



June 10, 2025

Dear Arielle,

If this week were a burrito it'd be bursting at the seams. We've got a lot of programs coming down the pike for you to enjoy this week.

Later today at 5:30pm we have "Restoring Brook Trout to NH" at 5:30pm, with a NH Fish and Wildlife steward talking all about the integral ichthyology. Then on Wednesday the 11th we have a "Tour of the Gilford Hannaford" at 10:30am, with dietitian, Braelynne Juris, for those unfamiliar with the store at large or looking for those niche items. Our monthly "Book Discussion" is on Thursday at 5:30pm featuring this month's book *American Mother* by Colum McCann and Diane Foley (look for the author visit on July 30!). Finally, we have "Saving Photos and Memories" on the 17th at 11am, giving you the tools you need to preserve your precious memories.

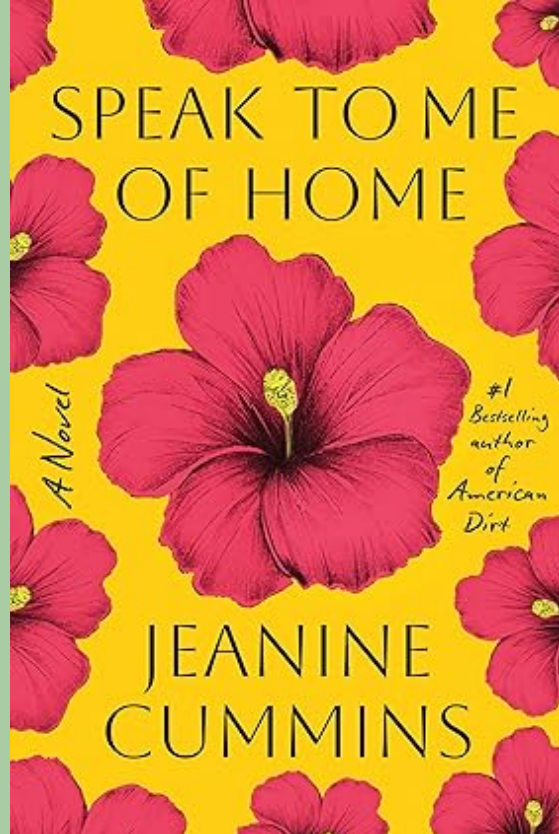
As always, keep an eye on [the calendar](#) for all the fun we have in store.

**On the Librarian's
Nightstand:
Speak To Me Of Home
by Jeanine Cummins**

**Breaking ground on our new
heating system.**



Senior Nutrition



"Enthrancing. . . . There is a radiance to this saga. . . . the empathy with which Cummins envisions her characters is a poignant reminder that it is actual human beings who approach our borders, each with a singular story to tell."

—*The Washington Post*

I See You've Called In Dead
by John Kenney

Blood In The Water
by Casey Sherman

Murder Runs In The Family
by Tamara Berry

Great Big Beautiful Life
by Emily Henry

I Regret Almost Everything
by Keith McNally

The History of Sound
by Ben Shattuck

Blonde Dust
by Tatiana de Rosnay

Senior Nutrition

Thursday, June 19 @
10AM

**NUTRITION
HEALTH**

Discover a path to vitality and wellness that could just make all the difference. Presented by Dr. Vanessa Hahn from Hahn Health Primary Care.



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Thursday, June 19 @ 10:00 a.m.

Film Classics

Film Classics

The Most Iconic Scenes in Movie History



Tuesday, June 24 @ 5:30PM

Author and pop culture historian, Marty Gitlin, talks about what made certain film scenes so iconic along with playing some classic movie trivia.



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Tuesday, June 24 @ 5:30 p.m.

DVD of the Week:
Mickey 17

This Week at the



The latest offering from director Bong Joon Ho takes us on a wonderful romp. Filled with science fiction goodness, and black comedy throughout there is just too much going on in this film to tell. Suffice it to say, it's a good watch for just about anyone to enjoy. Starring Robert Pattinson, Naomi Ackie, Mark Ruffalo and more.

Links of the Week

[Fill Out GPL's Survey on Accessibility](#)

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

[Bookriot's Best Books to Read in June, 2025](#)

[Amazon's Best Books of 2025 So Far](#)

[Taco Tour Manchester Returns for 2025](#)

[NH Magazine's Guide to Summer](#)

Children's Corner

[Summer Camping at Gunstock](#) and it is pet

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 p.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.
Play a hand or two of bridge.

Intermediate Line Dancing

Today, 4:00 p.m. - 5:00 p.m.
Line Dancing class with Bonnie.

Restoring Brook Trout to NH

Today, 5:30 p.m. - 6:30 p.m.
A NH Fish and Wildlife Steward will explain the history, habitat needs and threats to brook trout.

Senior Stretch Yogaaah!

