



April 9, 2024

It's National Library Week! We will be celebrating all the things that make the library a spectacular place with a variety of fun activities and programs for all ages.

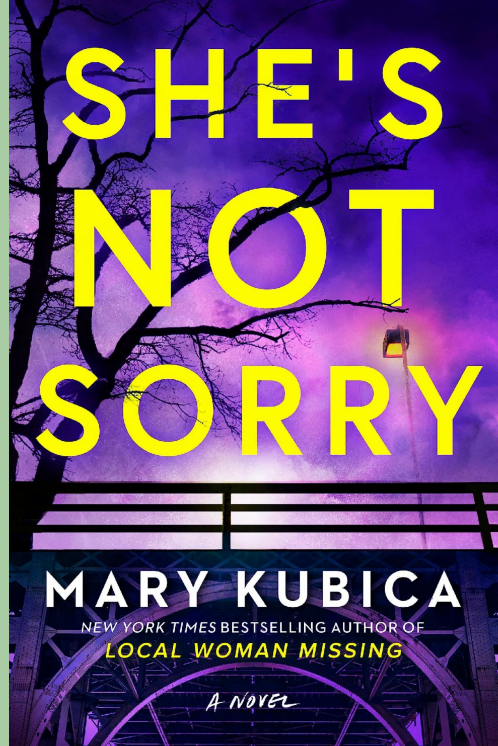
Later today we have "The Funniest Moments in Film" at 5:30pm, where author Marty Gitlin will be discussing the storied history of comedy and its role in cinema. On Thursday the 11th we have "Elder Finance Abuse" at 10am, presented by Franklin Savings Bank, helping seniors protect themselves from those that would take advantage. Then on Friday at 10am we have the "Spring Exercise Social" allowing for an inter-program extravaganza. Everyone from all of our exercise programs are welcome to join in the fun!

Be sure to check the calendar for all the fun goings on this National Library Week.

**On the Librarian's
Nightstand:
She's Not Sorry
by Mary Kubica**

**Hope everyone safely enjoyed the
eclipse!**





"The bestselling Kubica's latest thriller is her best one yet, with multiple twists and unreliable characters that will hold readers until the nail-biting end... Kubica is a mastermind of fast-paced stories and complex characters that readers can immediately invest in and relate to."
 —*Library Journal*, starred review

A Killing On The Hill
 by Robert Dugoni

Wedding Issues
 by Elle Evans

The Murder Of Mr. Ma
 By John Shen Yen Nee

The Sicilian Inheritance
 by Jo Piazza

A Short Walk Through A Wide World
 by Douglas Westerbeke

Arthur: The Dog Who Crossed A Jungle to Find a Home
 by Mikael Lindnord

Spring Into the Exercise Social



Have some laughs and enjoy light refreshments with your exercise buddies from Geri-Fit, Senior Sculpt, Yoga and Line Dancing.

Friday, April 12 @ 10:00 a.m.

Powerful Tools for Caregivers



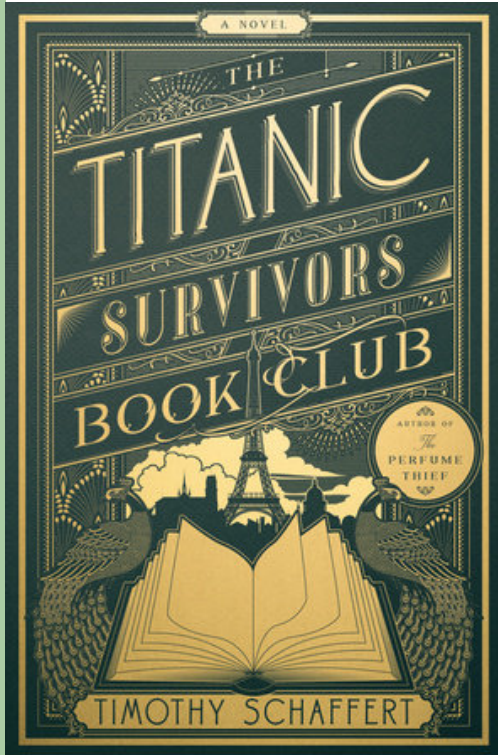
This interactive workshop presented by the Granite VNA helps family caregivers learn to take care of themselves by reducing personal stress, communicating more effectively and more. Sign up [here](http://www.granitevna.org/calendar).

