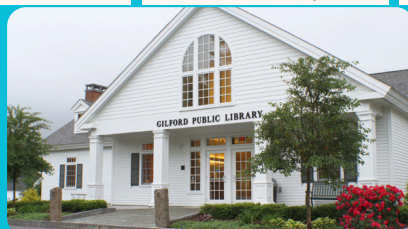


Adult Calendar

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED  # Sponsored by the Friends	2  Geri Fit 9AM	3 Senior Sculpt 9AM Bridge 10AM # Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	4 Beginner Line Dancing 10:30AM Sound Bath 12PM
5 	6 # Fun & Fitness w/ Joyce 9AM Tai Chi 10:15AM Mahjong 12PM Writing Wizards 4:30PM Mystery Book Group 5PM	7 Geri Fit 9AM Senior Sculpt 10AM Intermediate Line Dancing 4PM What's Wild 5:30PM	8 Senior Stretch Yoga 9AM Trustee Meeting 10AM Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM	9 Geri Fit 9AM Boost Your Brain & Memory 1PM French 4PM	10 Senior Sculpt 9AM Bridge 10AM # Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	11 Beginner Line Dancing 10:30AM
12 	13 # Fun & Fitness w/Joyce 9AM Tai Chi 10:15AM Mahjong 12PM	14 Geri Fit 9AM Senior Sculpt 10AM Beating the Blues 11AM Intermediate Line Dancing 4PM	15 Senior Stretch Yoga 9AM Audio Screening 10AM Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM	16 Geri Fit 9AM Boost Your Brain & Memory 1PM French 4PM Book Group 5:30PM 	17 Senior Sculpt 9AM Bridge 10AM # Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	18 Beginner Line Dancing 10:30AM
19 	20 CLOSED 	21 Geri Fit 9AM Senior Sculpt 10AM Health Happiness 11AM Intermediate Line Dancing 2:30 PM Friends of the Library 4PM	22 Senior Stretch Yoga 9AM Card Games 10AM Check Out an Expert 10AM Successful Goal Setting 10:30AM Chess Club 1PM Paint Group 1PM	23 Geri Fit 9AM Boost Your Brain & Memory 1PM French 4PM	24 Senior Sculpt 9AM Bridge 10AM # Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	25 Beginner Line Dancing 10:30AM 
26 	27 # Fun & Fitness w/Joyce 9AM Tai Chi 10:15AM Mahjong 12PM	28 Geri Fit 9AM Senior Sculpt 10AM Intermediate Line Dancing 4PM Now More Than Ever 5:30AM	29 Senior Stretch Yoga 9AM Card Games 10AM Check Out an Expert 10AM Chess Club 1PM Paint Group 1PM	30 Geri Fit 9AM Boost Your Brain & Memory 1PM French 4PM	31 Senior Sculpt 9AM Bridge 10AM # Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	

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



Version 12/14/24



Programs



SOUND BATH - JANUARY 4 @ 12PM

Lani Voivod guides us into 2025 with a transformative Sound Bath using crystal singing bowls, designed to awaken your potential and set the tone for an extraordinary year. Cost is \$12 – sign up required.

TAI CHI PRACTICE - MONDAYS @ 10:15AM

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Come and practice some basic moves.

MYSTERY BOOK GROUP - JANUARY 6 @ 5PM

Join us for this month's mystery book group! Betty Tidd will lead the discussion of *Mercy Snow* by Tiffany Baker. Copies of the book will be available at the circulation desk.



WHAT'S WILD - JANUARY 7 @ 5:30PM

Author Eric Orff shares his first book, *What's Wild*, which features more than four dozen stories filled with humor and passion for conservation from his five-decade career as a wildlife biologist in New Hampshire.

BOOST YOUR BRAIN & MEMORY - JANUARY 9, 16, 23 & 30 @ 1PM

Join Kate Bruchacova from the UNH Extension for a stimulating and interactive 4 week program in order to remember things better, be more organized, reduce stress and more. Sign up required.

