • Herman and Kate Kaiser Library
Sculpt your own story with modeling clay. We'll use clay to write a story together. Snacks will be provided by the Friends of the Helmerich Library. For ages 8-12.

LEGO Club
4-5 p.m. • Jenks Library
Drop in for educational fun as we hang out and build cool things with LEGOs. DUPLOs will be available for younger siblings. For elementary schoolers to teens.

PAWS for Reading
4:30-5:30 p.m. • Bixby Library
Registration is required.

STEAM Club
4:30-5:30 p.m. • Judy Z. Kishner Library
Join Ms. Caroline as she introduces us to a fun and creative way to learn about STEAM (science, technology, engineering, art and math) using books and science. For elementary schoolers.

LEGO Club
6-7 p.m. • Zarrow Regional Library
Create and build with LEGOs. We provide the LEGOs; you provide the imagination. All LEGOs must stay in the library. For all ages.

APRIL 12, WEDNESDAY

Build A Reader Storytime: Family/Make-and-Take Crafts
STORYTIME: 10:30-11 a.m. • CRAFTS: 11-11:30 a.m. Rudisill Regional Library
Join us after storytime for a simple craft or art project perfect for imaginative toddlers and preschoolers.

Don't Stop the Music!
11-11:30 a.m. • Martin Regional Library Auditorium • Join us for an interactive program featuring songs, dancing and lots of fun. For toddlers and preschoolers.

Parachute Play!
11:30 a.m.-noon • Bixby Library
Join us for fun, cooperative parachute

games and activities that help develop cognitive, motor and social skills. For ages 3-6 and their caregivers.

Books and Baking: Third-Fifth Grade Kids Book Club
3:15-4:30 p.m. • Pratt Library
Join us as we read *Fortunately, the Milk* by Neil Gaiman. We will read a portion of the book together and then make a snack as we discuss.

Zoo for You: Tulsa Zoo Visits Hardesty Regional Library
4:30-5:30 p.m. • Hardesty Regional Library Frossard Auditorium • Meet a human and animal representative from the Tulsa Zoo to learn about animal care, zookeeping and more. For the animal's comfort, attendance will be strictly limited. For preschoolers and elementary schoolers. **Registration is required.**

APRIL 13, THURSDAY

Messy Art: Collage Haikus
4-5 p.m. • Glenpool Library
In celebration of National Poetry Month, we will use old magazines to make haikus out of cut-up letters. For elementary schoolers and tweens.

Día! Children's Day/Book Day: Mexican Talavera Tile Workshop
4:30-5:30 p.m. • Nathan Hale Library
Join TCCL's Hispanic Resource Center to learn about the history of Mexican Talavera pottery and Latin American tile work. Create a tile with terracotta clay and then paint it and take it home. For all ages.

Build A Reader Storytime: Family/Bedtime Stories
6:30-7 p.m. • Owasso Library

APRIL 14, FRIDAY

Stuffie and Doll Sleepover
10 a.m.-6 p.m. • Glenpool Library
Your stuffies and dolls are invited to a sleepover in the library! Drop them off today and then pick them up Saturday, April 15, between noon and 5 p.m. We will have pictures of their overnight adventure! For all ages.

1-2-3 Play With Me Parent-Child Workshop
11 a.m.-noon • Martin Regional Library
Playing is learning! Join us for this play workshop series for parents and children ages 1-3. Each program offers opportunities for children to play with developmentally appropriate toys in a play group atmosphere. Early childhood specialists will be available to talk about child development, speech and hearing, and music and movement. Class size is limited. **Registration is required.**

After-Hours Family Fort Night
6:30-7:45 p.m. • Skiatook Library
We're making forts! Bring your blankets, sheets, pillows and flashlights as we build reading forts in the library. We will enjoy snacks, prizes, stories by the "campfire" and more. For children of all ages, accompanied by an adult.

