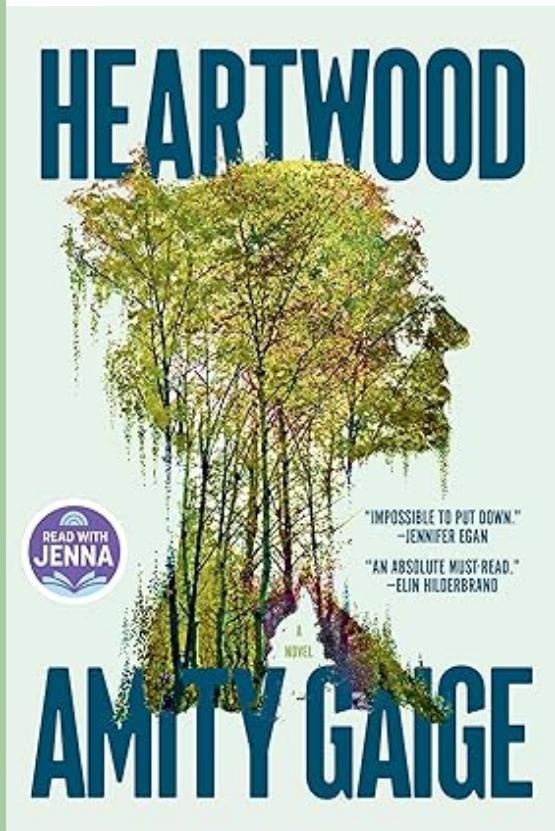




**April 15, 2025**

The Oracle at Delphi herself couldn't predict what the next bout of weather is going to be. Though the weather is a never ending mystery, the library remains constant, ready to provide good reads and fun programs. Later today we have local author, Gladys Clausen, sharing experience with medical maladies and writing her book "Modified," tonight at 5:30pm. Then tomorrow the 16th we have "30 Minute Meals" at 10:30am, where a Hannaford dietician will give you the know-how to keep yourselves healthy even if you're in a hurry. We hope to see you at the library no matter what the weather might bring.

**On the Librarian's  
Nightstand:  
*Heartwood*  
by Amity Gaige**



**Showing off our pony-bead  
creations!**



**Book Discussion: Stealing**

"A crackling adventure story, a meditation on the fraught human connection to nature, and a subtle examination of the rocky relationships between mothers and daughters that shape the lives of its women characters, the novel tightens its grip as it moves toward uncovering its central mysteries."

—BOOKLIST, Starred Review

### **The Eights**

by Joanna Miller

### **The Float Test**

by Lynn Steger Strong

### **Killer Potential**

by Hannah Deitch

### **This Is Not A Game**

by Kelly Mullen

### **Stone Angels**

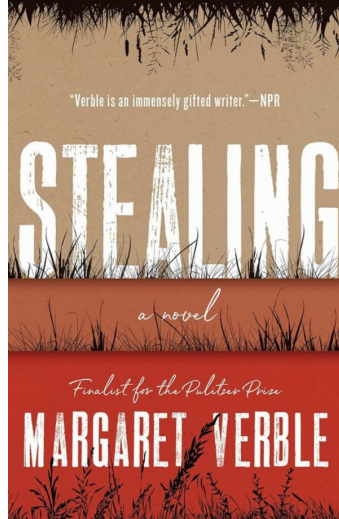
by Helena Rho

### **Swept Away**

by Beth O'Leary

### **The End Of Loneliness**

by Benedict Wells



## Book Discussion

THURSDAY

APRIL 17, 2025

5:30-6:30PM

Led by Molly. Copies are available at the front desk. Get yours today!



This month's book is *Stealing* by Margaret Verble. Led by Molly; books are available at the front desk.

**Thursday, April 17 @ 5:30 p.m.**

## Spring Into Exercise Social



Come on by and socialize with your exercise buddies! Have some laughs and enjoy light refreshments.

**Tuesday, April 22 @ 10:45 a.m.**

## DVD of the Week: *Transformers One*

## This Week at the Library

### Adults

#### Geri Fit

Today, 9:00 a.m. - 10:00 a.m.  
Please bring your own 2-3 pound dumbbell, a stretch band, and water to drink during the workout.

#### Senior Sculpt

Today, 10:00 a.m. - 11:00 a.m.





An epic animated family movie that brings the Transformers we know and love back to their roots. We follow the at-odds Optimus Prime and Megatron as we learn of their origins and the birth of their conflict. With a stunning style and story to match, this is a fun watch for the whole family. Starring the voices of Chris Hemsworth, Scarlett Johansson, Jon Hamm and more.

