Adult Calendar

May 2024



Fun & Fitness with Joyce 9AM Powerful Tools for Caregivers 10AM Mahjong 12:30PM Mystery Book Group

Seed Library Open

Wednesday

Senior Stretch Yoga 9AM# Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM Let's Talk About Grief

> Senior Stretch Yoga 9AM#

Card Games 10AM Trustee Meeting 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM Thursday

Geri Fit 9AM Pick A Craft 2PM French 4PM

Thirteen Days in October 5:30PM

Geri Fit 9AM

French 4PM

4:30PM

5:30PM 16

Meet the Artist

Breeding Season

Backyard Birds

Senior Sculpt 9AM Chair Yoga 10AM

Friday

Senior Sculpt 9AM

Chair Yoga 10AM

German 2:30PM

Beginner Line

Dancing 4PM

Hand & Foot 12:30PM

Happy Crafters 1:30PM

Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM Saturday

Beginner Line Dancing 10:30AM

Beginner Line Dancina 10:30AM

Sponsored by the Friends

12

CR@SsiNG

PLACES

GRIFFITHS

Fun & Fitness with Joyce 9AM Powerful Tools for Caregivers 10AM Mahjong

Seed Library Open

12:30PM

20

Senior Sculpt 9AM Geri Fit 10AM Intermediate Line Dancing 4PM Benefits of Forestry Practices on Bird Diversity 5:30PM

Senior Sculpt 9AM

Intermediate Line

Geri Fit 10AM

Dancing 4PM

15

Senior Stretch Yoga 9AM# Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM

Geri Fit 9AM French 4PM Book

Discussion 5:30PM Senior Sculpt 9AM

Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM 18

7:30AM Beginner Line Dancing 10:30AM

Bird Walk

19

Fun & Fitness with Joyce 9AM Powerful Tools for

Mahjong 12:30PM

Senior Sculpt 9AM Geri Fit 10AM Intermediate Line Dancing 2:30PM Caregivers 10AM Friends of the Library 4PM Cookbook Club 5:30PM

Senior Sculpt 9AM The Power of Meditation 10AM Intermediate Line 22

Senior Stretch Yoga 9AM# Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM

23

Geri Fit 9AM French 4PM



30

24 Senior Sculpt 9AM Chair Yoga 10AM

Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line

Dancing 4PM

CLOSED

25

MEMORIAL DAY

CLOSED

Gilford Public Library 31 Potter Hill Road Gilford, NH 03249 524-6042 www.gilfordlibrary.org

Dancing 4PM

Senior Stretch Yoga 9AM# Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM Geri Fit 9AM French 4PM

Senior Sculpt 9AM Chair Yoga 10AM Hand & Foot 12:30PM

Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM







CR@SsiNG PLACES

GRIFFITHS

COUNCUMUS



Grief is a kaleidoscope of emotions, sparked by any loss that shatters our world and is important to talk about. Join us in an open conversation with counselor Brenda Wentworth.

PICK A CRAFT - MAY 2 @ 2PM

Did you miss one of our crafts but wish you could still make one? Come and choose one of the crafts from the past year. Sign up is required.

THIRTEEN DAYS IN OCTOBER - MAY 2 @ 5:30PM

Authors Michael Tougias and Casey Sherman talk about presidential decision-making, nuclear containment, intelligence-gathering, and public information throught the lense of the Cold War, John F. Kennedy and the U2 aerial spy program.

CHAIR YOGA - FRIDAYS @ 10AM

Join Lani Voivod for a seated yoga class! Cost is \$5 per class or \$20 for 5 classes.

SEED LIBRARY - MONDAYS. MAY 6-20 @ 11AM

Do you want to try gardening at home? We encourage everyone to give it a try. Whether it's in a yard or in a pot on your deck, plants can grow anywhere and we have seeds for you! Stop by and pick up three seed packets for free. Library card members only. While supplies last.

POWERFUL TOOLS FOR CAREGIVERS - APRIL 15-MAY 20 @ 10AM

This interactive workshop presented by the Granite VNA helps family caregivers learn to take care of themselves by reducing personal stress, communicating more effectively and more. Sign up at the library.

MYSTERY BOOK GROUP - MAY 6 @ 5PM

Join us for this month's mystery book group! Betty Tidd will lead the discussion of *The Crossing Places* by Elly Griffiths. Copies of the book will be available at the circulation desk.

MEET THE ARTIST - MAY 9 @ 4:30PM

Meet the artists that have brought you this month's *Wings of Wonder* display featured in the Exhibit Area, Reading Room and downstairs hallway. Light refreshments will be served.

Breeding Season Backyard Birds - May 9 @ 5:30PM

Steve Hale offers an engaging and interactive presentation featuring common and likely breeding season birds in New England, offering identification and feeding tips.

BENEFITS OF FORESTRY PRACTICES ON BIRD DIVERSITY - MAY 14 @ 5:30PM

Dr. Len Reitsma from Plymouth State University talks about what happened to bird species diversity and abundance of individual birds after a tree harvest at a New Hampshire American Tree Farm.

BOOK DISCUSSION: THE COLLECTED REGRETS OF CLOVER - MAY 16 @ 5:30PM

This month's book is *The Collected Regrets of Clover* by Mikki Brammer. Books are available at the front desk.

BIRD WALK - MAY 18 @ 7:30AM

Join Bird Enthusiasts and Nature Photographers Chris Agurkis and Wendy Oellers-Fulmer for a birding excursion on the Wetlands Walk at Gunstock Mountain. Please dress appropriately and bring binoculars if you have them. Meet at the library at 7:30am for coffee and light refreshments before the walk.

COOKBOOK CLUB: THE MEDITERRANEAN DISH - MAY 21 @ 5:30PM

Join us for this month's Cookbook Club: *The Mediterranean Dish* by Suzy Karadsheh. Copies are available at the Front Desk. Make any recipe from the book and bring it to our bimonthly potluck!

THE POWER OF MEDITATION - MAY 28 @ 10AM

Discover the wonderful benefits of meditation from Dr. Amanda from Awakening Chiropractic.











KIDS CALENDAR

31 Potter Hill Road Gilford, NH 03249

www.gilfordlibrary.org

524-6042

MAY 2024







PROGRAMS



BABY STORYTIME

Join other families for a special storytime filled with songs, rhymes and more!

PRESCHOOL STORYTIME - TUESDAYS

Come listen to silly stories and make cool crafts with Miss Linda!

LITTLE MATH WIZ

Little Math Wiz continues with fun stories & activities! *Aaes 3 -5



WONDER WINGS: NATURE DETECTIVES

Become a nature detective! Explore outdoors to learn more about birds!

PRESCHOOL STORYTIME - FRIDAYS

Join Miss Jill in a sparkling storytime filled with friends and laughs!

DROP-IN CRAFT: MY SUPERHERO

Celebrate Mother's day by making a sweet superhero craft!

SCIENCE SEEKERS: FUN WITH FOOD

Hands-on experiments with density & energy using food!

T(W)EEN DUNGEONS & DRAGONS CLUB

Play Dungeons and Dragons with Dungeon Master Hayden!

T(W)EEN AFTER SCHOOL CLUB

Hangout with friends, play games, and make stuff. You decide what we do!

HOMESCHOOL GAME CLUB

Home school kids between 11 and 18 years old, come for an afternoon of activities.

T(W)EEN EARLY RELEASE

Want to have fun? We've got the dance here for you. Come join a group of friends for snacks and laughs while you bust a move with Just Dance on the big screen!