APRIL 15, SATURDAY

PAWS for Reading
10-11 a.m. • Central Library • Chapman Room
Registration is required.

Tulsa Zoo: Amazing Adaptations
11 a.m.-noon • Schusterman-Benson Library
Animals use adaptations to survive in their environment. Join a Tulsa Zoo animal ambassador to learn how adaptations help animals find and catch food. Sponsored by the Friends of the Helmerich Library. For ages 5-12.

APRIL 18, TUESDAY

**Día! Children’s Day/Book Day:
Art Lab Exploring Latinx Muralismo**
4-5 p.m. • Maxwell Park Library

Join TCCL’s Hispanic Resource Center for an art activity all about Latin American Muralismo. We will try this art style by using pastel crayons and chalk. For all ages.

PAWS for Reading
4:30-5:30 p.m. • South Broken Arrow Library
Registration is required.

APRIL 19, WEDNESDAY

**Build A Reader Storytime:
Family/Make-and-Take Crafts**
STORYTIME: 10:30-11 a.m. • CRAFTS: 11-11:30 a.m.
Rudisill Regional Library

Join us after storytime for a simple craft or art project perfect for imaginative toddlers and preschoolers.

LEGOs
3:30-4:30 p.m. • Charles Page Library
Hang out and build some cool stuff! For all ages.

PAWS for Reading
4-5 p.m. • Owasso Library
Registration is required.

Chess Party
5-6:30 p.m. • Hardesty Regional Library
Frossard Auditorium • Meet other chess players, browse our strategy books, enjoy snacks and explore the idea of a recurring chess club! We will provide six chess sets, but you may bring your own if you have one. For upper elementary and middle schoolers.

APRIL 20, THURSDAY

PAWS for Reading
4-5 p.m. • Glenpool Library
Registration is required.

APRIL 21, FRIDAY

PAWS for Reading
4-5 p.m. • Brookside Library
Registration is required.

APRIL 22, SATURDAY

Build A Reader Storytime: Family
11-11:30 a.m. • Jenks Library
11-11:30 a.m. • Skiatook Library

APRIL 24, MONDAY

Middle Grade Book Club With Mr. Paul
5-6 p.m. • Hardesty Regional Library
Join us to discuss the second half of *Ground Zero* by Alan Gratz. For upper elementary and middle schoolers.

APRIL 25, TUESDAY

**Build A Reader Storytime:
Babies and Toddlers/Stay and Play**
10:30-11:30 a.m. • Broken Arrow Library

Build A Reader Storytime: Bilingual/Dolly Parton’s Imagination Library Enrollment
11-11:30 a.m. • Martin Regional Library
After storytime, learn all about Dolly Parton’s Imagination Library and register your children under age 5 for this free book gifting program. Attendees will receive a free copy of *The Little Engine That Could*. Visit www.tulsalibrary.org/imagination-library for more information.

Messy Art Club: Secret Garden Party
6-7 p.m. • Zarrow Regional Library
Celebrate spring with botanical and gardening crafts inspired by the book *The Secret Garden* by Frances Hodgson Burnett. For all ages.

APRIL 26, WEDNESDAY

**Día! Children’s Day/Book Day:
Storytime and Craft**
6-8 p.m. • Rudisill Regional Library
Join TCCL’s Hispanic Resource Center and African American Resource Center for a storytime for all ages on Afro-Latinx culture and history with the book *Drum Dream Girl* by Margarita Engle. Stay after storytime for the opportunity to create a handmade drum using a variety of materials.

APRIL 27, THURSDAY

Paper Flower Bouquet Craft
2-2:45 p.m. • Schusterman-Benson Library
Celebrate Earth Day with some sustainable creativity. We will use a variety of recycled paper to create beautiful spring bouquets. For ages 6 and up.

April Showers Art
4-5 p.m. • Maxwell Park Library
Drop in to create some rainy day themed art. For elementary schoolers.

