



**February 6, 2024**

Now that the sun is shining, and we have been freed from the winter malaise, we are looking forward to bringing you some fun programs at the library.

On Wednesday (tomorrow), we have "From the Red Hills to the White Mountains" at 4:30pm, a personal look at the illustrative work of Robert Childress presented by his daughter. Then on Thursday at 10am we have a "Valentine Exercise Social" for all of you that love attending one of our many fitness programs.

You can look forward to more fun programs like these throughout the month of February.

---

**On the Librarian's  
Nightstand:  
Everyone On This  
Train is a Suspect  
by Benjamin  
Stevenson**

---

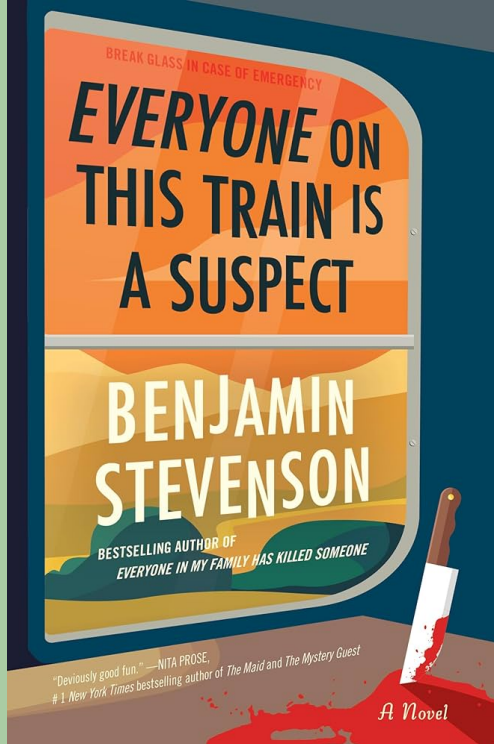
---

**Frozen art and experiment!**



---

**NH on Skis**



"Stevenson's brilliant and creative second closed-circle mystery toys with golden age mystery tropes while delivering its own hugely satisfying whodunit... This is another triumph from a gifted genre specialist... deliciously clever." — *Publishers Weekly* (starred review)

**The Excitements**  
by C. J. Wray

**Burma Sahib**  
by Paul Theroux

**The Curse of Pietro Houdini**  
by Shubnum Khan

**No One Can Know**  
by Kate Alice Marshall

**Invisible Woman**  
by Katia Lief

**True North**  
by Andrew J. Graff

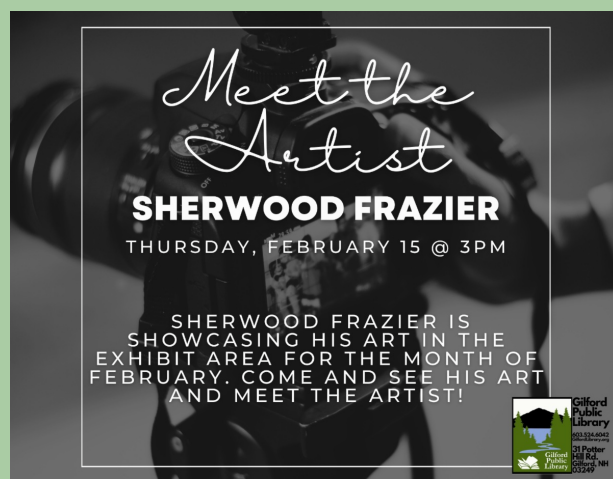
**DVD of the Week is  
Mission Impossible:  
Dead Reckoning**



Discover how New England and New Hampshire fit into the big picture of America's ski culture in this presentation by Professor E. John Allen.

**Tuesday, February 13th @ 5:30 p.m.**

## Meet the Artist: Sherwood Frazier



Sherwood Frazier is showcasing his art in the Exhibit Area for the month of February.

Come and see his art and meet the artist!

