



January 7, 2025

Happy New Year everybody! We hope you all had a wonderful holiday season and are ready to start the new year off right, resolutions and all.

Later today we have "What's Wild" at 5:30pm, a look at author Eric Orff's experiences as a wildlife biologist in New Hampshire. On Thursday, we have the first session of "Boost Your Brain & Memory" at 1pm, for those looking to keep their mind sharp no matter your age or circumstance. Lastly, we are thrilled to say we will be playing host to artist Ed Rushbrook's wonderful artwork for another month more, so be sure to stop in and take a gander at some splendid portraiture.

It's just the beginning of the new year and we are so excited to get to spend another one with you all.

**On the Librarian's
Nightstand:
Meditations For Mortals
by Oliver Burkeman**

**Young Author, Charlotte,
Reads Her Published Book!**



Beating the Blues

Meditations for Mortals

Four Weeks
to Embrace
Your Limitations
and Make Time
for What Counts



Oliver Burkeman

Author of *Four Thousand Weeks*

"Thoughtful, level-headed and useful . . . Burkeman doesn't offer life hacks. He offers thoughts that might nudge us towards changing our underlying attitudes."

—James McConnachie, *The Times*

The Story Of The Forest
by Linda Grant

The French Winemaker's Daughter
by Loretta Ellsworth

Lone Woman
by Victor LaValle

An insignificant Case
by Phillip Margolin

Deadly Animals
by Marie Tierney

Cherished Belonging
by Gregor Boyle

BEATING THE BLUES

Tuesday, January 14 @ 11am



Granite VNA Community Health Educator, Brooke Noonan, teaches how to cope with winter blues and to recognize when signs and symptoms become more persistent and may require more intervention.



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Tuesday, January 14 @ 11:00 a.m.

Successful Goal Setting



SUCCESSFUL GOAL SETTING

Wednesday, January 22 @ 10:30am

Hannaford Dietitian, Braelynne Jurius, helps us set the stage for successful goal setting, exploring the stage of change theory, how to remove barriers to success, tools for staying on track, and creating a personalized plan.



Hannaford Dietitian, Braelynne Jurius, helps us set the stage for successful goal setting.
Wednesday, January 22 @ 10:30 a.m.

DVD of the Week:
***Deadpool and
Wolverine***



In the latest installment of the Deadpool movies we follow the titular, fourth wall-breaking motor mouth as he hops across dimension and time. Full of goofs and gags it's a fun watch for those that are a fan of superhero films. Starring Ryan Reynolds and Hugh Jackman.

Links of the Week

**[The Most Popular Books
in US Public Libraries
2024 According to Book
Riot](#)**

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

**[The Best Events
Happening in January in
NH](#)**

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

**[In Their Own Words with
NH Author, Sy
Montgomery](#)**

**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.

Bridge

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

Gilford DPW Open House

Today, 11:00 a.m. - 12:00 p.m.
The Gilford Department Of Public
Works invites you to an open house
to learn more about the conceptual
DPW facility.

Intermediate Line Dancing

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

**What's Wild: A Half-Century of
Wisdom from the Woods and
Rivers of New England by Eric
Orff**

Today, 5:30 p.m. - 6:30 p.m.
Wildlife biologist, Eric Orff, will
present his first book, *What's Wild*,
and share stories from his 5-decade
career.

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.

Trustee Meeting

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

Card Games

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

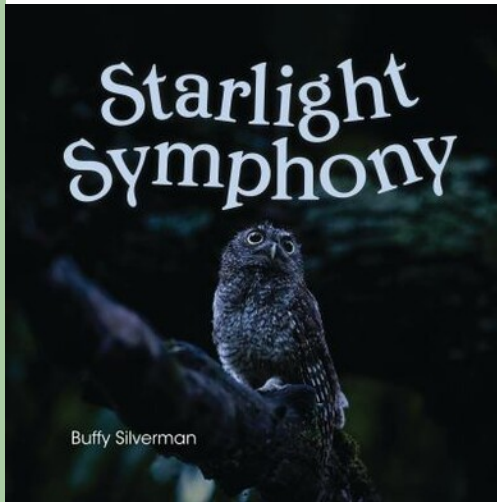
Check Out An Expert

Wednesday, 10:00 a.m. - 12:00

Children's Corner

Do you get asked, "What's your New Year's resolution?" Don't feel guilty if you don't have one yet! Here's a list of [New Year's resolutions](#) that you can choose from. Hooray for the new year!

Featured book: *Starlight Symphony* by Buffy Silverman



Word of the Week

Ambigram

noun

An image of a written word or phrase that is intended or able to be oriented in either of two ways for viewing or reading.

