## Rault Odwaar

# June 2



#Fun & Fitness with Joyce 9AM Clay Pots with Fabric Craft 11AM Mahjong 12:30PM

Senior Sculpt 9AM Geri Fit 10AM Bridge 10AM Intermediate Line Dancing 4PM

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

Geri Fit 9AM French 4PM Civil War Soldiers' Quilts 5:30PM

Beginner Line Senior Sculpt 9AM Dancina Bridge 10AM 10:30AM Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM

9 Geri Fit 9AM Mahjong 12:30PM

11 Senior Sculpt 9AM Bridge 10AM London, England 11AM Intermediate Line Dancing 4PM Long-Lost Elephants of New England 5:30PM

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

13 Geri Fit 9AM French 4PM Learn How to

Learn to Fish -Senior Sculpt 9AM Bridge 10AM Field Chair Yoga 10AM Experience Hand & Foot 12:30PM 9AM Fish 5:30PM Happy Crafters 1:30PM Beginner Line German 2:30PM Dancing Beginner Line 10:30AM Dancing 4PM

Beginner Line

Dancing 4PM

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Geri Fit 9AM Mahjong 12:30PM Understanding Alzheimers & Dementia 5:30PM

Senior Sculpt 9AM Bridge 10AM Intermediate Line Dancing 2:30PM Friends of the Library 4PM New England Hiking 5:30PM

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

20 Geri Fit 9AM June Exercise Social 10AM French 4PM Summer Reading Kickoff 4PM# **Book Discussion** 

Senior Sculpt 9AM Bridge 10AM Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM

22 Beginner Line Dancing 10:30AM

15

23 24

> #Fun & Fitness with Joyce 9AM Mahjong 12:30PM

25 Senior Sculpt 9AM Geri Fit 10AM Bridge 10AM Is Gluten Actually Bad? 11AM Intermediate Line Dancing 4PM

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

Geri Fit 9AM French 4PM

5:30PM

28 Senior Sculpt 9AM Bridge 10AM Chair Yoga 10AM Hand & Foot 12:30PM Happy Crafters 1:30PM German 2:30PM

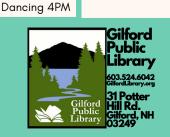
Beginner Line

Beginner Line Dancing 10:30AM

# Sponsored by the Friends

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







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# JOSH WILLIAM





Do you think that clay pots are boring, and the nicer looking pots can get pricey. So how do you remedy the situation? Sign up to create a beautiful pot for your patio, deck or inside.

### TALK ABOUT GRIEF - JUNE 5 @ 1PM

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

### CIVIL WAR SOLDIERS' OUILTS - JUNE 6 @ 5:30PM

Pam Weeks will tell the stories outlined in quilts made by soldiers during the Civil War as well as the origins of the U.S. Sanitary Commission and the roles women played on the home front and as nurses.

### CHAIR YOGA - FRIDAYS @ 10AM

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

### DISCOVER LIVE: LONDON, ENGLAND - JUNE 11 @ 11AM

Be immersed in this grand, noisy yet cozy city in this live, virtual tour. Held at the Gilford Community Church, there will be a traditional luncheon following the tour for \$10.00. Sign-up with Gilford Parks and Rec to let them know if you are having the meal, 603-527-4722.

### LONG-LOST ELEPHANTS OF NEW ENGLAND- JUNE 11 @ 5:30PM

Did you know New England had elephants? Discover what happened to these ancient creatures and if we might see them return with Harris Center naturalist and woolly mammoth lover Susie Spikol!

### LEARN HOW TO FISH - JUNE 13 @ 5:30PM LEARN HOW TO FISH: FIELD EXPERIENCE - JUNE 15 @ 9AM

Learn the basic rods and reels, safety, knot tying, fish identification, ethics, rules and regulations, and aquatic ecology needed to become an angler! Must be 8 years old and up (minors need an adult with them). Sign up at the NH Fish and Game link on our website.

### Understanding Alzheimers & Dementia - June 17 @ 5:30PM

Learn from the Alzheimer's Association the difference between alzheimer's and dementia, stages and risk factors, as well as current research and treatments available for some symptoms. Sign-up at the library.

### **NEW ENGLAND HIKING - JUNE 18 @ 5:30PM**

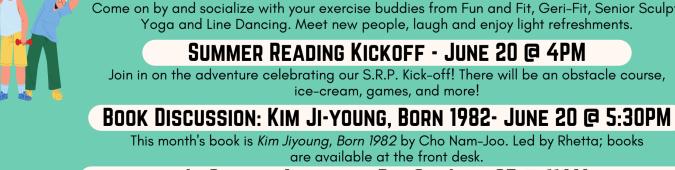
Covering destinations in all six New England states, author Jeff Romano advises where and how to plan your next adventure along with wildflowers, birds, wildlife, history, and conservation success stories.

### June Exercise Social - June 20 @ 10AM

Come on by and socialize with your exercise buddies from Fun and Fit, Geri-Fit, Senior Sculpt,

### IS GLUTEN ACTUALLY BAD? - JUNE 25 @ 11AM

Many people have heard that gluten may have negative effects to our health...is that actually true? Presented by Dr. Amanda from Awakening Chiropractic.





### KIDS GALENDAR

## JUNE 2024.



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









### PROCERARIS



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!

### 1,000 BOOKS BEFORE KINDERGARTEN GRADUATION

If you're currently a 1000 Book Before Kindergarten participant join us for a celebration that can't be missed! All participants will be recognized along with celebrating our 2024 graduates!

### **PRESCHOOL STORYTIME - FRIDAYS**

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

### **DROP-IN CRAFT: TASTY TIES**

Celebrate Father's day by making a candy tie craft!

### **SUMMER READING PROGRAM KICK OFF!**

Join in on the adventure celebrating our S.R.P. Kick-off! There will be an obstacle course, ice-cream, games, and more!

### **ADVENTURE BAG CRAFT**

Make your own adventure bag to collect your daily treasures!

### **ADVENTURE STORY HIKE**

Join us for an adventure outside hiking the local Ramblin Vewe Farm Trail!

### T(W)EEN AFTER SCHOOL CLUB

Afterschool Teen Club. Hangout with friends, play games, and make stuff.

### T(W)EEN DUNGEONS & DRAGONS CLUB

Play Dungeons and Dragons with Dungeon Master Hayden!

### T(W)EEN DROP IN CRAFT: PARACORD CRAFTS

Stop in any time this week from 10am-4pm to make paracord goodies!

### 4H BABYSITTING BASICS

Teens and tweens (ages 10-18) will learn the basics of babysitting and upon completion of the course, will be UNH Cooperative Extension certified babysitters. There will be exciting guest speakers and youth will make their own Babysitting Bag filled with supplies and materials. Sign up!

### T(W)EEN MOVIE: TEENAGE MUTANT NINJA TURTLES - MUTANT MAYHEM

Come by for a movie and snacks.