**Thursday, February 15th @ 3:00 p.m.**

**This Week at the  
Library**

## Part 1



The latest installment in the Mission Impossible franchise has us following Tom Cruise's character yet again along with the delightful cast as we've come to know and love them. Hot on the trail of a dangerous weapon that threatens to fall into the wrong hands, the film is as action packed an pulse-pounding as we've come to expect from the series.

### Links of the Week

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

[Where to Go Snowshoeing in New Hampshire](#)

[The Best Events Happening in February in NH](#)

[Ten Great Options For "Skis-off" Fun](#)

### Children's Corner

Compassion for each

## 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.

### Heart Picture Frame Craft

Today, 10:00 a.m. - 11:00 a.m.  
Do you have a special someone that is close to your heart? Come paint and decorate a picture frame to keep or give as a present. Sign up is required.

### Intermediate Line Dancing

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

### 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.

### 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.

### Hand and Foot

Wednesday, 10:00 a.m. - 12:00 p.m.  
Come by for a few rounds of this fun card game!

### 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!

### From the Red Hills to the White Mountains

Wednesday, 4:30 p.m. - 5:30 p.m.  
Hear author Nancy Childress talk about the life of her father, Robert Childress, beloved illustrator of the Sally, Dick and Jane reading books.

### 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.

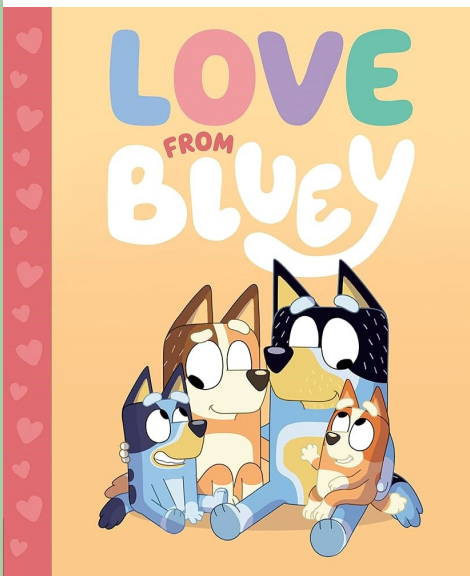
### Valentine Exercise Social



other is something we all need and teach our little ones about. Restoring human connections and uniting our world with compassion is key.

Mindful Littles is a non-profit organization that provides resources about mindfulness and self-compassion activities for kiddos. In addition, they also provide resources that include crafting ideas and gaming activities to nurture a growth mindset.

**Featured Book:** Love From Bluey by Suzy Brumm



## Word of the Week

### **Frisson**

*noun*

free-SOHN

A brief moment of emotional excitement.

"He felt a frisson of delight as he stepped tentatively through the door to the walled garden."

---

## Upcoming February Programs

Thursday, 10:00 a.m. - 11:00 a.m.  
Come on by and socialize with your exercise buddies from Geri-Fit, Senior Sculpt, Yoga and Line Dancing. Have some laughs and enjoy light refreshments.

### **French Club**

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

### **Senior Sculpt**

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

### **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.

### **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.

### **Geri 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.

### **Mahjong**

Monday, 12:30 p.m.

## Children

### **Preschool Storytime**

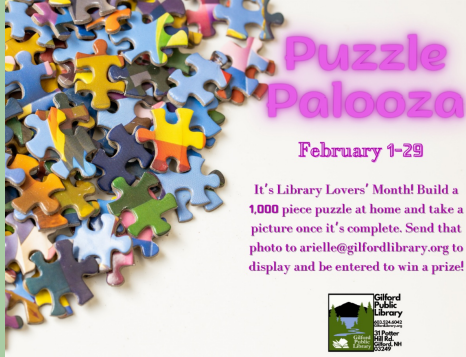
Today, 10:30 a.m. - 11:30 a.m.  
Listen to snowy stories and make a cute craft with Miss Linda.

