



July 9, 2024

Summer days are all about enjoying the sunshine, taking a trip, and feeling the greenery under your bare feet. At the library we're primed to provide some great programs in between these activities.

Later today at 5:30pm we have "Together They Lived, Together They Died", a historical presentation about the famed outlaws, Bonnie and Clyde. On Thursday, we have "The Wonders of Plant Medicine" at 5pm teaching you about the wild plants and herbs that can aid you when you're ailing. Any t(w)eens looking to beat the summer heat can look forward to tabletop games and creating fairy houses this week. The kids can enjoy a couple of special programs this week as well, with Andrew Silver's variety show today at 4pm and the Squam Lakes Science Center here on Saturday!

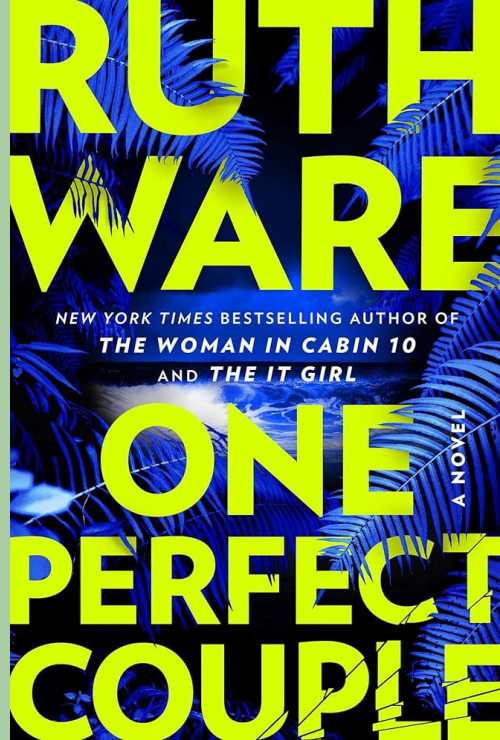
If you signed up online for the Summer Reading Program, make sure you stop by the library to get your reading logs so that you can so that you can earn tickets towards great prizes.

**On the Librarian's
Nightstand:
One Perfect Couple
by Ruth Ware**

**A big crowd for Storytime at the
Beach!**



Monadnock Falconry



"Ware once again delivers the literary goods, with a cheeky sense of wit (including a "blink and you'll miss it" nod to one of her own books), a propulsive sense of pacing, and a fiendishly clever conclusion."

—*Library Journal* (starred review)