Wednesday, 9:00a.m. - 10:00 a.m.
Lani Voivod will lead us through stretches. Sponsored by the Friends of the Library.

Trustee Meeting

Wednesday, 10:00am - 11:30am.

Card Games

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

Tour of the Gilford Hannaford

Wednesday, 10:30 a.m. - 11:30
A Hannaford dietitian will lead a tour of the Gilford store. Meet at the store, or at the library at 10:15 to carpool.

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.

friendly! Take the whole family out camping this summer and enjoy the lovely weather coming our way! Need camping books? We have them here at the library for you to check out.

Featured Book: *Our Tree*
by Jessica Meserve



Word of the Week

Nascent
adjective

Something that is just beginning to exist, or in other words, is recently formed or developed.

NASS-unt

"This debut novel marks the author's nascent writing career."

Upcoming Events

Refreshing Thai Cuisine for Summer

Thursday, 12:30 p.m. - 3:00 p.m.
Chef Colleen will teach how to make some delicious Thai dishes. Sign up required. **Class is full.**

French Club

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

Book Discussion: American Mother

Thursday, 5:30 p.m. - 6:30 p.m.
Rhetta will lead the discussion of this book by Colum McCann and Diane Foley.

Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

JUNE IN BLOOM: A 4-week Chair Yoga Journey to Awaken The Heart Of the Lake

Friday, June 6, 13, 20 and 27
10:00 a.m. - 11:00 am.
Pre-registration required. \$30 for all 4 weeks. **Class is full.**

Bridge

Friday, 10:00 a.m. - 12:00 p.m.
Play a hand or two of bridge.

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.

Beginner Line Dancing

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

Beginner Line Dancing

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

Fun and Fitness with Joyce

Monday, 9:00 a.m. - 10:30 a.m.
Enjoy exercising with others.

Tai Chi Practice



Summer Reading Program Kickoff

Join in on the adventure celebrating our S.R.P. Kick-off! There will be games, a food-truck, and more!

**Wednesday, June 25
@ 4:00PM**



Summer Concert Series

Bring a chair and enjoy a night of music and food.

**Tuesdays, July 15 and
August 12
@ 4:00PM**



The Rise and Fall of New Hampshire's Railroads and the White Mountain Hotels

With railroad aficionado,
Frank J. Barrett, Jr.

**Thursday, July 10
@ 5:30PM**

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

Mahjong

Monday, 12:00 p.m. - 3:00 p.m.

Children

Preschool Storytime

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

Little Math Wiz

Wednesday 10:30 a.m. - 11:30
Come for fun stories and activities.
Ages 3 - 5.

Yogapalooza

Thursday, 10:30 a.m. - 11:30 a.m.
Join Miss Jill for a beginners yoga and mindfulness class. Ages 3 - 6 and parents.

Preschool Storytime

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

1000 Books Before Kindergarten Graduation!

Friday, 2:00 p.m. - 3:00 p.m.
All participants will be recognized along with our 2025 graduates!

Drop-In Father's Day Craft

Saturday, 10:30 a.m. - 11:30 a.m.
Create a one of a kind gift for the special father figure in your life!

T(w)eens

Boredom Busters

Wednesday, 3:00 p.m. - 4:00 p.m.
Come join this student-led activity.

Nature Corner: A Look At Lupines - Part 1

by Wendy Oellers-Fulmer

One of the beautiful but fleeting sights in June are the lupines, filling our fields, gardens and road sides with a glorious tapestry of blue, purple, pink, red, yellow, and white. But did you know that the lupines we most commonly see are non-native to the northeast?



Sundial lupine is native to eastern North America, but the Bigleaf Lupine and ornamental Russell Hybrid were brought into the Northeast during the early to mid-1900s for decorative gardens and roadside stabilization. Gardeners appreciate the fact that lupines are an asset, enhancing garden health and resilience by improving soil fertility through nitrogen fixing.

Through these initial plantings and escapes from gardens, plus the fact bigleaf lupines are prolific seed producers, they have spread rapidly, sometimes displacing native lupines. These non-natives do provide pollen for pollinators, but the tendency to hybridize with sundial lupines from cross-pollination is common. This results in hybrid lupines which are not suitable food sources for the endangered Karner blue butterfly caterpillars.

Fortunately there are conservation efforts in the Pine Barrens of Concord to restore native lupines.

To discover more about these variety of lupines and how to tell the difference: [What Are the Differences Between the Native Wild Lupine and Bigleaf Lupine Commonly Seen In New Hampshire Landscapes?](#)

Did you know...we have a photo printer at the library? For a nominal fee you can print out your most important memories on quality photo paper. And if that isn't enough to keep your memories intact, we have a "Save, Organize, and Share" program next week on the 17th to help you manage your collection of photographs. Preserving our memories can be a daunting task and we want to help give you the tools to make it a smooth ride.

www.gilfordlibrary.org



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