



**June 4, 2024**

Ahoy there June Bugs! It's the first of the summer months and we're excited for everything coming down the pike.

But, before we get to the raucous good fun that is the Summer Reading Program, we have some other programs to whet your appetite. On Wednesday the 5th, our monthly "Let's Talk About Grief" sessions with counselor Brenda Wentworth will meet at 1pm, helping you navigate the tumultuous times after losing a loved one. Then, on Thursday the 6th at 5:30, we have "Civil War Soldiers' Quilts" with historian Pam Weeks, detailing the history of these unique textile marvels.

We hope to see you all summer long here at the library!

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**On the Librarian's  
Nightstand:  
If Something Happens  
to Me  
by Alex Finlay**

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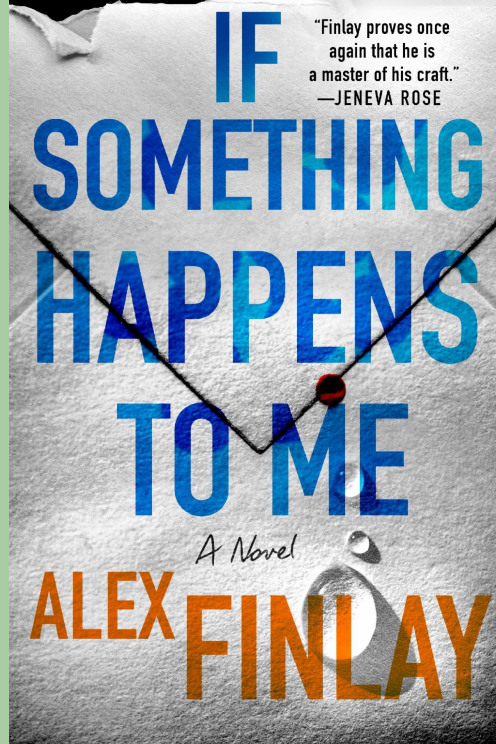
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**Learning math the hands on way!**



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**Understanding Alzheimer's &  
Dementia**



"A tightly coiled spine tingle . . . As in Finlay's previous novels, relentless pacing, impressive characterizations, and the author's knack for surprise combine to produce top-shelf entertainment. This is a smart, unpredictable winner."  
—*Publishers Weekly* (Starred Review)

**The Sweet Blue Distance**  
by Sara Donati

**I Cheerfully Refuse**  
by Leif Enger

**Kill For Me, Kill For You**  
By Steve Cavanagh

**In A Not So Perfect World**  
by Neely Tubati-Alexander

**Lovers And Liars**  
by Amanda Eyre Ward

**Healing Wounds**  
by Diane Carlson Evans

**Book of the Week:**  
**Change**  
**by Edouard Louis**

## Understanding Alzheimers & Dementia

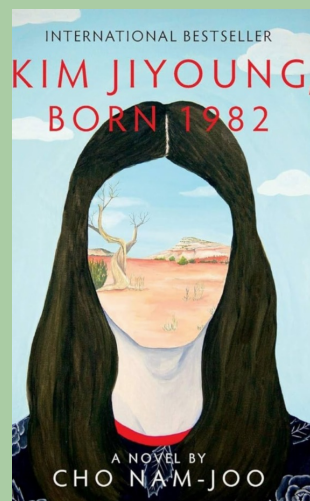
Monday, June 17 @ 5:30PM

Learn from the Alzheimer's Association the difference between alzheimer's and dementia, stages and risk factors, as well as current research and treatments available for some symptoms. Sign-up at the library.



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**Monday, June 17 @ 5:30 p.m.**

## Monthly Book Discussion



### Book Discussion

THURSDAY

JUNE 20, 2024

5:30-6:30PM

Copies are available at the front desk. Get yours today!



This month's book is Kim Jiyoung, Born 1982 by Cho Nam-Joo. Led by Rhetta; books are available at the front desk.

**Thursday, June 20 @ 5:30 p.m.**

**This Week at the Library**



# CHANGE

A Novel

Translated by John Lambert



# ÉDOUARD LOUIS

Author of  
*The End of Eddy*



A story of a personal odyssey, an attempt to reshape not just the image, but the essence of who a person is. Seeking to leave behind a life of poverty and squalor, young "Eddy" sets out to remake himself in the image of the elite and well-to-do. A beautiful examination of wealth inequality and class disparity.

## Links of the Week

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

[The Most Read Books on Goodreads This Week May 29, 2024](#)

[10 Exciting Books to Read this Summer](#)

[85+ things to do in NH this summer](#)

[40+ NH Museums to Visit This Summer](#)

## Children's Corner

[Summer Camping](#) at Gunstock is open for

## 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.

### Bridge

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

### 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.

### 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, no cost.

### 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.

### Let's Talk About Grief

Wednesday, 1:00 p.m. - 2:30 p.m.  
Brenda Wentworth, MA, minister and Bereavement Provider will explain why it is important to talk about grief.