How The Light Gets In

by Joyce Maynard

The Year Of What If

by Phaedra Patrick

One Last Summer

By Kate Spencer

Man In The Water

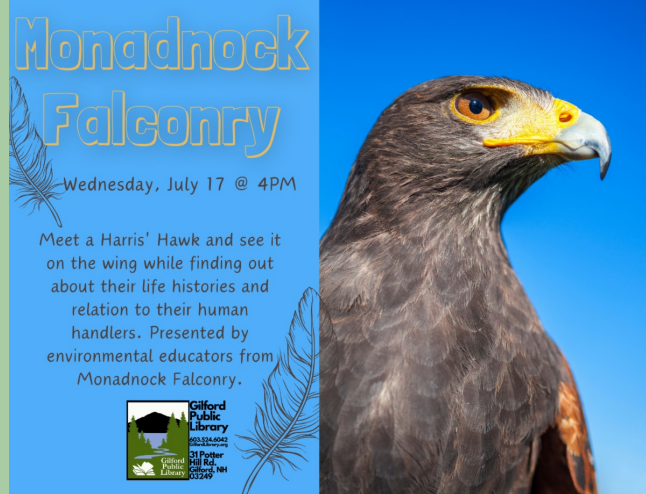
by David Housewright

A Good Life

by Virginie Grimaldi

Storm Child

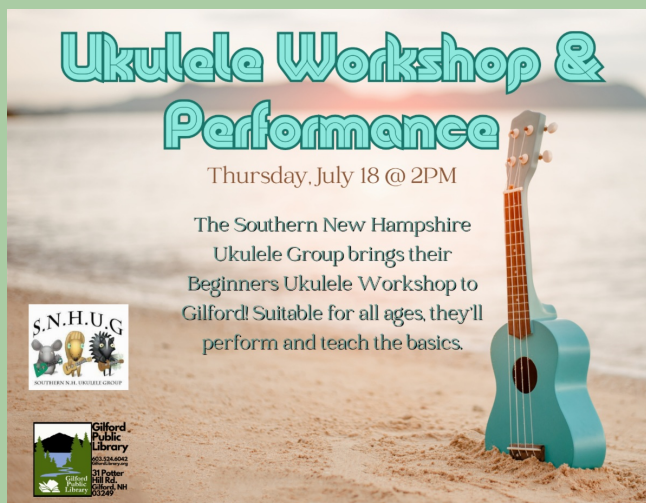
by Michael Robotham



Meet a Harris' Hawk and see it on the wing while finding out about their life histories and relation to their human handlers, Presented by environmental educators from Monadnock Falconry.

Wednesday, July 17 @ 4:00 p.m.

Ukulele Workshop & Performance



The Southern New Hampshire Ukulele Group brings their Beginners Ukulele Workshop to Gilford! Suitable for all ages, they'll perform and teach the basics.

Thursday, July 18 @ 2:00 p.m.

DVD of the Week: Anyone But You



If you're looking for a classic romantic comedy loosely inspired by Shakespeare's *Much Ado About Nothing*, then look no further. With a promising start quickly turned sour a pair of people must keep up appearances when they end up at a destination wedding. A fun film to watch when you need something a little on the lighter side. Starring Glen Powell and Sydney Sweeney.

Links of the Week

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

[The Most Read Books on Goodreads This Week July 3, 2024](#)

[Publishers Weekly's Summer 2024 Picks](#)

Children's Corner

Don't miss out on our upcoming variety artist performer, Andrew Silver! Catch his performance today

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.

Geri Fit

Today, 10:00 a.m. - 11:00 a.m.
Please bring your own 2-3 pound dumbbell, a stretch band, and water to drink during the workout.

Bridge

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

Intermediate Line Dancing

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

Together They Lived, Together They Died

Today, 5:30 p.m. - 6:30 p.m.
Part travelogue, part history, this presentation will chronicle the true story of Bonnie and Clyde.

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, no cost.

Trustee Meeting

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

Card Games

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

Check Out An Expert

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

Talk About Grief

Wednesday, 1:00 p.m. - 2:30 p.m.
Brenda Wentworth, minister and nurse, will help open a conversation about grief.

at 4:00 p.m.

We do have a new fantastic magic series if you feel sparked by his juggling mime performance. We hope to see you soon readers!

Featured Book: *Magic Illusions* by Noah Leatherland



Word of the Week

Perpicuous
adjective

per-spik-you-us

Clear and understandable.

"The presenter's perspicuous explanation of buying a home brought a sense of relief to the attendees."

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!

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.

The Wonders of Plant Medicine

Thursday, 5:00 p.m. - 6:00 p.m.
Join Clinical Herbalist and Wild Forager, Sara Woods Kender for a nature walk and Q&A to discover the medicinal plants found in your own backyard.

Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Bring 2 -3 lb. dumbbell, a 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 \$20 for 5 classes.

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 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.

GILFORD OLD HOME DAY
QUILT RAFFLE 2024
48" x 48" Wall Hanging



**Please support Gilford Old Home Day by purchasing a raffle ticket for this year's Old Home Day Quilt.

**Tickets are (1) for \$5 or (3) for \$10 and can be purchased at the Gilford Town Hall Parks and Rec Department Office

**Drawing: 8/24/2024 - You do not need to be present to win.

Old Home Day Quilt Raffle 2024

Support Gilford Old Home Day by purchasing raffle tickets available at the Gilford Town Hall Parks and Rec Department Office.
Drawing takes place on Saturday, August 24.

