



March 4, 2025

When stuck in the winter doldrums it can be some small comfort to revisit the media that we find most inspiring or uplifting. Come find a book to lose yourself in or find a light-hearted read to soothe the soul.

Later today we have "Parkinson Awareness" at 5:30pm, where Downtown Gym explains their Rock Steady Boxing program, helping you or your loved ones stay adroit. Wednesday morning at 10:15am, we have "Bits and Bytes" a short tech lesson for those looking to utilize every part of the technology at their fingertips. This month's topic is "What Can Google Do for You". Also on Wednesday we have another "Talk About Grief" at 1pm, giving you the outlet you may need to grapple with one of life's most turbulent emotions.

It's just the start of March and there is yet more to come for our library patrons.

**On the Librarian's
Nightstand:
*The Strange Case Of Jane
O.*
by Karen Thompson
Walker**

**Thing 1 and Thing 2 help the
Cat in the Hat at Dr. Seuss'
Birthday Party!**



"A BRILLIANT NOVEL." —KAREN RUSSELL

THE STRANGE CASE OF JANE O.

A NOVEL

KAREN THOMPSON WALKER

NEW YORK TIMES BESTSELLING AUTHOR OF THE AGE OF MIRACLES

The relationships among scientific fact, emotion, and psychology are tangled here. No viewpoint is reliable, but no one is wrong. [Walker turns] the narrative on its head in satisfyingly disturbing ways. . . . An exhilarating and riveting must-read and then read-again."

—Kirkus Reviews, starred review

Back After This
by Linda Holmes

Galway's Edge
by Ken Bruen

The Wolf Tree
by Karen McCluskey

Gliff
by Ali Smith

The Dressmakers Of London
by Julia Kelly

Reading The Waves
by Lidia Yuknavitch

Something Deeply Hidden
by Sean Carroll

Saving Mama

Story of a unique family that matters into their own paws.

Tuesday, March 11 @ 5:30PM

Gilford author, Claire Hebert-Dow, introduces her novel *Saving Mama* - the tale of how she discovers that life isn't always what you expect, but it can be more than what you dreamed possible with the help of some unlikely warriors — five kitties and one pup.

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Tuesday, March 11 @ 5:30 p.m.

St. Paddy's Day Sing-a-Long

St. Patrick's Day SING-A-LONG
Monday, March 17 @ 11AM

Enjoy some fun and festive St. Patrick's Day songs with Jane! Grab a snack, sing a song and don't forget to wear lots of Green.

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Monday, March 17 @ 11:00 a.m.

DVD of the Week:

This Week at the

Wicked



Based on the acclaimed book and stage play by the same name, we take a look at the origins of two of Oz's notable figures. A spectacular musical that weaves together magic, friendship, and tragedy. A delightful watch for fans of The Wizard of Oz, or neophytes to the concepts of Oz. Starring Cynthia Erivo, Ariana Grande and Jeff Goldblum.

Links of the Week

[Book Riot's Best New Book Releases Out February 25, 2025](#)
[The Most Read Books on Goodreads This Week](#)

[Bookriot's 12 New Mystery, Thrillers, & True Crime for March 2025](#)

[Where To Go Ice Skating in NH](#)

[Where To Find Brunch in New Hampshire](#)

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.

Parkinson Awareness

Today, 5:30 p.m. - 6:30 p.m.
March is Parkinson's Awareness Month and Downtown Gym will explain their adapted Rock Steady Boxing program.

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.
Play a few rounds of "Pay Me".

Check Out An Expert

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

Bits and Bytes: What Can google do for me?

Wednesday, 10:15 a.m. - 10:30 a.m.
Hayden will explain the Google suite of services and how to take advantage of all it offers.

Let's Talk About Grief

Wednesday, 1:00 p.m. - 2:00 p.m.
Break the silence and open a conversation about grief with Dawn Alvarez, M.E.D., a Grief and Loss Counselor.

Paint Group

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

Children's Corner

Compassion for each other is something we all need and teach our little ones about. Restoring human connections and uniting our world with compassion is key. [Mindful Littles](#) is a non-profit organization that provides resources about mindfulness and self-compassion activities for kiddos. In addition, they also provide resources that include crafting ideas and gaming activities to nurture a growth mindset.

Featured Book: *Good Golden Sun* by Brendan Wenzel



Word of the Week

Gelid
adjective

Literally or figuratively extremely cold or icy.

