# Adult Culoudan

# June 2025

Sunday

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8

Colum McCann with plane Foley

Monday

2
#Fun & Fitness
with Joyce 9AM
Tai Chi Practice
10:15AM
Mahjong 12PM
Writing Wizards

4:30PM

Geri Fit 9AM
Senior Sculpt 10AM
Bridge 10AM
Death Cafe 1PM
Intermediate Line
Dancing 4PM
Mount Washington
Observatory 5:30PM

Tuesday

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

Wednesday

Thursday
5
Geri Fit 9AM
SAFE @ Home
10:30AM
French 4PM

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

Friday

Beginner Line Dancing 9:30AM

Saturday

#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM Geri Fit 9AM
Senior Sculpt 10AM
Bridge 10AM
Intermediate Line
Dancing 4PM
Restoring Brook
Trout to NH 5:30PM

#Senior Stretch Yoga 9AM Trustee Meeting 10AM Card Games 10AM Check Out an Expert 10AM Tour of Gilford Hannaford 10:30AM Paint Group 1PM Geri Fit 9AM
Refreshing Thai
Cuisine 12:30PM
French 4PM
Book Discussion
5:30PM

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

#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM Geri Fit 9AM
Senior Sculpt 10AM
Bridge 10AM
Saving Photos &
Memories 11AM
Intermediate Line
Dancing 2:30PM
Friends of the
Library 4PM

18
#Senior Stretch Yoga
9AM
Card Games 10AM
Check Out an Expert
10AM
Sand Art Terrarium
10:30AM
Paint Group 1PM

Geri Fit 9AM
Senior Nutrition
10AM
French 4PM

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

Dancing 4PM

Beginner Line Dancing 10:30AM

#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM 24
Geri Fit 9AM
Senior Sculpt 10AM
Bridge 10AM
Intermediate Line
Dancing 4PM
Film Classics: Iconic
Scenes 5:30PM

#Senior Stretch Yoga 9AM Card Games 10AM Check Out an Expert 10AM Paint Group 1PM #Summer Reading Kickoff! 4PM Geri Fit 9AM French 4PM Har Happ

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

Dancing 4PM



#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM

LEVEL OF YOUR LIBRERY



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# DEATH CAFE - JUNE 3 @ 1PM

Be a part of a respectful and supportive space to discuss a natural part of life with Registered Nurse Ruth O'Hara, certified Death Doula and Reiki Master and Carol Wallace, Reiki Master as moderators.

# MOUNT WASHINGTON OBSERVATORY - JUNE 3 @ 5:30PM

Find out why is Mount Washington called the "Home of the World's Worst Weather" and the unique life and work of the weather observers stationed there. Presented by Brian Fitzgerald, Mount Washington Observatory's Director of Education.

# SAFE AT HOME - JUNE 5 @ 10:30AM

Real practical information to empower seniors to make informed decisions, fall risk assessment, auidance on modifications to enhance safety and accessibility with light, engaging, helpful takeaways.

# RESTORING BROOK TROUT IN NH - JUNE 10 @ 5:30PM

A New Hampshire Fish and Wildlife Steward will shares the natural history, habitat needs, and population threats of this native fish, along with the federal funding that supports long-term research.

# TOUR OF THE GILFORD HANNAFORD - JUNE 11 @ 10:30AM

Braelynne Jurius, a Hannaford Registered Dietitian will lead us on a tour of the Hannaford store in Gilford, NH. Meet at the store or carpool from the library at 10:15.

# Refreshing Thai Cuisine for Summer - June 12 @ 12:30PM

Join us for a fun afternoon with Chef Colleen as she teaches us how to make Shrimp and Tofu Summer Rolls, two dipping sauces and a cucumber salad! Space is limited. Sign-up required.

# BOOK DISCUSSION: AMERICAN MOTHER - JUNE 12 @ 5:30PM

This month's book is American Mother by Diane Foley. Led by Rhetta; books are available at the front desk.

# S.O.S. PHOTOS & MEMORIES - JUNE 17 @ 11AM

Dedicated photo organizer Diana Ashley talks about how to get all your memories organized into one place! She will cover what cloud storage is, and the different options for storage and preservation.

# SAND ART TERRARIUM - JUNE 18 @ 10:30AM

If you'd like to display faux air plants and succulents all season long, make them look their summertime best with colored sand and glass jars. Sign-up required.

# SENIOR NUTRITION - JUNE 19 @ 10AM

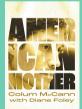
Discover a path to vitality and wellness that could just make all the difference. Presented by Dr. Vanessa Hahn from Hahn Health Primary Care.

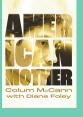
# SUMMER READING KICKOFF - JUNE 25 @ 4PM

Join in on the adventure celebrating our S.R.P. Kick-off! There will be games, a food-truck, and more!

# FILM CLASSICS: ICONIC MOVIE SCENES - JUNE 24 @ 5:30PM

Author and pop culture historian, Marty Gitlin, talks about what made certain film scenes so iconic along with playing some classic movie trivia.





# KIDS GALENDAR

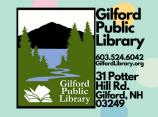
# JUNE 2025



T(w)een Drop-In Among Us Felt Craft-10AM-5PM

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







# PROCRARS







#### **BABY STORYTIME**

Join other parents and babies for a special storytime with Miss Jill filled with songs, rhymes, and more! \*If you miss the 10am session, don't worry! We now have a second session at 10:30am.



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

# LITTLE MATH WIZ

Little Math Wiz is back with fun stories & activities! \*Ages 3 -5

# SCIENCE SEEKERS: FUN WITH FOOD

Taste your own experiments and learn the science behind it with Miss Erika!



### YOGAPALOOZA

Join Miss Jill in a beginners yoga and mindfulness class for kiddos and parents are encouraged to join in too! \*Ages 3-6

# **PRESCHOOL STORYTIME - FRIDAYS**

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

# 1,000 BOOKS BEFORE KINDERGARTEN GRADUATION

If you're currently a 1000 Book Before Kindergarten participant join us for a Vcelebration that can't be missed! All participants will be recognized along with celebrating our 2025 graduates!



Create a one of a kind gift for the special father figure in your life!

# **SUMMER READING PROGRAM KICK OFF!**

Join in on the celebration of our S.R.P. Kick-off! Sign-up for summer reading and enjoy the delicious food, life-size games, and more!

# SIDE OUEST CRAFT

Make a side quest card holder to collect all the cards during the summer.



Come join this student-led activity group!

# T(W)EEN PLANT POWER HOUR

Prepare, seed, cultivate, weed, decorate, harvest... EAT! Learn some gardening basics!



Make a crewmate (or two) to take home in this easy craft!