Upcoming July Programs



Gut Health: Immune Supporting Nutrition
With Hannaford Dietitian,
Katy Magoon-Fredette.
Tuesday, July 16 @ 11:00 a.m.

Beginner Line Dancing

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

Fun And Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.
This class focuses on moving your body and is appropriate for all fitness levels.

Mahjong

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

Children

Andrew Silver

Today, 4:00 p.m. - 5:00 p.m.
Come enjoy a juggling, humor and mime presentation!

Storytime At The Beach

Wednesday, 12:00 p.m.
Come to the Gilford beach for storytime and a prize. (Limited to Gilford residents).

Adventure Storytime

Friday, 10:30 a.m. - 11:30 a.m.
Join us for an adventure storytime outdoors!

Squam Lakes Science Center

Saturday 10:30 a.m. - 11:30 a.m.
The Science Center will bring adventurous animals to show us.

Summer Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.
An interactive storytime with other families.

T(w)eens

T(w)een Make-Your-Own Fairy Houses!

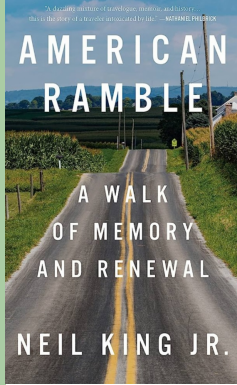
Today - Friday, 10 a.m. - 4:00 p.m.
Create your own fairy house for you home or garden.

T(w)een Tabletop Club

Today, 2:00 p.m. - 3:00 p.m.
Join Hayden to play a variety of tabletop games.

T(w)een Escape the Olympic Village

Monday through Friday, July 15-19,
10:00 a.m. - 4:00 p.m.



Book Discussion
with virtual visit from
author Neil King, Jr.
THURSDAY
JULY 18, 2024
5:30-6:30PM
Led by Betty. Copies are
available at the front
desk. Get yours today!



Book Discussion:
American Ramble by Neil
King, Jr.

Led by Betty with a live,
virtual visit from the author.
Thursday, July 18 @ 5:30
p.m.

Big Trees of Northern New England

Tuesday, July 23 @ 5:30PM



Wooden boat builder, outdoorsman and Big Tree Program measurer, Kevin Martin, will be showing and discussing these trees as described in his new book *Big Trees of Northern New England*.



Big Trees of Northern
New England
With Big Tree Measurer and
author, Kevin Martin,
Tuesday, July 23 @ 5:30
p.m.

Sign up for a 45 minute time slot
for the Escape Room.

Nature Corner: How
Birds Stay Cool on Hot
Summer Days

by Wendy Oellers-Fulmer

During these blistering hot
days of summer, while
humans can turn to air
conditioning, cool drinks and
swimming, how do the birds
stay cool?

While observing a nesting loon
during this week's heat wave,
we observed that it seemed to be panting. We've seen this in eagles
before and discovered that this behavior is an adaptation as a cooling
technique used for thermoregulation, where warmer blood cools and then
circulates, lowering the animal's body temperature.

Just like a swim can help us cool down, birds also find relief from the
heat by bathing or swimming in water. By submerging into water, body
heat is dissipated into the cooler water. Fluffing up feathers after a dip
and opening wings to catch a breeze are other options to beat the heat.



Nesting loons begin panting when the temperatures rise to the seventies and keep panting continually in the eighties. Adult can take short swims, but don't usually leave the nest for long as on hot days, the eggs can actually begin to cook (within 20 minutes) and are at risk from predators.

To discover more:

[Watch Out for the Heat Wave!](#)

[How Do Birds Keep Cool in the Summer?](#)

Did you know...it will soon be [Gilford's hazardous waste day](#)? Coming on July 27th you'll be able to rid yourself of all the troublesome refuse that has plagued your home. Taking place at the DPW garage, be sure to look up the list of accepted items so that you can make the most of a rare service.

www.gilfordlibrary.org



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