### **Little Math Whiz**

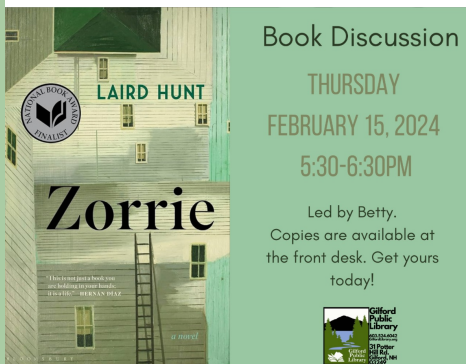
Wednesday, 10:30 a.m. - 11:30 a.m.  
Fun stories and games with Miss Linda: geared for ages 3 - 5.

### **Science At The Library: Frozen Fun!**

Wednesday, 3:30 p.m. - 4:30 p.m.  
Have some frozen fun learning about



**Puzzle Palooza**  
Make a puzzle for Library Lovers' Month  
**For the month of February**



**Book Discussion**  
This month's book is *Zorrie* by Laird Hunt. Led by Betty.  
**Thursday, February 15 @ 5:30PM**



**Paris, France**  
Take a live, virtual tour of the city!  
**Tuesday, February 27 @11:30AM**

ice!

**French Storytime**

Thursday, 10:30 a.m. - 11:30 Am.  
Join Miss Jill in a new bilingual preschool storytime series! We will be learning the basics in a fun creative way!

**Paws & Pages**

Thursday, 5:00 p.m. - 6:00 p.m.  
We have partnered up with Gilford Elementary School to offer a fun reading night featuring the book *Dogtown* by Katherine Applegate! Light refreshments will be served.

**Preschool Storytime**

Friday, 10:30 a.m. - 11:30 a.m.  
Connect with other kids at this fun storytime with Miss Jill.

**Drop In Valentine's Day Cards**

Saturday, 10:30 a.m. - 12:00 p.m.  
Celebrate Valentine's Day by making beautiful cards!

**Baby Storytime**

Monday, 10:00 a.m. - 11:00 a.m.  
A special storytime with songs, rhymes and more!

**T(w)eens**

**T(w)een Dungeons and Dragons Club**

Tuesday, 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.  
A fun student led hour facilitated by Hayden.

**Home School Game Club**

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

**Nature Corner: Part 1 - Winter Wonders of a Chickadee**

by Wendy Oellers-Fulmer

How does the ubiquitous chickadee, a frequent visitor to

our feeders, survive our harsh winter weather?

Despite only weighing no more than a handful of paperclips, this tiny bird has an arsenal of adaptations which help its survival during the bitter cold of winter.

In addition to storing their food, thicker winter coats, and specified cavities to roost in, chickadees have an amazing ability to nightly go into a state of hypothermia or torpor. Their normal temperature of 108 degrees F, drops up to 20 degrees. This slows down their metabolism, helping to preserve essential body fat to survive winter nights.

In the morning, chickadees will engage in shivering until their body temperatures return to normal.

Unlike human beings, chickadees don't shake while shivering...it is a process of contracting rapidly opposing muscle groups in their bodies.

With little fat reserves after the night, chickadees must find food each day to help them fuel the energy to keep them warm at night.

To learn more about the survey and what it entails:

[How Chickadee's Weather Winter](#)



**Did you know...**about the Friends of the Library cart in the Vestibule? Acting as an extension to our Book Worm store downstairs, the Friends cart can give a little taste of the offerings you can find in the store. Furnished primarily with adult fiction, it serves as a suitable amuse bouche to the delights that await you in the full collection downstairs. Be sure to peruse the cart for your next stellar priced read.

[www.gilfordlibrary.org](http://www.gilfordlibrary.org)



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

[Unsubscribe arielle@gilfordlibrary.org](mailto:unsubscribe.arielle@gilfordlibrary.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by arielle@gilfordlibrary.ccsend.com powered by



Try email marketing for free today!