



May 6, 2025

Spring is here and it is a time of rejuvenation and rebirth. Following along those lines we have a few programs for you.

Later today at 1pm we have a "Death Cafe", an open discussion on all matters related to end-of-life and tomorrow at 1pm "Let's Talk About Grief" as well, giving you a space to explore the turbulent emotions that come with the passing of a loved one. Then, next Monday the 12th, we focus on the floral with a "Meet the Artists" with refreshments at 4pm for our monthly exhibit of wonderful botanical works. This dovetails into "Raised Bed Gardening" with Ron Trexler of the UNH Extension at 5pm, helping you jump-start your growth season.

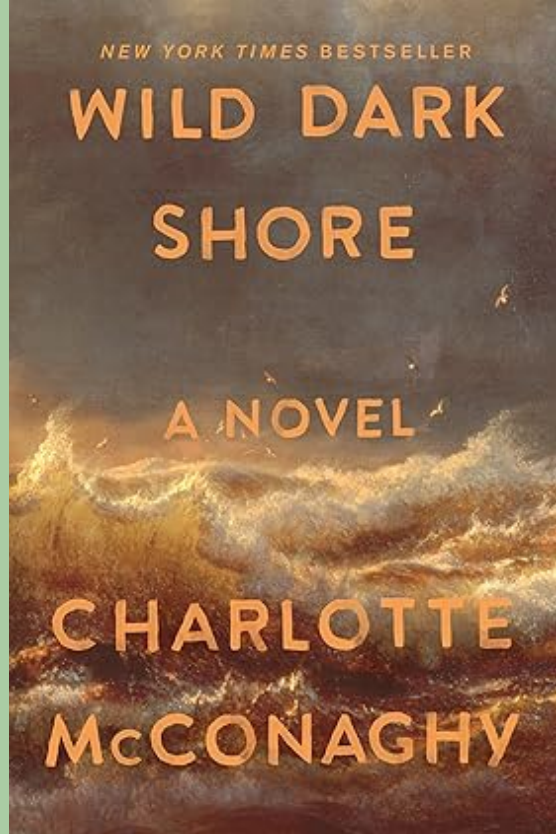
In addition, sadly we'll be saying goodbye to our Teen and Emerging Technologies Librarian, Hayden, at the end of next week. So if Hayden has ever lent you a helping hand, be sure to stop in and say thank you and goodbye.

**On the Librarian's
Nightstand:
Wild Dark Shore
by Charlotte McConaghy**

**This month's exhibit is
blooming!**



Mindful Forestry Therapy



"Riveting... McConaghy's descriptions of nature's glory and terror are galvanic, the psychological struggles wrenching, the suspenseful action spectacularly choreographed. McConaghy has attained new heights of intensity and lacerating ecological conviction in this complexly plotted, tragic, and all-consuming tale of the battle to survive."

—*Booklist* (starred review)

My Name Is Emilia del Valle

by Isabel Allende

I Will Blossom Anyway

by Disha Bose

The Murder Machine

by Heather Graham

The Retirement Plan

by Sue Hincenbergs

Murder By Cheesecake

by Rachel Ekstrom Courage

The Book Club For Troublesome Women

by Marie Bostwick

The Art Of Interesting

by Lorraine Besser-Jones

MINDFUL FORESTRY THERAPY

Tuesday, May 13 @ 5:30PM
Walk - Tuesday, May 20 @ 5:30PM

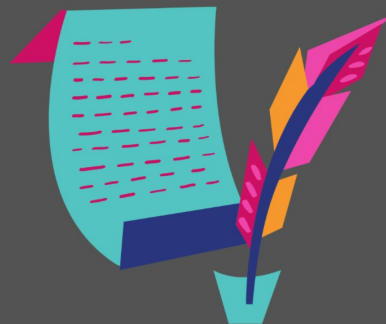
Learn the origins of forest therapy and how to savor all the sights, sounds, and smells in nature in this two part program presented by Aimee Dion. The second session will be a walk in the woods where you will put your new skills to the test!