LEGO Club
4-5 p.m. • Glenpool Library
Drop in for our monthly LEGO Club, and maybe even “make” a new friend or two. For toddlers to tweens.

Kids Create
5:30-7 p.m. • Owasso Library
Join us as we explore books and unique ways to draw. For elementary schoolers.

APRIL 28, FRIDAY

Baby Prom
11 a.m.-noon • Martin Regional Library
Dress in your fanciest clothes or come in whatever is comfortable. We’ll have light snacks, music, bubbles and crafts. Ideal for ages 0-5, but the whole family is welcome.

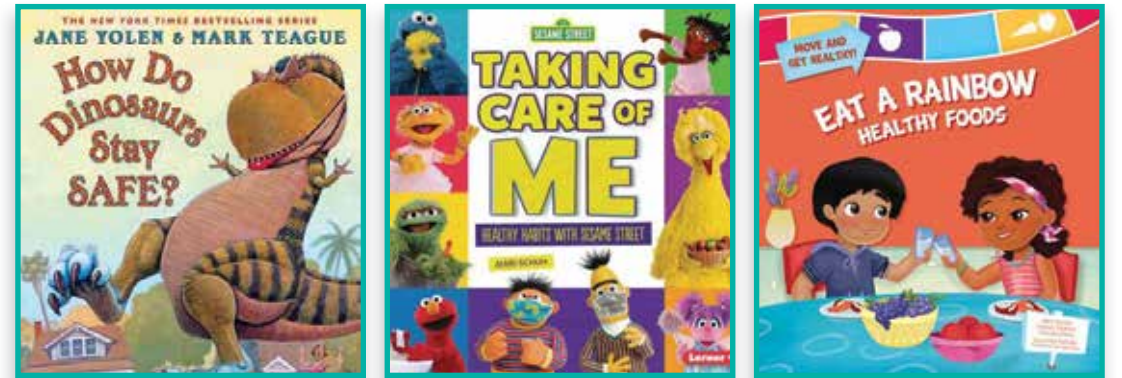
APRIL 29, SATURDAY

Touch-A-Truck
10 a.m.-noon • Owasso Library
Explore vehicles of all sizes and meet the individuals who protect and serve our community! Children of all ages can experience life-size vehicles and interact with community helpers like police officers, firefighters and construction workers. For those who are sensitive to loud noises like honking or sirens, it is recommended that you bring protection for your ears. We’ll also have live music, outdoor games and giveaways.

Build A Reader Storytime: Family/Stay and Play
11 a.m.-noon • Bixby Library

**Día! Children’s Day/Book Day:
StoryWalk® With Us**
2-4 p.m. • Martin Regional Library
Join us for a fun StoryWalk® to celebrate Día! Expect a story, activities and more. For toddlers to elementary schoolers

Health and Safety for Children



Health and safety starts now!

From exploring nutrition and hygiene to safety on the playground, it’s not too early to begin educating your child about health and well-being. Get started with this book list, which includes items like Jane Yolen’s picture book *How Do Dinosaurs Stay Safe?*, *Taking Care of Me: Healthy Habits With Sesame Street* and more.



Scan the QR code for the complete book list.

CONSULTA TU SALUD EN LA BIBLIOTECA

Su bienestar mental y salud física son clave para mejorar su vida y para tomar medidas preventivas contra enfermedades y malestares. Los cambios en el estilo de vida son difíciles y encontrar la información de salud correcta puede ser un desafío... pero tenemos recursos y servicios que pueden ayudar, ¡así que venga a CHECAR su salud en la biblioteca!

“Comencé yoga por los beneficios físicos y continué practicando por los beneficios psicológicos que recibí. Es una oportunidad maravillosa para reducir la velocidad de la vida y ser conscientes de nuestras decisiones.”

