

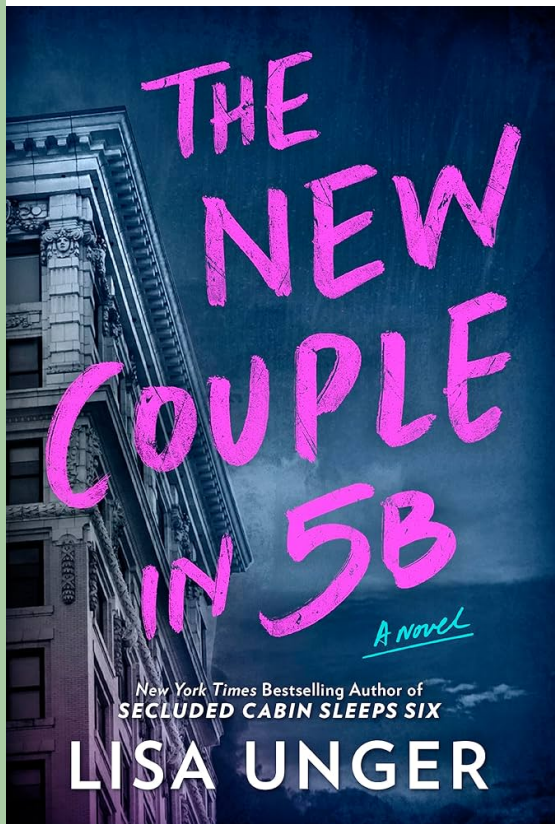


**October 1, 2024**

It's officially autumn and we have just broken through into October.

This autumn, let us provide you with good reads, a cozy atmosphere, and great programs. To kick off the month, we have "Spirits of the Granite State" tonight at 5:30, talking about local myths and ghost stories to ease us into the spooky season with published author and tour guide, Roxie Zwicker of New England Curiosities. This is just a taste of what we have coming down the pike so be sure to keep your eyes on the [October calendar](#) for all the spooky events coming up.

**On the Librarian's  
Nightstand:  
The New Couple In 5B  
by Lisa Unger**



**Science Seekers Excitement  
Continues with Edible  
Playdough!**



**Spirits of the Granite State**

"In New York City, real estate can be a blood sport ... Unger keeps the reader guessing as the threats escalate: Is the devil in the details at the Windermere, or just the evil that men do?"

—*Tampa Bay Times*

### **The Banned Books Club**

by Brenda Novak

### **We Solve Murders**

By Richard Osman

### **The Dark Wives**

by Ann Cleeves

### **Capture or Kill**

by Vince Flynn

### **The Stranger At The Wedding**

by A. E. Gauntlett

### **The Body In The Back Yard**

by Lucy Score

### **DVD of the Week:** *Challengers*

## **SPIRITS OF THE GRANITE STATE**

Tuesday, October 1

@ 5:30pm

A look at the legends and ghosts of New Hampshire with published author & tour guide, Roxie Zwicker of New England Curiosities.

Learn some of the best places to explore spirited happenings and journey through the haunted woods to find mysterious cemeteries and ghostly lighthouses.



Legends and ghosts of N.H.

**Tuesday, October 1 @ 5:30 p.m.**

### **Sourdough Bread**

## **Allaghash - New England's Wild River**

Thursday, October 24 @ 5:30pm



Hear first-hand about the lore, legends, and characters that author and humorist, Tim Caverly experienced during his 32-year career as a Maine Park Ranger.

Hear first-hand about the lore, legends, and characters from Tim Caverly, Maine Park Ranger.

**Thursday, October 24 @ 5:30p.m.**

## **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



Following a trio of professional tennis players as they develop an intimate relationship with one another, we see a dynamite cast playing off each other in spectacular fashion. Filled with romance, drama, and rage this is a must see flick.

### **Links of the Week**

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

**[The Most Read Books on Goodreads This Week October 1, 2024](#)**

**[The Best Events Happening in October in NH](#)**

**[Craft Cideries Deliver Bold Flavors, Community Experiences](#)**

### **Children's Corner**

**Are you excited for Halloween?** We are thrilled here at the library and don't want you to miss out on our spooky events coming up. Additionally, we would like to share some haunting

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.  
Class with Bonnie Deutch.

#### **Spirits Of the Granite State**

Today, 5:30 p.m. - 6:30 p.m.  
Author Roxie Zwicker will tell ghost stories, legends and tales from the White Mountains to the seacoast.

#### **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 A Tech Expert**

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

#### **Talk About Grief**

Wednesday, 1:00 p.m. - 2:30 p.m.  
Brenda Wentworth, a visiting and Hospice nurse, will help open the door to discussing grief.