AM-buh-gram

"The patrons marveled at the display of ambigrams, turning their heads to read the words from all directions."

Upcoming Events

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.

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 1 will explain why brain health is important at any age and how physical activity is linked to cognitive performance.

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

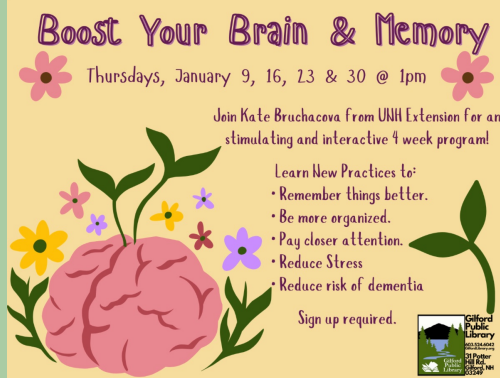
Friday, 2:30 p.m. - 3:30 p.m.
Join our weekly class.

Beginner Line Dancing

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

Beginner Line Dancing

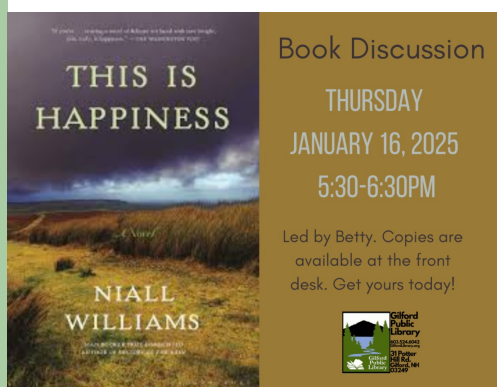
Saturday, December 28th
10:30 a.m. - 11:30 a.m.



Boost Your Brain & Memory

Four week informational program with UNH Extension, Kate Bruchacova. Sign-up required.

Thursdays in January @ 1p.m.

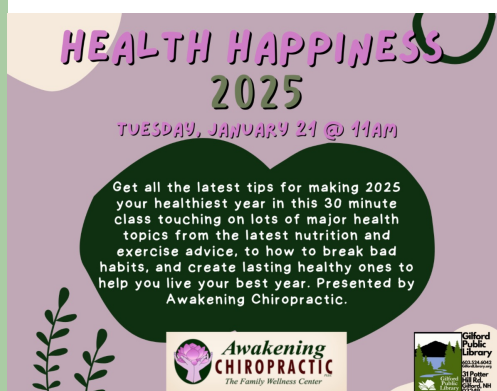


Book Discussion

This month's book is This is Happiness by Niall Williams.

Led by Betty; books are available at the front desk.

Thursday, January 16 @ 5:30 p.m.



Health Happiness 2025

Get all the latest tips for making 2025 your healthiest year. Presented by Awakening Chiropractic.

Tuesday, January 21 @ 11:00 a.m.

Fun Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.

Enjoy exercising with others.

Mahjong

Monday, 12:30 p.m.

Join the group and have some fun.

Children

Preschool Storytime

Today, 10:30 a.m. - 11:30 a.m.

Join Miss Linda for snowy stories and crafts!

Science Seekers

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

RPG Sessions

Today, 3:00 p.m. - 4:30 p.m.

Join Hayden for some RPG gaming fun!

Boredom Busters

Wednesday, 3:00 .m. - 4:00 p.m.

Join Hayden for this student-led activity group!

Nature Corner: Black & Blue Moons

By: Wendy Oellers-Fulmer

The phenomenon of a "blue moon" has two origins, where neither occurrence shows a moon with the actual blue color.

The original/traditional definition is when there is a third full moon in a season which has four full moons. The most common reference, which actually came from a misinterpretation of the traditional definition is when there is a second full moon in a single month. The next Blue (Monthly) Moon will occur on May 31, 2026.



A rarer occurrence is the black moon, which occurred on December 30th at 5:27 EST. A black moon refers to the second new moon within a single month. New moons are a result when the sun and moon occupy the same celestial longitude (a.k.a. conjunction). Unlike a full moon, we can't see the new moon as the illuminated side is facing away from the earth.

Astronomers and stargazers relish the sky visibility during a black moon as the lack of bright moonlight makes it easier to see faraway objects. This is especially valuable during the winter, when drier air offers better sightings through telescopes.

To discover more:

[The Rare 'Black Moon' of December 30 Rises Tonight](#)

[Blue Moon: What is it and when is the next one?](#)

[August 2021 Brings Rare Seasonal 'Blue Moon'](#)

Did you know...only roughly 10% of people manage to keep their New Year's Resolutions until the end of the year? Whether you're looking to learn a new skill, or simply read a little more this year, the library has got you covered with the resources you'll need.

www.gilfordlibrary.org



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

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