– Beth Richmond, instructora de Yoga for Every Body

Yoga for Every Body es una clase para principiantes que se lleva a cabo en la Biblioteca Central todos los martes de 6 a 7 p.m. Los adultos nuevos o experimentados en yoga están invitados a ponerse en contacto con su cuerpo y mente durante esta hora de movimiento físico y atención/concentración espiritual.



Los problemas de salud son más fáciles de entender cuando se tiene información precisa y fácil de usar sobre ellos y, como resultado, se vuelven más fáciles de arreglar. Estos recursos gratuitos en línea pueden ayudarlo a tomar el control de su salud:

- **Salem Health** ofrece materiales de lectura en línea gratuito sobre temas como adicciones y abuso de sustancias, salud y bienestar de los adolescentes, psicología, nutrición y más. Cada categoría incluye información sobre causas, factores de riesgo, detección, diagnóstico, tratamiento y terapia, prevención y lecturas adicionales.
- **Medline Plus** es un recurso en línea gratuito con información sobre temas de salud, medicamentos, directorios y diccionarios para ayudarlo a encontrar la información de salud que necesita. Úselo para explorar recetas y alimentación saludable, los beneficios del ejercicio, la medicina herbal, la salud dental, la salud mental y más.
- Encuentre ambos recursos en la lista alfabética de www.tulsalibrary.org/databases. Descubra recursos de salud adicionales aquí: www.tulsalibrary.org/consumer-health-information.



¡Hagamos ejercicio en otros lugares también! Maxwell Park Library y Herman and Kate Kaiser Library están ubicados cerca de los parques, así que ahorre algo de tiempo para caminar en su próxima visita. En la Biblioteca Judy Z. Kushner, los senderos para caminar serpentean a través del paisaje. ¡Explora los caminos la próxima vez que recojas tus libros!



“Hay más recursos de salud disponibles que nunca, pero a menudo es difícil saber en cuáles confiar. El Centro de investigación de TCCL puede ayudarlo a encontrar información confiable y actualizada sobre casi cualquier tema relacionado con la salud. Tener recursos de salud creíbles y actualizados al alcance de su mano le permitirá tomar las mejores decisiones para usted y su familia.”

– Allison Embry-Saenz, gerente, Servicios de Investigación de la Biblioteca Central

¡Echa un vistazo a las semillas con tu tarjeta de la biblioteca!
Nuestra biblioteca de semillas ofrece una colección de plantas con flores y comestibles que puede llevarse a casa y cultivar. Use la Biblioteca de semillas para reponer el verde en su vida y luego ayude a reponer nuestra colección devolviendo las semillas guardadas a la biblioteca. Encuentre recursos sobre cómo guardar semillas y jardinería aquí:
www.tulsalibrary.org/food-and-gardening

"La jardinería es una actividad física, mental y, a menudo, social que se ha demostrado que reduce el estrés y el riesgo de algunas enfermedades, y mejora el estado de ánimo. Cultivar plantas para la belleza o la nutrición puede ayudarlo a sentirse seguro y fuerte."
- Johanna Burton, asociada de la Biblioteca Central y fundadora de la Biblioteca de Semillas



Obtenga consejos de jardinería en los eventos Tulsa Master Gardeners Lunch and Learn. Únase a nosotros en la Biblioteca Central todos los martes al mediodía o en la Biblioteca Regional de Hardesty todos los jueves a la 1 p.m. Encuentre detalles en la sección Adultos y todas las edades de esta guía.

¿No puede viajar a un médico? ¿No tienes la capacidad de realizar citas virtuales en casa? La nueva cabina de telesalud en la Biblioteca Central puede ayudarlo a conectarse con un médico de forma remota.

La cabina que cumple con ADA, incluye acceso a computadoras con monitores duales y una mesa ajustable, insonorización y vidrio esmerilado para garantizar la privacidad, y una variedad de equipos médicos básicos a pedido, así como filtración HEPA y prácticas avanzadas de desinfección para garantizar un ambiente seguro. Para reservar tiempo en la cabina de telesalud y encontrar detalles, visite www.tulsalibrary.org/telehealth.