Discover how to savor the sights, smells, and sounds of nature in this two-part program presented by Aimee Dion. The second session will be a walk in the woods where you will put your new skills to the test!

Tuesday, May 13 @ 5:30 p.m.

Walk - Tuesday, May 20 @ 5:30 p.m.

Gilford PTA Poetry Night



PTA Poetry Night

Hear original poems by the winners of the Annual Spring Poetry contest from each grade. Sponsored by the Friends of the Library.

Wednesday, May 14 @ 5:30 p.m.

Book of the Week:
Fair Play
by Louise Hegarty



In a send-up of classic murder mysteries, we follow the plot against the backdrop of a jazz-age murder mystery party, replete with butler, gardener, and housekeeper. When the party ends and the next morning comes, not everyone wakes up. With sharp wit and engaging threads to follow it's a suitable homage to murder mysteries of old.

Links of the Week

[EveryLibrary Petition for IMLS Funding](#)

[Bookriot's The Best New Book Releases Out April 29, 2025](#)

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

[The Best Gardens to Explore in NH](#)

[NH Magazine's Eight](#)

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.

Death Cafe

Today, 1:00 p.m. - 2:00 p.m.
Ruth O'Hara, RN will lead this discussion group about a natural part of life.

Intermediate Line Dancing

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

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. - 12:00
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: Princh

Wednesday, 10:15 a.m. - 10:30 a.m.
Learn how to print to the library's in-house service using Princh from your phone, tablet or laptop.

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.

**Great Gift Ideas for
Mother's Day**

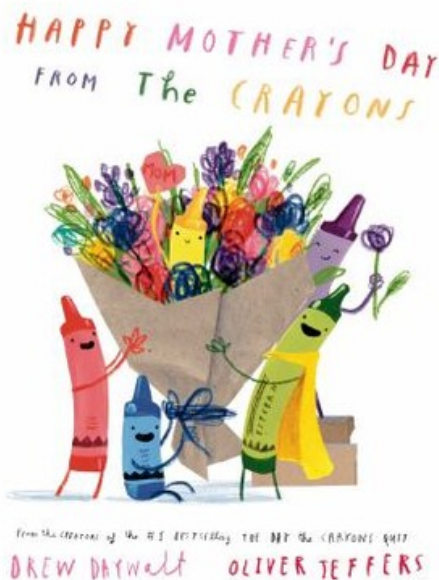
**Mother's Day Events and
Brunches in NH**

Children's Corner

The history of Mother's Day is just as interesting and we have several books/online resources that highlight the maternal bonds between mothers and children. Don't forget our Mother's Day drop-in craft on May 10th @ 10:30am to create something special.

Happy Mother's Day!

Featured Book: *Happy Mother's Day from the Crayons* by Drew Daywalt



Word of the Week

Catawampus
adjective

Askew, awry, crooked;
something not aligned
correctly or is in dissaray.

kat-er-wahm-pus

"The unfinished renovation
project left the room
catawampus."

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.

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.

DeLIGHTful Chair Yoga

Friday, 10:00 a.m. - 11:00 a.m.
Lani Voivod will teach a four week
chair yoga series the first four
Fridays of the month. Sign-up
required; cost is \$30. *This month is
full.*

Bridge

Friday, 10:00 a.m. - 12:00 p.m.
Play a rubber 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

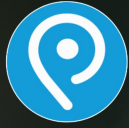
Monday, 9:00 a.m. - 10:00 a.m.
Appropriate for all fitness levels.
Sponsored by the Friends of the
Library.

Tai Chi Practice

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

Upcoming Events

BITS AND BYTES: WIRELESS PRINTING DEMYSTIFIED!



WEDNESDAY,
MAY 7 - 10:15AM



Bits & Bytes

Learn how to use Princh - our in-house wireless printing service.

Wednesday, May 7
@ 10:15AM

Book Discussion
THURSDAY
MAY 15, 2025
5:30-6:30PM

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

Clifford Public Library
100 Water Street
Clifford, NH 03112
603.882.2222

Book Discussion

This month's book is How to Read a Book by Monica Wood. Led by Rhetta; books are available at the front desk.

