



November 26, 2024

It's a short week here at the library.

With no one-off programs, we just want to wish everyone a happy holiday and explain our holiday hours. On Wednesday the 27th we will be closing an hour early at 5pm. Then the library will be closed both Thursday the 28th and Friday the 29th. The library will reopen on Saturday the 30th for our normal operating hours. Come Monday, we bring you back to the programming delights with "Cybersecurity Awareness" on the 2nd at 11am, helping you stay safe while you're surfing the web.

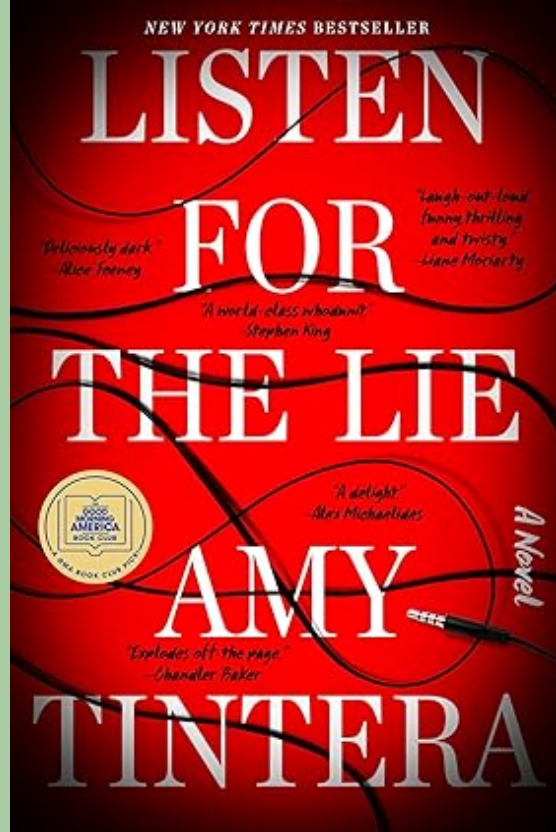
We hope you have a wonderful holiday and look forward to seeing you in [December](#).

**On the Librarian's
Nightstand:
Listen For The Lie
by Amy Tintera**

Happy Thanksgiving!



**Naturally Plant Based: Finding
Plant-Based Foods in the Aisles**



"The true-crime podcast hook will draw readers in, but it is Lucy's unique voice that will keep them turning the pages. An excellent takedown of small-town life and toxic masculinity."

—Booklist

The Christmas Cottage
by T. Davis Bunn

Exposure
by Ramona Emerson

Before We Forget Kindness
by Toshikazu Kawaguchi

The Wedding Witch
by Erin Sterling

Where The Forest Meets The River
by Shannon Bowring

Beautiful Chaos
by Jessica Urlichs

Naturally Plant Based:
Finding Plant-Based Foods in the Aisles

Wednesday, December 4 @ 10:30am

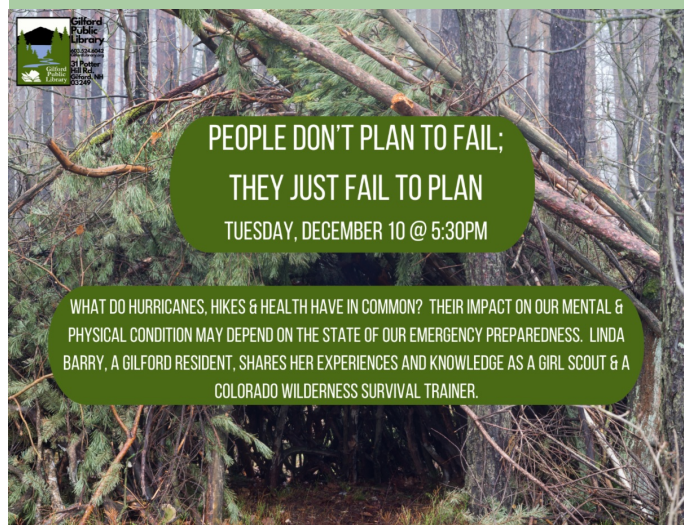
Join a Hannaford Dietitian & learn which foods are naturally plant-based and naturally nutritious.



Join a Hannaford Dietitian & learn which foods are plant-based.

Wednesday, December 4
@ 10:30a.m.