JELL-id

"Luckily, the gelid New England winter seems to be coming to an end."

Upcoming Events

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.

Tai Chi

Thursday, 10:00 a.m. - 11:00 a.m.
or 11:15 a.m.- 12:00 p.m.
Tai Chi for Arthritis can be done seated or with the use of a chair.
Sign up and \$30.00 for 8 weeks.

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 German

Friday, 2:30 p.m. - 3:20 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. - 10:00 a.m.
Appropriate for all fitness levels.

Tai Chi Practice

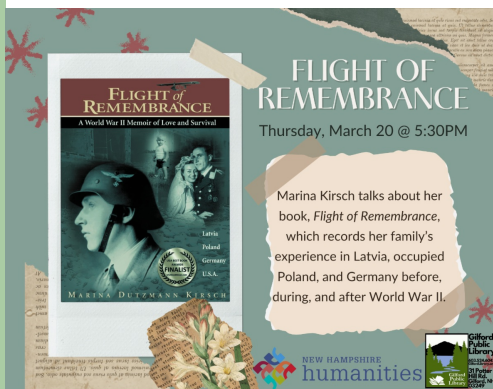
Monday, 10:15 a.m. - 11:00 a.m.
Know basic tai chi moves? Come to this weekly program to practice.



Drop-In Kids' Craft
Make your own bouquet!
Sponsored by the Friends of
the Library.
Saturday, March 15
@ 10:30 a.m.



Discover Live: Waterford, Ireland
Explore one of Ireland's ancient cities!
Tuesday, March 18
@ 11:00 a.m.



Flight of Remembrance
Author Marina Kirsch talks about her book.
Thursday, March 20
@ 5:30 p.m.

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

Children

Preschool Storytime

Today, 10:30 a.m. - 11:30 a.m.
Come listen to Spring stories and make cute crafts with Miss Linda.

Yogapalooza

Wednesday, 10:30 a.m. - 11:30 a.m.
Beginners yoga and mindfulness with Miss Jill. For ages 3 - 6 and parents.

Science Seekers: Study Of Seeds

Wednesday, 3:30 pm. - 4:30 p.m.
Watch and learn how your seeds grow with Miss Erika.

Preschool Storytime

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

Baby Storytime

Monday, 10:00 a.m. - 11:00 a.m.
Join Miss Jill and other parents and babies for songs, rhymes and more!

T(Weens)

Boredom Busters

Wednesday, 3:00 p.m. - 4:00 p.m.
Join Hayden and other t(w)eens for this student-led activity group.

T(w)eens Eats: Monkey Bread

Thursday, 3:00 p.m. - 4:00 p.m.
Join Hayden and Erika every other week exploring culinary delights!

Nature Corner: Part 1: Rocking Robins On Both Sides of the Ocean

By: Wendy Oellers-Fulmer

Our beloved and ubiquitous

American Robin has a counterpart in Europe, the European Robin.

Beloved in England and Ireland, these songbirds share a similar appearance and behaviors, but are actually different species. The American Robin belongs to the Thrush family, stocky birds with large eyes; while the European Robin belongs to the Old World Flycatcher family who are specialized to catch insects in flight.



Both songbirds primarily eat insects, earthworms, spiders and small invertebrates during the late spring through fall. During the winter, they rely on seeds and berries. They both have vibrantly colored breast feathers, while the European Robin has a bright orange face, shorter "bib" and brownish back, the American Robin's face matches its grayish back. The American Robin is also larger, 8 1/2-11 inches compared to the 5 1/2-inches of the diminutive European Robin.

Our American Robin got its name from European settlers, who were delighted to see the familiar vibrant coloring of their beloved "Robin".

To learn how the European Robin got its name:
[How Robins Got Their Name](#)

To discover more about the European Robin:
[European Robin](#)

To discover more about the similarities and differences between the two robins:
[What's the Difference?: American Robin vs. European Robin](#)

Did you know...cybersecurity, while complicated, doesn't have to be stressful? There are some easy steps you can take to protect yourself. First of all, stay calm. Scammers want you to rush and panic so that you make rash decisions without fully grasping the situation, or failing to notice incongruities in their pitch. Secondly, unless you're specifically contracted with a cybersecurity company/business, no one will ever contact you over the phone regarding issues with your computer. We'll have a few more tips in the coming weeks so keep your eyes peeled.

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