Además, obtenga un control gratuito de la presión arterial en la Biblioteca Broken Arrow el jueves 13 de abril y controle su salud mental en los eventos Be Kind to Your Mind el jueves 13 y 27 de abril en la Biblioteca Central. Encuentre detalles en la sección de Adults & All Ages de esta guía.



¡Más en línea!

La Importancia de Estar Sanos

Escrito por Ana Davis, asistente bilingüe de servicio al cliente Biblioteca Regional Martin



Para disfrutar de excelente salud, necesitamos un equilibrio entre la salud física y mental.

Para leer el artículo completo, visite www.tulsalibrary.org/mi-biblioteca o escanee el código QR.



Eventos

Cuentos Bilingües
Martes, 4, 11, 18 y 25 de abril • 11-11:30 a.m.
Biblioteca Regional Martin

Cuentos, canciones y actividades en inglés y español. Para edades de 0 a 5 años y sus cuidadores.

Cuentos Bilingües Para Bebés
Jueves, 6, 13, 20 y 27 de abril • 11-11:30 a.m.
Biblioteca Regional Martin

Ven y disfruta un momento con la Srta. Karna. Vamos a leer cuentos y cantar rimas y canciones divertidas en Inglés y Español. Para edades de 0-2 años y sus cuidadores.

Cuentos Bilingües
Sábado, 8 de abril • 11-11:30 a.m.
Biblioteca Charles Page

Cuentos, canciones y actividades en inglés y español.

¡No Pares La Música!
Miércoles, 12 de abril • 11-11:30 a.m.
Biblioteca Regional Martin

Venga con nosotros a esta programa interactiva con canciones, bailes y mucha diversión. Para las edades 2-5.

Es Primavera: Intercambio de Plantas y Más: ¡Celebramos el Día de la Tierra!
Sábado, 22 de abril • 10:30 a.m.-4:30 p.m.
Biblioteca Nathan Hale

Para el intercambio, trae plantas y herramientas que te sobra. Para la

limpieza, comparte artículos de arte y pasatiempos excedentes. Para festejar, actividades divertidas para toda la familia. En el intercambio de plantas puedes compartir artículos de jardinería; trae semillas, bulbos, brotes, herramientas e intercámbialos con otros. Aceptamos plantas para el interior y exterior incluyendo plantas ornamentales, verduras, hierbas y suculentas. ¿Haciendo limpieza de primavera? Aprovéchalo al máximo y comparte tus artículos de materia de arte y pasatiempos excedentes con los demás; cosas como pinturas, pinceles, hilos y similares. ¡Haremos fiesta de primavera con toda la familia! Habrá libros, rompecabezas y actividades para toda la familia.

Club de Anime
Jueves, 27 de abril • 6-7:30 p.m.
Biblioteca Regional Martin

Únase a nosotros mientras discutimos, miramos y aumentamos nuestro conocimiento general del anime y manga. Para edades de 12 a 18 años.

Baile de Bebés
Viernes, 28 de abril • 11 a.m.-12 p.m.
Biblioteca Regional Martin

¡Unase a nosotros para la regresa del baile de bebés! Ven vestido en su ropa elegante o su ropa cómoda. Habrá bocadillos ligeros, música, muchas burbujas y manualidades. Este programa es para las edades de 0 a 5 años, pero toda la familia está invitada.

**PREMIO COLIBRÍ EN
ARTES LITERARIAS**

HONRANDO A
BENJAMIN ALIRE SÁENZ

SÁBADO, 1 DE ABRIL • 11 A.M.
BIBLIOTECA CENTRAL
POCAHONTAS GREADINGTON
LEARNING AND CREATIVITY CENTER
CALLE QUINTA Y AVENIDA DENVER

Benjamin Alire Sáenz, un galardonado autor hispano estadounidense de poesía y prosa para adultos y adolescentes, y escritor de libros para niños, recibirá el Premio Colibrí en Artes Literarias, hablará sobre su vida, sus escritos y firmará libros.