Thursday, May 15
@ 5:30PM

Saving & Sharing Our One Room Country Schools

Thursday, May 15 @ 5:30PM

Hear what is being done across the country to preserve and share historic one room schoolhouses from Susan Fineman, a retired teacher from Nashua's District #1 Schoolhouse.



Saving & Sharing Our Country Schools
Learn about the preservation of historic one room schoolhouses from retired teacher, Susan

Mahjong

Monday, 12:00 p.m. - 3:00 p.m.
Join in on the fun!

Meet The Artists

Monday, 4:00 p.m. - 5:00 p.m.
Meet the artists behind this month's "Art In Bloom" exhibit.

Raised Bed Gardening

Monday, 5:00 p.m. - 6:00 p.m.
Learn the hows and whys of raised bed gardening from Ron Trexler of the UNH Extension.

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.

Science Seekers: Fun With Food

Wednesday, 3:30 p.m. - 4:30 p.m.
Taste your own experiments and learn the science behind it with Miss Erika.

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.

Drop-In Mother's Day Craft

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

Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.
Join other parents and babies for a special storytime with Miss Jill filled with songs, rhymes, and more!

New Baby Storytime

Monday, 10:30 a.m. - 11:30 a.m.
If the first session is at capacity, join Miss Jill at 10:30am!

Fineman.
Thursday, May 15
@ 5:30PM

Chat with a Librarian

Saturday, May 31 @ 10AM

Explore and discuss accessibility with a librarian. Refreshments will be provided.



**A SPECIAL GRANT
FOR SMALL AND
RURAL COMMUNITIES**



ALA American Library Association

Chat with a Librarian

Explore and discuss
accessibility with a librarian.
Refreshments will be
provided.

Saturday, May 31
@ 10:00AM

T(w)eens

Boredom Busters

Wednesday, 3:00 p.m. - 4:00 p.m.
Join Hayden and others for this
student-led activity group.

T(w)een Home School Club

Thursday, 12:00 p.m. - 1:30 p.m.
Come hang out with Hayden and
other home schoolers, ages 11 - 18.

T(w)een Plant Power Hour

Thursday, 3:00 p.m. - 4:00 p.m.
Learn gardening basics from soil
prep to eating.

Nature Corner: The Journey of a Thousand Miles Begins with a Single Flap by Wendy Oellers-Fulmer

The Chinese philosopher, Lao
Tau, has been attributed with
the quote "A journey of a
thousand miles begins with a
single step", signifying that
even the most major of
undertakings begin with a
single action.

In the Avian world, some birds
have huge "undertakings" as
they migrate back and forth
between time here in the
spring and summer during
the breeding season, and
down south during the
winter.

Three long-distance migrators
arrived back in our yard in
the last two days: Baltimore
Orioles, Indigo Buntings and
Rose-breasted Grosbeaks.
Considering the fact of the
uncertainties that migrating
birds face, (habitat loss,
light pollution, obstacles and
barriers, bad weather, and
predators), it's amazing that
they survive the arduous
journeys.

All three of these persevering
birds travel over a thousand
miles in the Spring and Fall.
The Rose-breasted grosbeak
flies all the way to Central and
Northern South America. The
vibrantly blue Indigo Bunting
can travel 1,200 miles each
way to winter in southern
Florida and northern South
America. The Baltimore Oriole
travels to wintering grounds
in Florida, the Caribbean,
Central America, and the
northern tip of South
America.

To discover more about these
beautiful birds:

[Baltimore Oriole](#)

[Indigo Bunting](#)

[Rose-Breasted Grosbeak](#)



Did you know...about our monthly art exhibit? Every month we play host to a new artist(s) so that they can show off the wonderful works they've made. This May, we have the privilege of playing host to "Art In Bloom," a whole cavalcade of artists and photographers, featuring beautiful botanicals. We'll even be having a "Meet the Artists" event on May 12th so you can glean some insights into their work. Be sure to stop by and feast your eyes on these spectacular works.

www.gilfordlibrary.org



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

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