



January 28, 2025

The first month of 2025 flew by in a flash. But that hasn't broken our stride and we are bringing you more programs to delight.

Later today at 5:30pm we have "Now More Than Ever," a presentation about relief efforts for the Ukrainian people in the wake of conflict. We have a jam-packed week next week beginning with "Sauerkraut Making" on Monday at 5pm, where Sean O'Brien from the UNH Extension will give a demonstration on the delicious fermented food. We are also introducing a brand new, once a month program next Wednesday "Hayden's Bits and Bytes." Our tech librarian, Hayden, will choose a different tech topic each month to cover beginning with "How to Make the Most of Your Library Card." Learn how to use Ancestry.com, borrow ebooks and audiobooks with Libby and more. Be sure to come with your questions!

February will bring even more fun programs so be sure to keep your eyes on the [calendar](#).

**On the Librarian's
Nightstand:
Absolution
by Alice McDermott**

**An eager group of kids learning
about frozen science in Science
Seekers with Miss Erika!**



Valentine Trees Craft

Absolution

A NOVEL



Alice
McDermott

"Now [McDermott] has outdone herself with an exquisitely conceived and executed novel that explores her signature topic, moral obligation, against the backdrop of the fraught time preceding the Vietnam War . . . This transporting, piercing, profound novel is McDermott's masterpiece."

—*Kirkus Reviews* (starred review)

Homeseeking

by Karissa Chen

The Wood At Midwinter

by Susanna Clarke

Hold Strong

by Robert Dugoni

The Life Cycle Of The Common Octopus

by Emma Knight

The In-Between Bookstore

by Edward Underhill

Save Our Souls

by Matthew Pearl

Frankie

by Graham Norton



Valentine's TREES CRAFT

Thursday, February 6 @ 1PM

Come join us and create adorable Valentine trees made with foam hearts. They are so cute and easy to make. Sign-up is required.



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Thursday, February 6 @ 1:00 p.m.

Death Cafe



Death Cafe

TUESDAY, FEBRUARY 4 @ 1PM

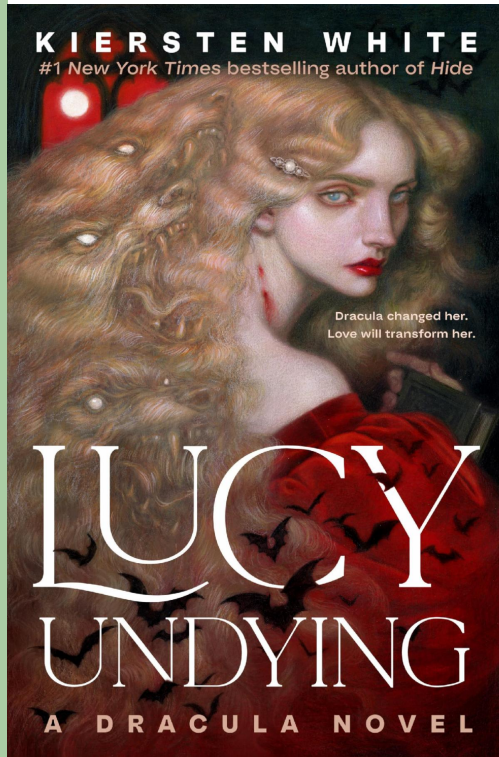
BE A PART OF A RESPECTFUL AND SUPPORTIVE SPACE
TO DISCUSS A NATURAL PART OF LIFE WITH
REGISTERED NURSE RUTH O'HARA, CERTIFIED DEATH
DOULA AND REIKI MASTER AND CAROL WALLACE, REIKI
MASTER AS MODERATORS.



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.

Tuesday, February 4 @ 1:00 p.m.

Book of the Week:
Lucy Undying
by Kiersten White



Following the eponymous Lucy, a victim of the notorious Dracula, we embark on a tale of love, loss, fear, and belonging. As Lucy moves through life seeking happiness and finding it in small but potent means. It's a wonderful look at a character easily forgotten in the pages of one of literature's most enduring books.

Links of the Week

[Book Riot's Best New Book Releases Out January 21, 2025](#)

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

[The Most Anticipated Cookbooks of 2025](#)

[The Best of New Hampshire 2025 Voting is Open!](#)

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.
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.
Line dancing Class with Bonnie Deutch.

Now More Than Ever: The Granite State's Support For Ukraine

Today, 5:30 p.m. - 6:30 p.m.
Common Man for Ukraine will show how Granite Staters are making a difference for the children of Ukraine.

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 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 session with our expert.

Paint Group

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

Geri Fit

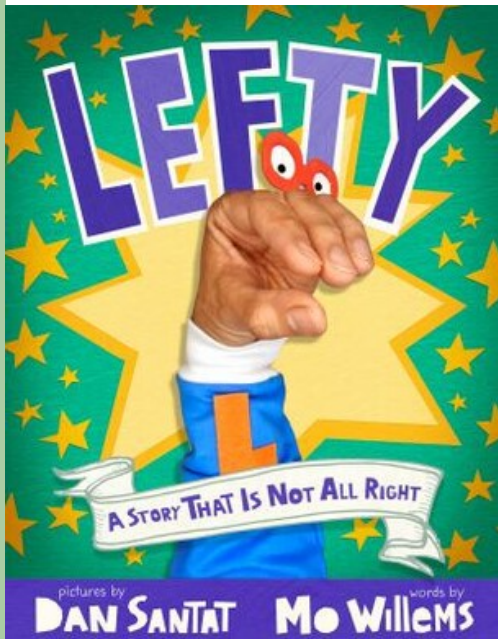
Thursday, 9:00 a.m. - 10:00 a.m.
Please bring your own 2 - 3 lb. dumbbell, a stretch band and water to drink during the workout.