People Don't Plan to Fail; They Just Fail to Plan



Listen to Linda Barry, a Gilford resident who shares her experience & knowledge as a Wilderness Survival Trainer.
Tuesday, December 10 @ 5:30p.m.

DVD of the Week:
Bad Boys: Ride or Die



The fourth installment in the Bad Boys series brings the action and humor we've come to know from eponymous bad boys. With action, wit and over the top performance, it's a fun popcorn flick for an evening.

Links of the Week

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

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

[Thanksgiving Dinners You Don't Have to Cook](#)

[NH Jingle Bells Winery Tour](#)

Children's Corner

Happy Thanksgiving from your library! [Thanksgiving](#) has a rich history with tasty facts that will fill your brain. At the library, we also have books that you can dive into and celebrate the holiday by learning more about its roots!

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 lb dumbbell, stretch band, & water.

Bridge

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

Intermediate Line Dancing

Today, 4:00 p.m. - 5:00 p.m.
With Bonnie Deutch/.

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 p.m.
Play a few rounds of "Pay Me".

Check Out A Tech Expert

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

Paint Group

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

Beginner Line Dancing

Saturday, 10:30 a.m. - 11:30 a.m.

Fun Fitness With Joyce

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

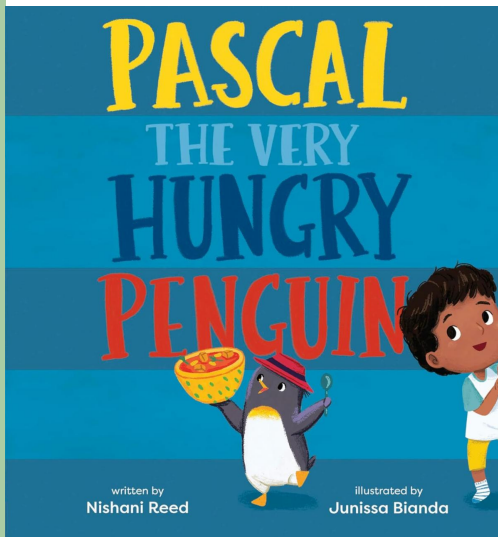
Cybersecurity Awareness for NH Residents

Monday, 11:00 a.m. - 12:00 p.m.
The NH Municipal Cyber Defense Program is a grant-funded initiative aimed at bolstering the cyber defense capabilities of NH Municipalities.

Mahjong

Monday, 12:30 p.m.

Featured book: *Pascal the Very Hungry Penguin* by Nishani Reed



Word of the Week

Meliorism

noun

The belief that the world tends to improve and that humans can aid its betterment.

MEE-lee-uh-riz-um

"To its critics, this modesty and meliorism represent cowardice."

Join the group and have some fun.

Children

Preschool Storytime

Today, 10:30 a.m. - 11:30 a.m.
Fantastic stories and crafts!

Baby Storytime

Monday, 10:00 a.m.
Enjoy songs, rhymes, and movement with others.

Upcoming Events



Experience the magic of London during the holidays.

**Tuesday, December 17
@ 11a.m.**

Nature Corner: Part 2: Feeding the Birds & Keeping Them Healthy

By: Wendy Oellers-Fulmer

The joy of bird feeding is appreciated by many, but there are some critical points to remember to keep the visiting birds healthy and safe.

Spilled seeds and hulls can become soggy and sponsor deadly mold. In addition, bird droppings & contaminants can spread infectious bird diseases. To prevent this from happening, clean your feeds every two weeks, (or more during heavy use, rainy weather or during reports of infectious bird diseases).

Clean with soap or boiling water, or a 1 part bleach with a 9 parts



Store seeds in metal containers in a cool, dry area to keep rodents out and keep them from getting damp, moldy or overheating which can lessen the nutritional value.

Locate feeders away from windows by at least 3 feet, to prevent collisions. According to the Smithsonian, up to a billion birds are killed by colliding with

water solution. Soaking the feeders for 10 minutes is very effective at preventing diseases from spreading.

windows in the United States.

More information:

[Cleaning Bird Feeders](#)

Did you know... we offer tech help at the library? Every Wednesday from 10am to 12pm we have dedicated time set aside to aiding you with your technical questions. Whether it be a new phone, table, or computer we can guide you to the answers you're looking for. If you're ever in need, stop by and let Hayden help with what ails you.

www.gilfordlibrary.org



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