### **Links of the Week**

[Exective Order Regarding IMLS and How It Affects NH Libraries](#)

[EveryLibrary Petition for IMLS Funding](#)

[Bookriot's The Best New Book Releases Out April 8, 2025](#)

[The Most Read Books on Goodreads This Week](#)

[Where to Catch the Easter Bunny This Year](#)

[Where To Go for Easter Brunch in NH](#)

Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

### **Intermediate Line Dancing**

Today, 2:30 p.m. - 3:30 p.m.  
Line Dancing class with Bonnie.

### **Friends of the Library Meeting**

Today, 4:00 p.m. - 5:00 p.m.

### **Modified - The Journey to My New Normal: A Memoir of Being BRCA Positive**

Today, 5:30 p.m. - 6:30 p.m.  
Local author, Gladys Clausen, will present her message of hope and empowerment despite illness.

### **Senior Stretch Yogaaah!**

Wednesday, 9:00 a.m. - 10:00 a.m.  
Lani Voivod will lead us through stretches. Sponsored by the Friends of the Library.

### **Card Games**

Wednesday, 10:00 a.m. - 12:00  
Play a few rounds of "Pay Me".

### **Check Out An Expert**

Wednesday, 10:00 a.m. - 12:00  
Need basic technology help? Swing by for a session with our expert.

### **30 Minute Meals: A Dietitian's Guide to Healthy In A Hurry**

Wednesday, 10:30 a.m. - 11:30  
A Hannaford dietitian will explain how to shop for foods that make meal prep quick and easy while maintaining healthy goals.

### **Paint Group**

Wednesday, 1:00 p.m. - 3:00 p.m.  
Bring your supplies to work on your projects with other artists.

### **Geri Fit**

Thursday, 9:00 a.m. - 10:00 a.m.  
Please bring your own 2 - 3 lb. dumbbell, a stretch band and water to drink during the workout.

### **Healthy Steps For Older Adults**

Thursday, 10:00 a.m. - 2:00 p.m.  
The comprehensive session focuses on managing fall risk. For adults 60 and over. Sign-up required.

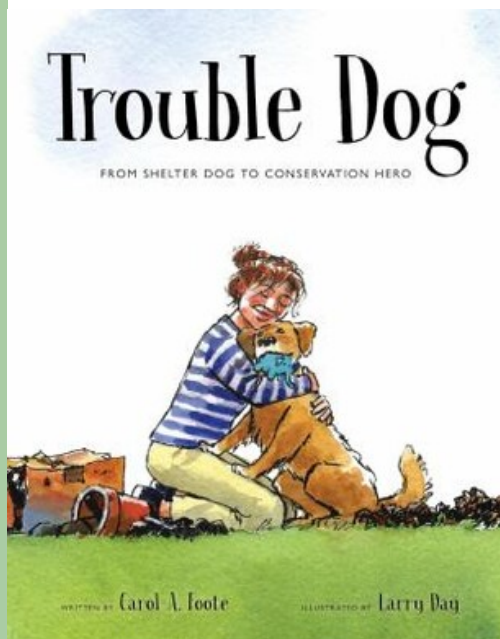
### **French Club**

Thursday, 4:00 p.m. - 5:00 p.m.  
Join the library's ongoing conversational French group.

## Children's Corner

Is your child worried about meeting new friends or learning a new sport? It's okay! Being worried is an important emotion, but it may be hard for you to explain or help your child through this. [KidsHealth](#) has a ton of information and tips for parents. Also, here at the library we have a lot of materials that you can check out!

**Featured Book:** *Trouble Dog* by Carol Foote



## Word(s) of the Week

**Chary**  
*adjective*

Usually used with *about* or *of* to describe someone who is cautious about doing something.

CHAIR-ee

"Hayden's son was chary about meeting the Easter Bunny at the Bunny Hop Storywalk for fear of the large creature."

## Upcoming Events

### Book Discussion: *Stealing*

Thursday, 5:30 p.m. - 6:30 p.m.  
Molly will lead a discussion of this book by Margaret Verble.

### Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.  
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

### Heart 'n Soul Chair Yoga!

Friday, 10:00 a.m. - 11:00 a.m.  
Embark on a wellness journey with Chair Yoga led by Lani Voivod. Sponsored by the Friends of the Library.

### Bridge

Friday, 10:00 a.m. - 12:00 p.m.

### Hand and Foot

Friday, 12:30 p.m. - 2:30 p.m.  
Come play a few rounds of this fun card game.

### Happy Crafters

Friday, 1:30 p.m. - 2:30 p.m.  
All crafters welcome!

