



April 16, 2024

Mother Nature needs to get her act together, because we've run the gamut of weather conditions the past few weeks. From heavy rain, to sunny skies, and icy storms we've seen it all.

This morning at 10am features a Hannaford Dietitian coming to teach us about "Cooking For One or Two People". We are also glad to be bringing you the anticipated "Let's Talk About Grief" on Wednesday the 17th at 1pm, helping you navigate the troubled times that come when a loved one leaves this world. And don't forget our monthly book group held Thursday the 18th at 5:30pm! This month's book is *The Light Pirate* by Lily Brooks-Dalton and will be led by Katherine.

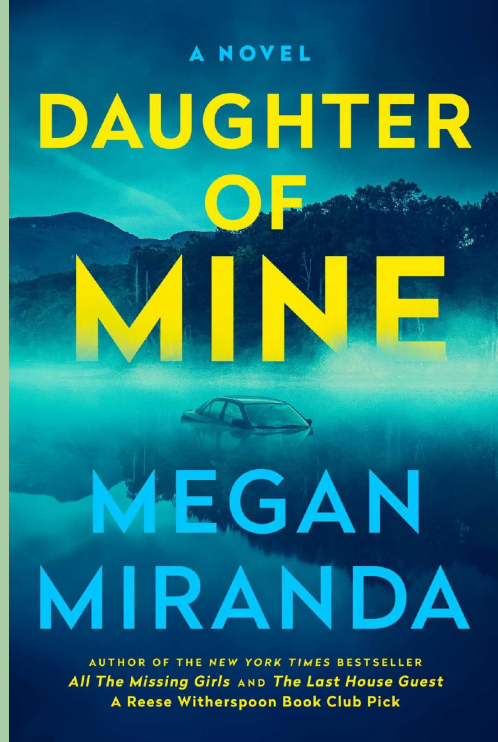
Next week is Volunteer Appreciation Week! If you volunteer at the library, we have a little something for you. Make sure you swing by to get it April 22-27. If you're not a volunteer and you're interested in being part of our dynamic team, stop in at the Front Desk or [fill out an application](#).

**On the Librarian's
Nightstand:
Daughter Of Mine
by Megan Miranda**

**A showcase of talent at t(w)een
karaoke!**



Home Buyer Beware



"Miranda, a consummate professional when it comes to exposing the small community tensions that naturally arise when people live in close proximity for generations, exposes revelation after twisty revelation...Small-town claustrophobia and intimacies alike propel this twist-filled psychological thriller."

—Kirkus (starred)

Nothing Without Me
by Helen Monks Takhar

A Better World
by Sarah Langan

The Truth About the Devlins
By Lisa Scottoline

The Fellowship Of Puzzlemakers
by Samuel Burr

How To Solve Your Own Murder
by Kristin Perrin

Leaving
by Roxana Robinson



Learn details that are important to home buying in this market and save yourself from mistakes and headaches in order to spend your money wisely, whether buying here or out of state.

Tuesday, April 23 @ 5:00 p.m.

Black Bear Happenings in NH



A NH Fish and Wildlife Steward will share information about black bears in the state. Learn about the natural history of these intriguing mammals, their habitat needs and ways to avoid potentially costly conflicts.

Thursday, April 25 @ 5:30 p.m.

DVD of the Week is The Holdovers



Set at a New England prep school over the Christmas break, we follow a gaggle of 'holdovers' that remain at the school while the vast majority sojourn back for the holiday. Filled with great character acting by Paul Giamatti, Dominic Sessa, and Da'Vine Joy Randolph and nominated for 5 Oscars, including best picture, this treasure of a film is not to be missed!

Links of the Week

[Book Riot's New Releases Tuesday: The Best Books Out This Week](#)

[Publishers Weekly Starred Reviews of the Week](#)

[Dog That Flunked Out of Police Academy Becomes a Hero in Taiwan's Earthquake Response](#)

Children's Corner

It's raining, it's pouring, it's time to harvest! Here are some rainwater

This Week at the Library

Adults

Senior Sculpt

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

Cooking For 1 or 2

Today, 10:00 a.m. - 11:00 a.m.
Learn meal planning strategies and recipe hacks with a registered Hannaford dietitian.

Intermediate Line Dancing

Today, 2:30 p.m. - 3:30 p.m.
Lower intermediate dance class with Bonnie Deutch.

Friends Meeting

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

Senior Stretch Yogaaah

Wednesday, 9:00 a.m. - 10:00 a.m.
Lani Voivod will lead us through a series of gentle stretches that can be done from a chair. Sponsored by the Friends of the Library.

Card Games

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

Check Out An Expert

Wednesday, 10:00 a.m. - 12:00 p.m.
Need basic technology help? Swing by for a 20 minute session with our expert.

Chess Group for Beginners and Up

Wednesday, 1:00 p.m. - 3:00 p.m.
Chess for all levels; come learn or play a game with others.

Let's Talk About Grief

Wednesday, 1:00 p.m. - 2:30 p.m.
Brenda Wentworth from Lakes Region VNA is passionate about helping people deal with grief and loss.