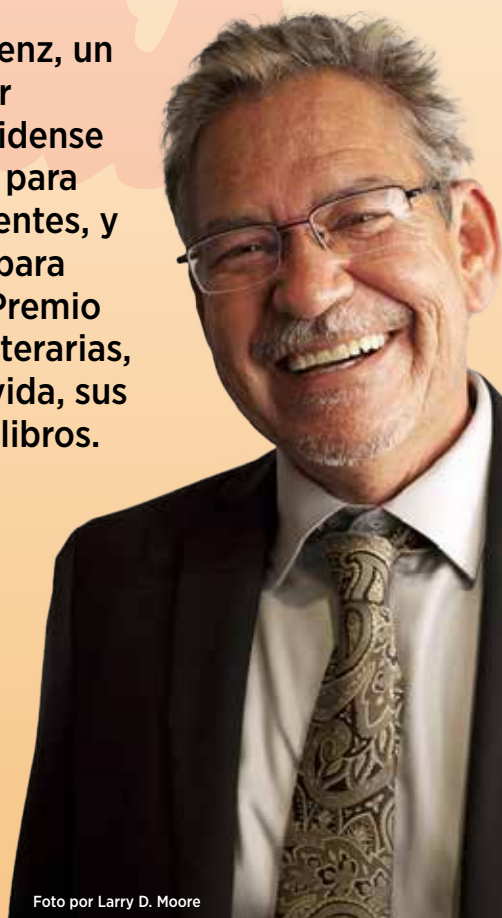


Foto por Larry D. Moore

Centro Hispano
SISTEMA DE BIBLIOTECAS DE LA
CIUDAD Y CONDADO DE TULSA

tulsa
LIBRARY TRUST

Baile de Bebés

Viernes, 28 de abril
11 a.m.-12 p.m.

Biblioteca Regional Martin
2601 S. Garnett Road

Ven vestido en su
ropa elegante o
su ropa cómoda.
Habrá bocadillos
ligeros, música,
muchas burbujas y
manualidades. Este
programa es para
las edades de 0 a 5
años, pero toda la
familia está invitada.



Nuevos títulos en español para adultos

>> Visite www.tulsalibrary.org/books-music-movies para ver estos títulos y encontrar más.

El Clima de Los Angeles
por María Amparo Escandón



L.A. está seco como un desierto, Oscar, el patriarca de la familia Alvarado, está obsesionado con el clima y solo quiere un poco de lluvia. En realidad, alberga un secreto que lo distrae de todo lo demás.

Canción de los Antiguos Amantes
por Laura Restrepo



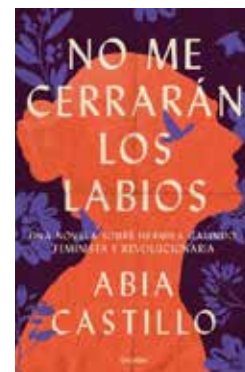
Obsesionado con la reina de Saba, Bos Mutas, un joven escritor contemporáneo, sale a buscarla por el mundo, igual que hicieron a lo largo de los siglos personajes históricos como Salomón, Tomás de Aquino y Gérard de Nerval.

Diez Planetas
por Yuri Herrera



Diez planetas es un volumen de relatos breves que amplifica el mundo de este prestigioso autor mexicano y entremezcla sus obsesiones habituales con una exploración de nuevos temas.

No Me Cerrarán los Labios
por Abia Castillo



Una mujer que luchó intensamente por la emancipación femenina. La Revolución mexicana como telón de fondo. Una historia inspiradora sobre la búsqueda de libertad.