#### **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 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**

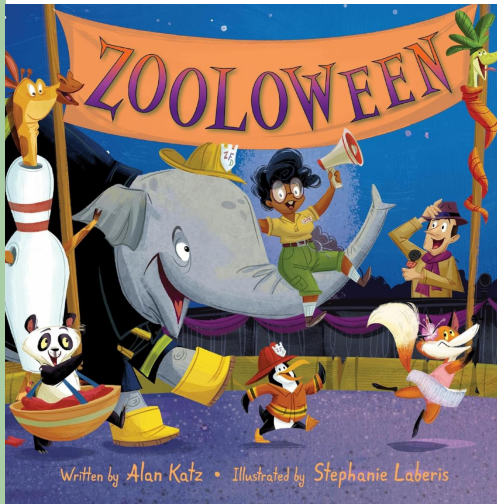
Friday, 9:00 a.m. - 10:00 a.m.  
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

#### **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.

history on [Halloween](#) that will chill you right to the bone.

**Featured book:** *Zooloween*  
by Alan Katz



## Word of the Week

**Qua**  
*preposition*

KWAH

In the capacity or character of; used with "as" to indicate that someone or something is being referred to or thought about in a particular way.

"The artist qua artist is less interesting to me than the artist as a human being."

## Upcoming Events



Granite VNA will offer the standard quadrivalent influenza vaccine.  
**Wednesday, October 9**  
**@ 10a.m.**

## 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.  
Class with Bonnie Deutch.

## Beginner Line Dancing

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

## Fun And Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.  
Appropriate for all fitness levels.

## Mahjong

Monday, 12:30 p.m. - 3:00 p.m.  
Know how to play? Join these mahjong players every Monday!

## Sourdough Bread Basics

Monday, 5:00 p.m. - 6:00 p.m.  
Join Sean O'Brien from UNH  
Extension for a presentation on starting and caring for a sourdough culture. **FULL**-Check back for more sessions.

## Children

### Preschool Storytime

Today 10:30 a.m. - 11:30 a.m.  
Join Miss Erika for stories and activities with other kids.

### Playdough Playtime

Thursday, 10:30 a.m. - 11:30 a.m.  
Practice shapes, numbers, letters & more!

### Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.  
Join Miss Erika for fun with stories.

### Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.  
Join Miss Jill for stories, songs, rhymes and music.

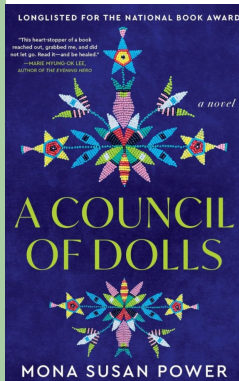
## Wooden Fall Wall Decor

Thursday, October 10 @ 11:30am

Paint, mod podge, design your own wooden wall/door hanger. Use your creativity and the supplies provided to create a unique handmade piece! Sign up is required. Only 15 spots!

Design your own wooden wall decor. Sign-up required.

**Thursday, October 10  
@ 11:30 a.m.**



### Book Discussion

THURSDAY  
OCTOBER 17, 2024  
5:30-6:30PM

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



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

**Thursday, October 17 @  
5:30p.m.**

## Nature Corner: Question for Snowbirds - To Go or Not To Go?

By Wendy Oellers-Fulmer

The informal definition of "snowbirds" refers to those who move to warmer territories in the winter.

While many of our birds here in New England do migrate, according to Audubon about 15% of the year-round feathered neighbors stay. These hardy birds have both behavioral and physical adaptations that help them to survive as fall ebbs and winter approaches.

The biggest factor is food sources. The majority of birds who dine primarily on fruit and/or insects have to move south as their food choices are extremely limited. Seed eaters have more options finding enough

## T(w)eens

### T(ween): Boredom Busters

Wednesday, 3:00 p.m. - 4:00 p.m.

Join Hayden for this patron-led activity group.

### Home School Club

Thursday 12:00 p.m. - 1:30 p.m.

Come hang out with other home school kids, ages 11 - 18.



Some species like bluebirds, robins and blue jays will vary in their decision to migrate, depending on food sources. Local species that stay are the majority of owls & woodpeckers, crows, ravens, grouse, wild turkey, northern cardinal, chickadees, and titmice. Most others usually migrate south for the winter.

seeds to survive the challenging winter months.

For more information:  
[Birds&Blooms](#)  
[New Hampshire Birds Guide](#)

**Did you know...**we'll be holding a flu clinic in the near future? If you're looking to get topped off on your flu vaccine this year then look no further. On October 9th between 10am and 12pm, we will be holding a flu clinic for those both insured and uninsured. Be sure to bring your insurance card with you if you have one and get jabbed for a healthy comfortable new year.

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



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