



November 7, 2023

As we enter into November, the month for being thankful, we at the library wanted to share how thankful we are for all of our patrons!

We are very excited to have historical actress, Sheryl Faye, back for a brand new performance on "Queen Elizabeth II" at 5:30pm on Thursday the 9th, detailing the life and legacy of one of the longest lived monarchs. We would also be remiss if we didn't mention that the library will be closed this Saturday the 11th for Veterans Day. We will be open on Friday the 10th though, so come and grab your weekend reads then!

We have so many more exciting programs coming in the last two months of 2023, so be sure to check our [calendar](#)!

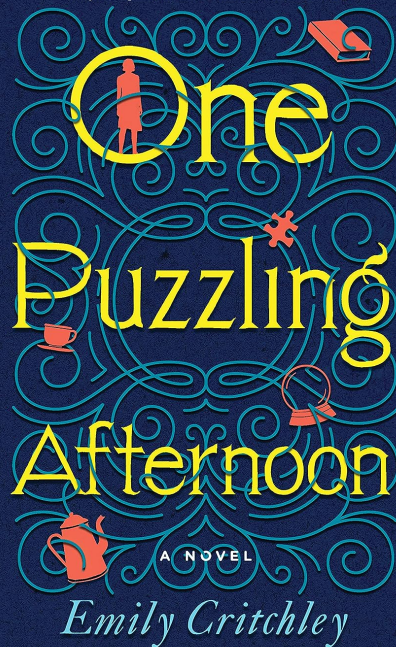
**On the Librarian's
Nightstand:
One Puzzling
Afternoon
by Emily Critchley**

Creating their own graphic novels!



**The Hidden History of Lake
Winnepesaukee**

"An uplifting, bittersweet story with a page-turning mystery at its heart... A beautifully atmospheric and endearing book."
—Freya Sampson, author of *The Last Chance Library*



"A clever, keep-'em-guessing murder mystery, an empathetic yet realistic portrayal of the toll dementia takes, and a meditation on how the brain can bury the most tragic memories...An outstanding must-read."
— *Booklist*, **STARRED** review

The Exchange
by John Grisham

Take What You Need
by Idra Novey

The Reformatory
by Tananarive Due

The Book Of Charlie
by David Von Drehle

West Heart Kill
by Dan McDorman

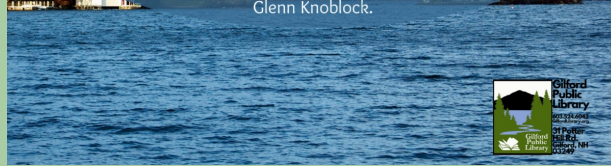
Absolution
by Alice McDermott

**Book of the Week is
Broadway Butterfly
by Sara Divello**

The Hidden History of Lake Winnepesaukee

Tuesday, November 14 @ 6PM

Thought you knew all there was to know about the "Big Lake"? Discover a history that goes well beyond the boating and other recreational-related activities we associate with the lake with author Glenn Knoblock.



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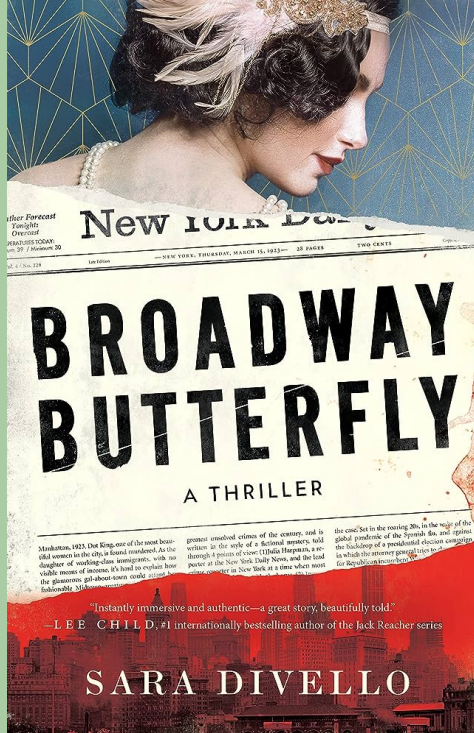
Birds, Bats, Butterflies



Learn about the diverse mix of habitats and species of birds, bats, and butterflies in our region from the Speaking for Wildlife Project.
Thursday, November 16 @ 5:30pm.

This Week at the Library

Adults



After the murder of a prominent socialite, intrigue and mania grip the city. From people coming out of the woodwork to make claims against her possessions, to people looking to engage in vigilantism, this is a story of 20's era Broadway and it's highs and lows.

Links of the Week

[Publishers Weekly Best Books of 2023](#)

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

[The Best Events Happening in November in New Hampshire](#)

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

[Do-It-Yourself Hot Chocolate Bar](#)

[Smitten Kitchen's Big Thanksgiving Planner](#)

Children's Corner

Senior Sculpt

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

Bridge

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

Intermediate Line Dancing

Today, 4:00 p.m. - 5:00 p.m.
Lower intermediate dance class with Bonnie Deutch.

Senior Stretch Yogaah

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.