Paint Group

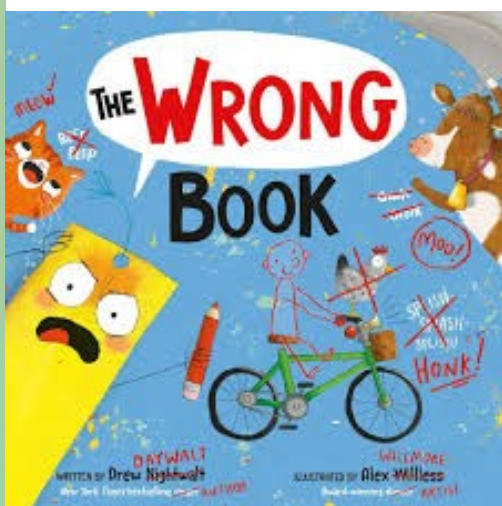
Wednesday, 1:00 p.m. - 3:00 p.m.

harvesting projects to do with you and the kiddos
[Rainwater-Harvesting Projects for Kids!](#)

Also, here is a short video of a boy explaining rainwater harvesting: [Learning About Water from Kids: Rainwater Harvesting.](#)

Want to learn more about rain? We have books here at the library!

Featured book: The Wrong Book by Drew Daywalt



Word of the Week

Prognosticate
verb

prahg-NAHSS-tuh-kayt

To predict or foreshadow something.

"Our company uses current trends to prognosticate what the workplace of the future will be like."

Upcoming April Programs

Bring your supplies to work on your art with other artists!

Geri Fit

Thursday, 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.

French Club

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

Book Discussion

Thursday, 5:30 p.m. - 6:30 p.m.
Katherine will lead a discussion of *The Light Pirate* by Lily Brooks-Dalton.

Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Please bring your own dumbbell, stretch band and water.

Chair Yoga!

Friday, 10:00 a.m. - 11:00 a.m.
Embark on a wellness journey with Chair Yoga led by Lani Voivod.
\$5 per class or 5 for \$20.

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 speakers.

Beginner Line Dancing

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

Beginner Line Dancing

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

Fun and Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.
The focus of this class is movement of the body - warmup, stretching, toning, weight training, balance, endurance and relaxing.

Mahjong

Monday, 12:30 p.m. - 3:00 p.m.
Know how to play? Join these



GETTING THE GARDEN READY FOR SPRING

Monday, April 29 @ 4PM

Find out some best practices for getting vegetable and flower gardens ready for spring, along with how to bring the lawn out of hibernation, how to care for trees and shrubs, and more. Presented by Ron Trexler of the UNH Extension.



Getting the Garden Ready for Spring

With Ron Trexler of the UNH
Extension

**Monday, April 29 @ 4:00
p.m.**



LET'S TALK ABOUT GRIEF

WEDNESDAY, APRIL 17 @ 1PM

RESCHEDULED

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.



Lakes Region
VNA

Palm of the Hand Memoir Workshop

With poet and author
Michael Czarnecki

**Monday, April 29 @ 5:00
p.m.**



HOME SELLER BEWARE

Tuesday, April 30 @ 5PM

Learn details that are important to selling in this market such as the causes of problems in transactions, what happens behind the scenes, and what brings the highest sale price?



Home Seller Beware

Learn about selling your
home in this market.

**Tuesday, April 30 @ 5:00
p.m.**

mahjong players every Monday!

Children

Drop-In Craft: Earth Day Seed Bombs

Saturday, 10:30 a.m. - 11:30 a.m.
Celebrate Earth Day with us!

Baby Storytime

Monday, 10:00 p.m. - 10:30 p.m.
Join other families for a fun
storytime.

Earth Day Bingo

Monday, 3:00 p.m. - 4:00 p.m.
Play and win prizes!

T(w)eens

Dungeons and Dragons Club

Today, 3:00 p.m. - 4:30 p.m.
Come play with Dungeon Master
Hayden.

T(w)een After School Club

Wednesday, 3:00 p.m. - 4:00 p.m.
Hayden will facilitate this fun club.

Homeschool Game Club

Thursday, 12:00 p.m. - 1:30 p.m.
Come hang out with Hayden and
others ages 11 - 18.

Nature Corner: Dynamic Tree Nesting Ducks - Part 1

by Wendy Oellers-Fulmer

On a recent hike near a pond in Maine, we were delighted to see the dramatic

display of a Hooded Merganser performing a courtship ritual to attract a female. Hooded Mergansers are diving ducks that use their thin, serrated bills to both catch and hold on to their prey. They dine primarily on crustaceans, fish and insects in shallow ponds, streams and wetlands. During courtship, the males raise their white crests, shaking their heads and expanding the crest patch into a striking pompadour. The male then throws back his head touching his back, crest raised, while croaking like a frog to complete his elaborate efforts to attract a mate. This courtship ritual continued for a while, but eventually the male was rewarded and a female came swimming over to join him.



To learn more about this beautiful duck: visit [this website](#).

Did you know... about Mrs. Hayes Art Day? If your children are looking to engage in some good crafts and good fun be sure to stop by for this delightful program sponsored by the Friends of the Library in honor of Past President Pam Hayes. On April 25th, we'll be making our very own puppets and engaging in a dash of puppetry to put them to good use.

www.gilfordlibrary.org



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