Mondays, April 15-May 20 @ 10:00 a.m.

Book of the Week is

This Week at the

**The Titanic Survivors
Book Club
by Timothy Schaffert**



Haunted by a near miss with death, several survivors band together to establish a book club to aid one another in grappling with the grief. With war on the horizon this is a tale of love, grief and the transformative power of the written word.

Links of the Week

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

[Book Riot's Best Nonfiction Books of 2024 \(So Far\)](#)

[The Best Dog-Friendly Hotels and Restaurants in New Hampshire](#)

Children's Corner

Is your child worried about meeting new friends or learning a new sport? It's okay! Being worried is an

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.

Intermediate Line Dancing

Today, 4:00 p.m. - 5:00 p.m. Lower intermediate dance class with Bonnie Deutch.

Red Sox Home Opener

Today, 2:30 p.m. - 4:00 p.m. Join us in watching Boston take on Baltimore. Enjoy a Fenway Frank and some popcorn!

The Funniest Moments In Film

Today, 5:30 p.m. - 6:30 p.m. Join pop culture historian, Marty Gitlin for movie highlights from the 1920's to today.

Senior Stretch Yogaah

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".

Trustee Meeting

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

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.

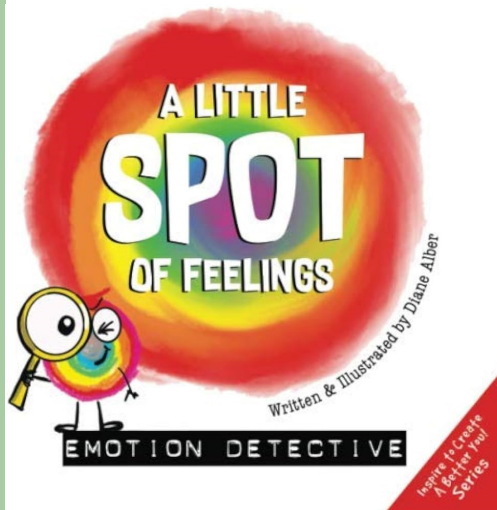
Paint Group

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

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: *A Little Spot of Feelings* by Diane Alber



Word of the Week

Bailiwick
noun

BAY-lih-wik

The domain or sphere in which someone has superior knowledge or authority.

"All things books are our bailiwick here at the library."

Upcoming April Programs



Cooking for One or Two

Geriatric 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.

Elder Finance Abuse

Thursday, 10:00 a.m. - 11:00 a.m.
Franklin Savings Bank is presenting this seminar and Q & A on how to recognize and prevent common schemes.

French Club

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

Senior Sculpt

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

Spring Into The Exercise Social

Friday, 10:00 a.m. - 11:00 a.m.
Come socialize, have some laughs and refreshments with people from all our exercise groups.

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.

Geriatric Fit

Monday, 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.

Powerful Tools For Caregivers

Monday, 10:00 a.m. - 11:30 a.m.
Granite VNA presents a workshop to help family caregivers take care of themselves. Sign up with [Granite](#)

With a Hannaford Dietitian
**Tuesday, April 16 @
10:00 a.m.**



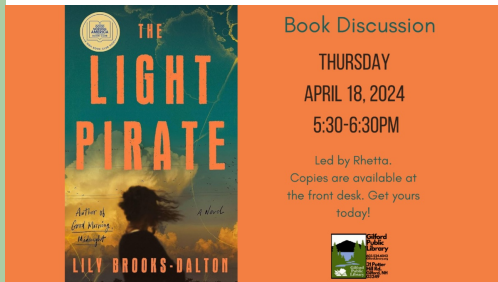
LET'S TALK ABOUT GRIEF
WEDNESDAY, APRIL 17 @ 1PM

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

Let's Talk About Grief
An open conversation with
counselor Brenda
Wentworth
**Wednesday, April 17 @
1:00 p.m.**