Check Out An Expert

Wednesday, 10:00 a.m. - 12:00 p.m.
Need basic technology help? Swing by for a 20 minute session with our expert.

Hand and Foot

Wednesday, 10:00 a.m. - 12:00 p.m.
Come by for a few rounds of this fun card game!.

Mason Jar Fall Luminary

Wednesday, 10:30 a.m. - 11:30 a.m.
Paint a mason jar with a leaf window while socializing! Sign up required. Limited to 15.

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!

Trustee Meeting

Wednesday, 2:45 p.m. - 3:45 p.m.

Geri Fit

Thursday, 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.

French Club

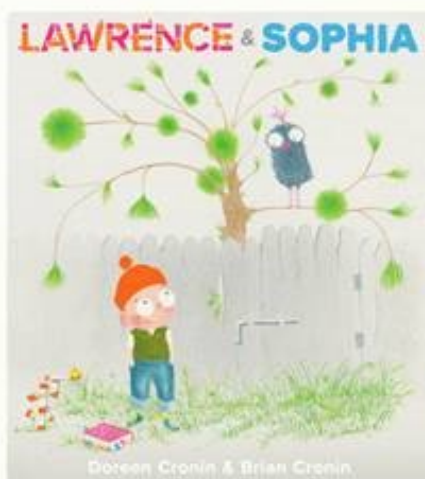
Thursday, 4:00 p.m. - 5:00 p.m.

Queen Elizabeth II "Her Majesty"

Thursday, 5:30 p.m. - 6:30 p.m.
Sheryl Faye Historical Woman will present the story of the longest

Holidays can be a stressful time for most people, but there's natural ways to help relieve stress. Hugs and cuddles help relieve depression and it also improves your immune system! So, if your family member, friend, or even your pet needs a hug or some cuddle time, just know you're improving their health as well as yours!

Featured book: Lawrence & Sophia by Doreen Cronin



Word of the Week

Lionize
verb

LYE-uh-nyze

To treat someone as a person of great interest or importance.

"Jane Austen continues to be lionized as one of the English language's greatest novelists."

Upcoming November Programs

female head of state.

Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Please bring your own dumbbell, a stretch band and water.

Bridge

Friday, 10:00 a.m. - 12:00 p.m.
Join in on this card game!

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 Conversational German

Friday, 2:30 p.m. - 3:30 p.m.

Beginner Line Dancing

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

Geri Fit

Monday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Please bring your own 2 - 3 pound dumbbell, a stretch band and water.

Mahjong

Monday, 12:30 p.m.

Children

Preschool Storytime

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

Science @ The Library: Cooking

Wednesday, 3:30 p.m. - 4:30 p.m.
Learn to cook with science!

Preschool Afternoon Storytime

Thursday, 1:00 p.m. - 2:00 p.m.
Story and a craft with Miss Jill.

Junior Graphic Novel Club

Thursday, 3:30 p.m. - 4:30 p.m.
Join Miss Jill to read and create your own graphic novel!

Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.
A fun storytime with Miss Jill and other families.



Book Discussion
Late Migrations by Renkl
November 16 @ 4:30PM



Footwear for Health
With Dr. Amanda of
Awakening Chiropractic
November 21 @ 10AM

Baby Storytime

Monday, 10:00 a.m. - 11:00 a.m.
Join other families for a special storytime filled with songs, rhymes, and more!

T(W)eens

T(w)eens Anime Club

Today, 3:00 p.m. - 4:00 p.m.
Watch Anime and have snacks with Hayden at this new club.
Ages 10 - 18.

T(w)eens After School Club

Wednesday, 3:00 p.m. - 4:00 p.m.
This fun student-led hour will be facilitated by Hayden.

Nature Corner: The Debate of Daylight Savings Time

by Wendy Oellers-Fulmer

Daylight Savings Time was created, not as the myths claim to give farmers more hours of daylight, but was actually a response to energy demands during World War I to reduce the amount of candles, electricity and oil.

There has been quite a bit of controversy as to the continued practice, with its potential to negatively impact sleep schedules and health. In fact, polls by Monmouth University, YouGov and AP-Norc showed that the majority of the population (61-70%) do not want to change their clocks. Currently, most of the US follow this practice except for Hawaii, Arizona, The territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands



In March 2022, the U.S. Senate passed an act to make daylight saving time permanent starting this past spring. But the attempt faltered, then failed in the House of Representatives. While many states have tried to pass multiple bills to keep us on daylight savings time, the federal lawmakers will have to make the final decision.

So for now, change your clocks, wait for spring and savor an extra hour of sleep.

To discover more:

[Daylight saving time: Lawmakers tried to lock the clocks this year — what happened?](#)

[Daylight saving time debate rages amid preparations to 'fall back' Sunday; health experts weigh in](#)

Did you know...we share resources with other libraries? If you're looking for a particular title or wanting to get a bevy of copies for your new book group, look no further. We borrow and loan from many of the other libraries in the state and can help you on your literary or viewing journey. Inquire at the main desk about titles you may be interested in, and let us help you make that request a reality.

www.gilfordlibrary.org



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