La Mujer Cultivada en Su Palabra
por Gretchen Saffles



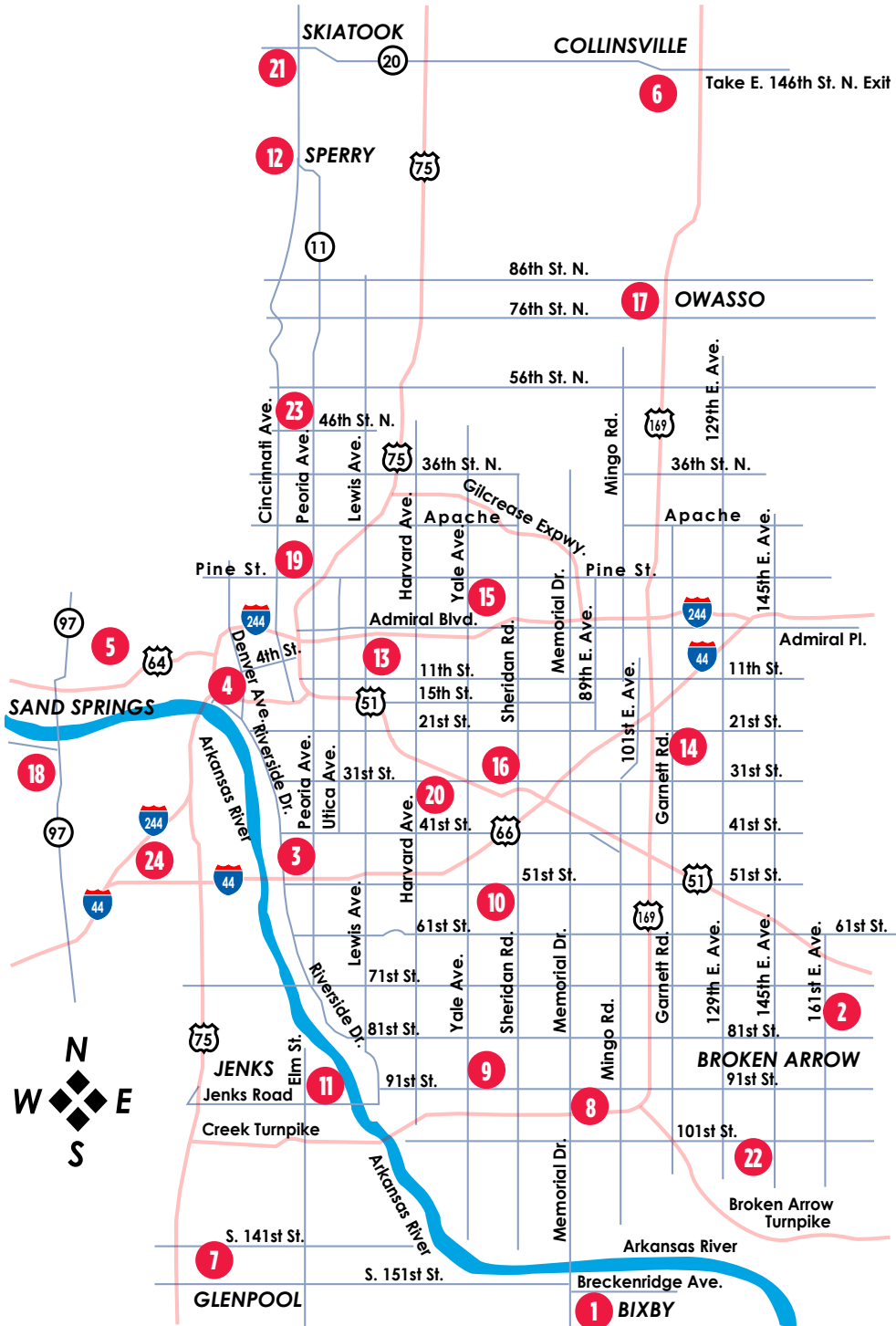
En el caos de nuestro día a día, puede ser difícil vivir y aplicar las verdades de las Escrituras. Queremos más de Jesús, pero nos encontramos buscando en nuestras propias vidas y nuestros propios logros nuestro valor e identidad.