THE LIGHT PIRATE
LILY BROOKS-DALTON

Book Discussion
THURSDAY
APRIL 18, 2024
5:30-6:30PM

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

Lakes Region VNA

**Book Discussion: The
Light Pirate**
Led by Katherine.
**Thursday, April 18 @ 5:30
p.m.**



Home Buyer Beware
Tuesday, April 23 @ 5PM

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

Lakes Region VNA

Home Buyer Beware
Learn about buying a home
in this market.
**Tuesday, April 23 @ 5:00
p.m.**

Nature Corner: Bird Nerd Facts

by Wendy Oellers-Fulmer

Last week's Spring Nor'Easter brought ice, snow and wind. Despite the battling winds, there was constant bird activity on our deck feeders. Observing them while

VNA.

Mahjong

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

Children

Touch-A-Truck Week

Tuesday - Friday: 10:30 a.m. - 11:30 a.m.

Celebrate National Library Week!

Tuesday - DPW Truck

Wednesday - Fire Truck

Thursday - School Bus

Friday - DPW Truck

Early Release: Pom Pom Trees

Wednesday, 1:30 p.m. - 2:30 p.m.

Make a fuzzy pom pom tree!

T(w)eens

Red Sox Home Opener

Today, 2:30 p.m. - 4:00 p.m.

Join Hayden to watch Boston take on Baltimore. Enjoy a Fenway Frank and some popcorn!

T(w)een Early Release: Outdoor Karaoke!

Wednesday, 1:00 p.m. - 2:00 p.m.

Come hang out and have some laughs with Karaoke!

Homeschool Game Club

Thursday, 12:00 p.m. - 1:30 p.m.

Come hang out with Hayden and others ages 11 - 18.

T(w)een National Library Week

Tuesday - Friday, 2:30 p.m. - 5:00 p.m.

Fun programming and fine forgiveness!

tucked snuggly inside, I was once again in awe how these small creatures survived and stayed warm in such brutal weather.

Our Avian neighbors who are here all year long, have several strategies:

- 1. Winter weight:** During the late summer and fall, birds will pack on extra weight in preparation for the cold months ahead.
- 2. Winter Wear:** While we dig out our warm clothes when the weather get cold, birds will grow extra feathers. Birds can trap air in their feathers, creating a layer of insulated warmth.
- 3. Feather Care:** The effectiveness of this insulation is dependent on the maintenance of dry, clean and flexible feathers. Preening is the process birds will use to clean their feathers.
- 4. Waterproofing:** Part of the preening includes waterproofing. All birds have a special gland near their tails which produces oil. Some birds will use that oil to waterproof their feathers. Other species, like mourning doves, grow specialized feathers that eventually dissolve into a waterproofing powder.
- 5. Shivering:** Like humans, to stay warm, birds will shiver. The rates of their metabolism is much higher than ours and they need to continually eat to maintain body temperatures and energy expenditures. .
- 6. Snuggling:** Birds will cuddle in together to share the heat of their bodies. Some will crowd together in evergreen trees, shrubs and vines. Others will use cavities, either natural or nesting boxes.
- 7. Protecting Feet:** Birds have scales on their legs and feet that are specialized to protect against the cold. Waterfowl have a special adaptation that allows them to isolate the blood flow in their legs, keeping it from circulating and chilling the rest of their bodies. They will also give their feet a break by standing on one foot.



To discover more: <https://www.fws.gov/story/how-do-birds-keep-warm-winter>

Did you know...we change our book display every week? As you walk into the main entrance your eyes can alight upon a newly furnished display each week with a new theme and good reads. This week in particular we are celebrating everything literary for National Library Week. So books about libraries, bookshops, librarians and books themselves. Be sure to pop in each week to see what is newly on offer.

www.gilfordlibrary.org





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