BEATING THE BLUES - JANUARY 14 @ 11AM

Granite VNA Community Health Educator, Brooke Noonan, teaches how to cope with winter blues and to recognize when signs and symptoms become more persistent and may require more intervention.

AUDIO SCREENING - JANUARY 15 @ 10AM-2PM

Not sure if hearing loss is impacting you on a day to day basis? Come get a hearing screening conducted by Dr. Laura O'Brien Robertson, AUD. Sign up for a 15 minute screening.



BOOK DISCUSSION: THIS IS HAPPINESS - JANUARY 18 @ 5:30PM

This month's book is *This is Happiness* by Niall Williams. Led by Betty; books are available at the front desk.

HEALTH HAPPINESS 2025 - JANUARY 21 @ 11AM

Get all the latest tips for making 2025 your healthiest year in this 30 minute class touching on lots of major health topics from the latest nutrition and exercise advice, to how to break bad habits, and create lasting healthy ones to help you live your best year. Presented by Awakening Chiropractic.

SUCCESSFUL GOAL SETTING - JANUARY 22 @ 10:30AM

Hannaford Dietitian, Braelynne Jurius, helps us set the stage for successful goal setting, exploring the stage of change theory, how to remove barriers to success, tools for staying on track, and creating a personalized plan.



NOW MORE THAN EVER - JANUARY 28 @ 5:30PM

Common Man for Ukraine shares their determination to support Ukraine's children of war with humanitarian aid and offers a way for Granite Staters to make a difference.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED HAPPY new YEAR	2 Aspiring Artist Storytime 10:30PM Homeschool Club 12PM	3 Preschool Storytime 10:30AM 	4
5 	6 Baby Storytime 10:00AM	7 Preschool Storytime 10:30AM T(w)een RPG Sessions 3PM	8 T(w)een Boredom Busters 3PM Science Seekers 3:30PM	9 Aspiring Artist Storytime 10:30PM 	10 Preschool Storytime 10:30AM	11 
12 	13 Baby Storytime 10:00AM	14 Preschool Storytime 10:30AM 	15 T(w)een Boredom Busters 3PM Science Seekers 3:30PM	16 Aspiring Artist Storytime 10:30PM Homeschool Game Club 12PM	17 Preschool Storytime 10:30AM	18 
19 	20 CLOSED 	21 Preschool Storytime 10:30AM T(w)een RPG Sessions 3PM	22 T(w)een Boredom Busters 3PM Science Seekers 3:30PM	23 Aspiring Artist Storytime 10:30PM 	24 Preschool Storytime 10:30AM	25 Drop-In Craft Penguin Poppers 10:30AM
26 	27 Baby Storytime 10:00AM	28 Preschool Storytime 10:30AM	29 T(w)een Boredom Busters 3PM Science Seekers 3:30PM	30 Aspiring Artist Storytime 10:30PM Homeschool Game Club 12PM	31 Preschool Storytime 10:30AM 	



PROGRAMS



BABY STORYTIME

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

PRESCHOOL STORYTIME - TUESDAYS

Come listen to snowy stories and make cute crafts with Miss Linda!



SCIENCE SEEKERS

Join Miss Erika for some cool chills & thrills with science!



ASPIRING ARTIST STORYTIME

Make a magnificent masterpiece after learning about an artist with Miss Jill!



PRESCHOOL STORYTIME - FRIDAYS

Connect with other kids in a fun-filled storytime with Miss Erika!



DROP-IN CRAFT: PENGUIN POPPERS

Get ready to make a fun penguin popper with friends!



T(W)EEN RPG SESSIONS

Come join DM Hayden in some RPG gaming fun! Whether it's Dungeons and Dragons or some other role playing game, join in on the action!



T(W)EEN BOREDOM BUSTERS

Bored on Wednesdays around 3PM? Hayden has some ideas! Come join this student-led activity group!



HOME SCHOOL CLUB

Are you a home school kid between 11 and 18 years old? Are you bored at home and want to hang out with other home school kids? Come hang out with Hayden and others to play games, eat food, do whatever we decide!