Diarios de Motocicleta
por Ernesto Che Guevara



Un muy joven Ernesto Guevara viaja por América Latina, junto a su amigo Alberto Granado, parten de Argentina y se enfrentan a aventuras y realidades que los transformarán para siempre.

Tulsa City-County Library Locations



- 1 Bixby Library**
20 E. Breckenridge, 74008 | M, W, F, 10-6; T, Th, 12-8; Sat., 10-5
- 2 Broken Arrow Library**
300 W. Broadway, 74012 | M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 3 Brookside Library**
1207 E. 45th Place, 74105 | M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 4 Central Library**
400 Civic Center, 74103 | M-Th, 9-9; Fri., 9-6; Sat., 9-5; Sun., 1-5
- 5 Charles Page Library**
551 E. Fourth St., Sand Springs, 74063
M, W, F, 10-6; T, Th, 10-8; Sat., 10-5
- 6 Collinsville Library**
1223 Main, 74021 | M, W, F, 10-6; T, Th, 12-8; Sat., 10-5
- 7 Glenpool Library**
730 E. 141st St., 74033 | M, W, F, 10-6; T, Th, 12-8; Sat., 10-5
- 8 Hardesty Regional Library and Genealogy Center**
8316 E. 93rd St., 74133 | M-Th, 9-9; Fri., 9-6; Sat., 9-5; Sun., 1-5
- 9 Helmerich Library**
5131 E. 91st St., 74137 | M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 10 Herman and Kate Kaiser Library**
5202 S. Hudson Ave., Suite B, 74135 |
M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 11 Jenks Library**
523 W. B St., 74037 | M, W, F, 10-6; T, Th, 10-8; Sat., 10-5
- 12 Judy Z. Kishner Library**
10150 N. Cincinnati Ave. E., Sperry, 74073
M, W, F, 10-6; T, Th, 12-8; Sat., 10-5
- 13 Kendall-Whittier Library**
21 S. Lewis, 74104 | Mon.-Fri., 10-6; Sat., 10-5
- 14 Martin Regional Library and Hispanic Resource Center**
2601 S. Garnett Road, 74129 | M-Th, 9-9;
Fri., 9-6; Sat., 9-5; Sun., 1-5
- 15 Maxwell Park Library**
1313 N. Canton, 74115 | Mon.-Fri., 10-6; Sat., 10-5
- 16 Nathan Hale Library**
6038 E. 23rd St., 74114 | Mon.-Fri., 10-6; Sat., 10-5
- 17 Owasso Library**
103 W. Broadway, 74055 | M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 18 Pratt Library**
3219 S. 113th W. Ave., Sand Springs, 74063
M, W, F, 10-6; T, Th, 10-8; Sat., 10-5
- 19 Rudisill Regional Library and African-American Resource Center**
1520 N. Hartford, 74106 | M-Th, 9-9; Fri., 9-6; Sat., 9-5; Sun., 1-5
- 20 Schusterman-Benson Library**
3333 E. 32nd Place, 74135 | M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 21 Skiatook Library**
316 E. Rogers, 74070 | M, W, F, 10-6; T, Th, 12-8; Sat., 10-5
- 22 South Broken Arrow Library**
3600 S. Chestnut, 74011 | M-Th, 10-8; Fri., 10-6; Sat., 10-5
- 23 Suburban Acres Library**
4606 N. Garrison, 74126 | Mon.-Fri., 10-6; Sat., 10-5
- 24 Zarrow Regional Library and American Indian Resource Center**
2224 W. 51st St., 74107 | M-Th, 9-9; Fri., 9-6; Sat., 9-5; Sun., 1-5