### 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!

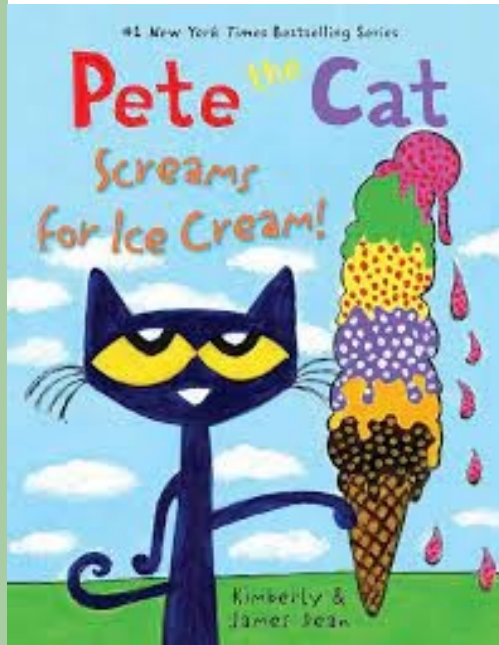
### Geri Fit

Thursday, 9:00 a.m. - 10:00 a.m.  
Please bring your own 2-3 pound dumbbell, a stretch band, and



reservations and it is pet friendly! Take the whole family out camping this coming weekend and enjoy the lovely weather coming our way!

**Featured Book:** Pete the Cat Screams for Ice Cream! by Kimberly and James Dean



## Word of the Week

**Parsimonious**  
*adjective*

par-si-moan-ee-us

Excessively unwilling to spend; stingy; excessive frugality.

"Everyone was surprised when the parsimonious Joe paid for everyone's appetizers."

## Upcoming June Programs

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.

### Civil War Soldiers' Quilts

Thursday, 5:30 p.m. - 6:30 p.m.  
Pam Weeks will discuss the roles women played in the Civil War and highlight actual soldiers' quilts.

### 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 5 for \$20.

### 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.

### Beginner Line Dancing

Saturday, 10:30 p.m. - 11:30 p.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. - 3:00 p.m.  
Know how to play? Join these mahjong players every Monday!

## Children



**New England Hiking**  
With author Jeff Romano  
**Tuesday, June 18 @ 5:30 p.m.**



**June Exercise Social**  
Hang out with your exercise buddies from Senior Sculpt, Geri Fit, Yoga and Line Dancing!  
**Thursday, June 20 @ 10:00 a.m.**



**Summer Reading Kickoff**  
Come to sign up, have treats, and play games!  
**Thursday, June 20 @ 4:00-5:30 p.m.**

### **Preschool Storytime**

Tuesday, 10:30 a.m. - 11:30 a.m.  
Listen to stories and make crafts with Miss Linda.

### **Little Math Whiz**

Wednesday, 10:30 a.m. - 11:30 a.m.  
Fun stories and educational games.  
Ages 3 - 5.

### **1000 Books Before Kindergarten Graduation**

Thursday, 10:30 a.m. - 11:30 a.m.  
Members of this program - come celebrate and be recognized!

### **Preschool Storytime**

Friday, 10:30 a.m. 1000 Books- 11:30 a.m.  
Storytime fun with Miss Jill!

## **T(w)eens**

### **T(w)een After-School Club**

Wednesday, 3:00 p.m. - 4:00 p.m.  
Hayden will facilitate this weekly teens-pick-what-to-do group.

## **Nature Corner: What's in Bloom?**

by Wendy Oellers-Fulmer

The beautiful weather over this past week has encouraged a blossoming of new spring wildflowers. While you might be lucky enough to spot a few

lady slippers still blooming, the new arrivals spotted on a walk this week are: Bluets, Starflowers, Canada Mays, Birdfoot trefoil, White Campion, Meadow Hawkweed, Meadow Buttercup, and Blackberry Blossoms.

As pretty as they are, wildflowers are blooming to produce seeds for future plants... some like Buttercups are prevalent, but others like Lady Slippers take a long time to bloom.



To discover more about the beautiful blossoms that are emerging daily during this blooming season:

[Beaver Brook Association](#)

[US Wildflower Database](#)



**Did you know...**we have Nintendo Switch games? While books and DVDs are good fun most of the time, a good video game can be just as enjoyable an experience. If you have a Nintendo Switch console at home and would like to try out a game, be sure to stop by and peruse our selection of loaner titles.

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



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

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