### Advanced German

Friday, 2:30 p.m. - 3:30 p.m.  
Join our weekly class for advanced conversational German.

### Beginner Line Dancing

Friday, 4:00 p.m. - 5:00 p.m.  
Class with Bonnie Deutch.

### Beginner Line Dancing

Saturday, 10:30 a.m. - 11:30 a.m.  
Class with Bonnie Deutch.

### Fun and Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.  
Appropriate for all fitness levels. Sponsored by the Friends of the Library.

### Tai Chi Practice

Monday, 10:15 a.m. - 11:00 a.m.  
Know basic tai chi moves? Come to this weekly program to practice.

### Mahjong

Monday, 12:00 p.m. - 3:00 p.m.

## Children

### Preschool Storytime

Today, 10:30 am. - 11:30 a.m.  
Join Miss Linda for sprint stories

## Effective Actions to Avoid Ticks

Tuesday, April 29 @ 5:30PM

What works to prevent ticks from biting and infecting people?  
Find out about this and more at this informational session.



### Effective Actions to Avoid Ticks

What works to prevent ticks from biting and infecting people? Find out in this informational session.

**April 29 @ 5:30PM**

## Upcycled Fashion

THURSDAY, MAY 1 @ 5:30PM

Fiber arts expert Jeanne Flanagan presents the art of upcycled fashion and how it supports sustainability and fosters creativity and individuality.



### Upcycled Fashion

Learn about the sustainability of fashion from Fiber Arts Expert, Jeanne Flangan.

**Thursday, May 1 @ 5:30PM**

## Raised Bed Gardening

Monday, May 12 @ 5PM



Want a garden but have limited space? Ron Trexler from the UNH Extension explains the ins and outs of raised bed gardening and how they can be a great solution.

### Raised Bed Gardening

Gardening tips with Ron Trexler of the UNH Extension.

**Tuesday, April 22 @ 10:45AM**

and crafts!

### Science Seekers: Earth Day Experiment

Wednesday, 3:30 pm. - 4:30 p.m.  
Come in to rock this Earth experiment with Miss Erika!

### Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.  
Join Miss Erika and other kids for a fun story hour

### Drop-In Craft: Clothespin Bunnies

Saturday, 10:30 a.m. - 11:30 a.m.  
Make a cute bunny to celebrate the upcoming holiday.

## T(w)eens

### T(w)een RPG One Shot

Tuesday, 3:00 p.m. - 4:00 p.m.  
Play a one-shot adventure with DM Hayden!

### Boredom Busters

Wednesday, 3:00 p.m. - 3:00 p.m.  
Join this student-led activity group.

### T(w)een Eats: Pizza Finale

Thursday, 3:00 p.m. - 4:00 p.m.  
Join Erika for pizza.

**Nature Corner: Part 1 - A Long-Legged Sign of Spring: Great Blue**



## Herons by Wendy Oellers-Fulmer

Today we returned to the rookery (where you'll find a group of nests close together) in Gilford and were delighted to see all six nests had herons in them.

The female will lay between 3-5, pale blue eggs and both males and females take turns incubating the eggs which take from 25-30 days. The joint parenting continues as both parents feed the young through regurgitation during the nesting period which lasts between 65-90 days. In our part of the country, Great Blue Herons have one brood per year.

### Cool Facts:

1. Despite their huge size, they only weigh 5 to 6 pounds. Like all birds, they have hollow bones.
2. The population of Great Blue Herons has benefited from the resurgence of beaver populations who create a network of ponds and swamps where the herons can feed.
3. These herons can hunt at night as well as during the day, due to special photoreceptors in their eyes. In addition, they have excellent binocular vision with antiglare protection and incredible depth perception.
4. Great Blue Herons have specialized neck structures. The vertebrae have been modified to allow them to curl their necks into a curvy S shape, allowing them to forcefully and quickly strike their prey.

To discover more about these amazing birds:  
[Great Blue Heron Identification](#)  
[Great Blue Heron](#)  
[Great Blue Heron](#)



**Did you know...**the IMLS funds our usage of the Libby app? Thanks to the workings of modern technology our collection is no longer restricted to the physical confines of our library building. Through pooling our collections together with dozens of other libraries we are able to provide a bevy of titles to our patrons that may not find what they're looking for within our walls. Last year, we saw the circulation of over 7,000 e-books, 10,000 e-audiobooks, and 1,000 periodicals. And that's just our little small-town library. If you're worried that you may lose access to this resource due to the ongoing political movements then be sure to contact your state reps and sign the petition available through one of our trusty library handouts.



Gilford Public Library | 31 Potter Hill Rd. | Gilford, NH 03249 US

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