Children's Corner

Are you looking for

something to do in these cold winter months? There's a cool [winter bucket list](#) of activities that you can challenge yourself to do! Some of the activities may spark new ideas and if it does, reach out to us and let us know what's on your winter bucket list.

Featured Book: *Lefty A Story That Is Not All Right*
by Mo Willems



Word of the Week

Leitmotif

noun

A dominant recurring theme—something (such as a melody, an idea, or a phrase) repeated many times throughout a book, story, opera, etc.

LYTE-moh-teef

"The overcoming of obstacles and a love of theater are the two leitmotifs of her autobiography."

Upcoming Events

Boost Your Brain and Memory

Thursday, 1:00 p.m. - 3:00 p.m.
Kate Bruchacova from UNH Extension will lead this 4 week program. Session 4 addresses Social Engagement and how to put together everything we've learned. Sign-up required.

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+. 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.

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 Conversational German

Friday, 2:30 p.m. - 3:30 p.m.
Join our weekly class.

Beginner Line Dancing

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

Fun Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.
Enjoy exercising with others.

Tai Chi Practice

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

Mahjong

Monday, 12:30 p.m.
Join the group and have some fun.

Writing Wizards

Monday, 4:30 p.m. - 5:30 p.m.
Share your work with other writers.

Sauerkraut-Making



Sauerkraut Making
with Sean O'Brien from the
UNH Extension.
Monday, February 3
@ 5:00 p.m.

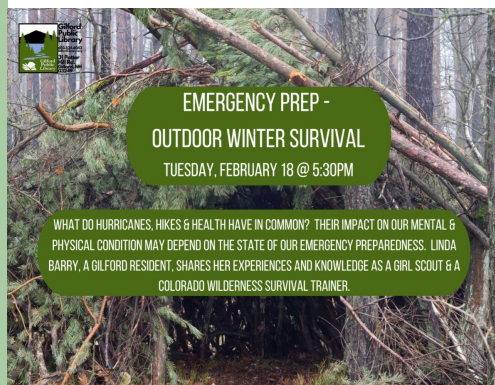
GILFORD DPW OPEN HOUSE

Tuesday, February 4 @ 5:30PM

Learn more about the conceptual DPW facility,
which will be included in this year's town warrant.



Gilford DPW Open House
Learn more about the
conceptual DPW facility.
Tuesday, February 4
@ 5:30 p.m.



**Emergency Prep -
Outdoor Winter Survival**
With Gilford's own Linda
Barry.
Tuesday, February 18
@ 5:30 p.m.

Monday, 5:00 p.m. - 6:00 p.m.
Join UNH Extension Educator, Sean
O'Brien, for a live demonstration

Children

Preschool Storytime

Today, 10:30 a.m. - 11:30 a.m.
Join Miss Linda for snowy stories
and crafts!

Science Seekers: Crystals & Ice

Wednesday, 3:30 p.m. - 4:30 p.m.
Join Miss Erika for some cool chills
and thrills with science!

Aspiring Artists Storytime

Thursday, 10:30 a.m. - 11:30 a.m.
Make a masterpiece after learning
about an artist with Miss Jill.

Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.
Join Miss Jill and other kids for a
fun-filled storytime.

Baby Storytime

Monday, 10:30 a.m. - 11:30 a.m.
Join Miss Jill and other parents and
babies for songs, rhymes and more!

T(w)eens

Boredom Busters

Wednesday, 3:00 p.m. - 4:00 p.m.
Join Hayden for this student-led
activity group!

Home School Club

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

Nature Corner: Why Winter Birds Get All Puffed Up

By: Wendy Oellers-Fulmer

On bitter cold days like we've
had recently, you might have

observed that our visiting birds seem to have doubled in size. It's not that they've been eating too much. Just like we dress in layers to combat the cold, birds need insulation. While the birds try to add weight in late summer and fall to prepare for the upcoming winter, their feathers are a critical component for surviving our harshest weather.



One way birds stay warm is to trap pockets of air around their bodies. To do this they have to make sure their feathers are clean, dry and flexible. Preening, which is the cleaning process, helps in the process of insulating their bodies. Birds have a special gland on their body that helps this process and in some birds, use the oil to waterproof their feathers. This water resistant layer helps to protect the warm inner layers.

To discover more:
[How Do Birds Keep Warm In the Winter?](#)

Did you know...our 2026 exhibit schedule has lots of openings? If you're a local artist or collector looking to share your work or treasures give us a ring or stop inside to sign up for one of the months available. March and April are already reserved for Gilford High School, but beyond that the year is ripe for the taking.

www.gilfordlibrary.org



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

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