



October 29, 2024

Time is one of the immutable forces of the universe. This week we deal with both the past and the future here at the library.

Today at 11am, we have "Healthy Hips" that will be presented by Dr. Amanda from Awakening Chiropractic on how to keep your hips healthy for a lifetime. On Monday the 4th, we have "Effective Responses to Dementia" at 5pm, helping you navigate the complicated happenings of the disease presented by the Alzheimer's Association. And the 5th of course is Election Day, so secure the future you want for this country by exercising your right to vote. In addition, on Election Day we will have no library programs.

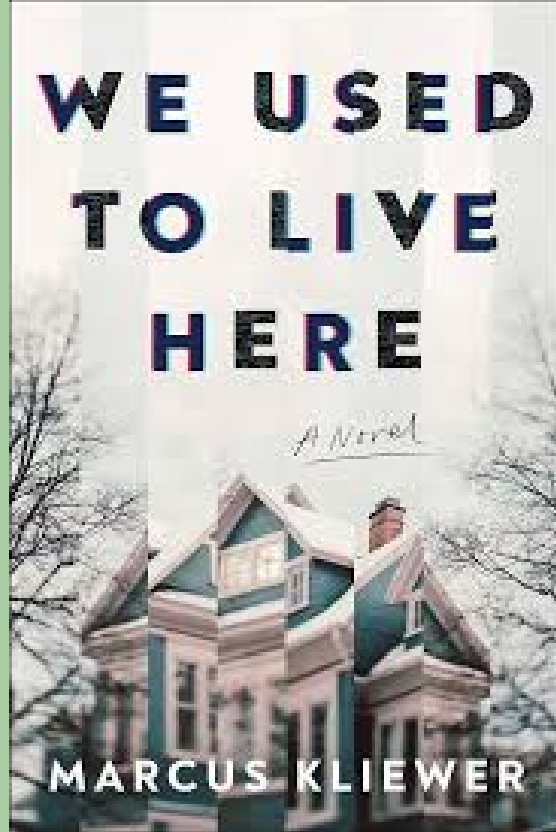
There will be more events to come in [November](#) so be sure to stay informed.

**On the Librarian's
Nightstand:
We Used To Live Here
by Marcus Kliewer**

**Granite Bench Delivered In
Memory of Our Former Trustee,
Jack Lacombe.**



Mystery Book Group



"Kliever's debut is an atmospheric nightmare in all the best ways. This is recommended for fans of intricately plotted psychological novels, such as those by Stephen King, Ruth Ware, and Sarah Pinborough."
— — *Booklist*

Forty Autumns
by Nina Willner

The Mighty Red
By Louise Erdrich

The Frozen River
by Ariel Lawhon

So Thirsty
by Rachel Harrison

Wolfsong
by TJ Klune


Libby Lost and Found
by Stephanie Booth

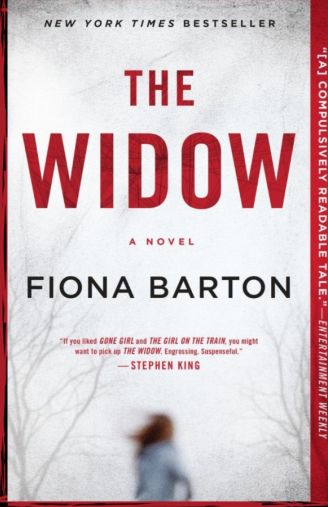
DVD of the Week:
Reacher Season 2

Mystery..
Book Group

Monday
November 4, 2024
@ 5PM

Copies available at the
front desk. Get yours
today!



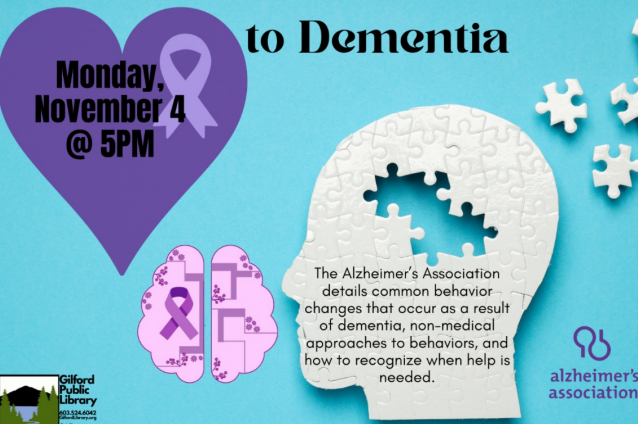


Copies are available at the front desk.
Monday, November 4 @ 5p.m.



Effectively Responding to Dementia

Effectively Responding to Dementia

Monday, November 4 @ 5PM



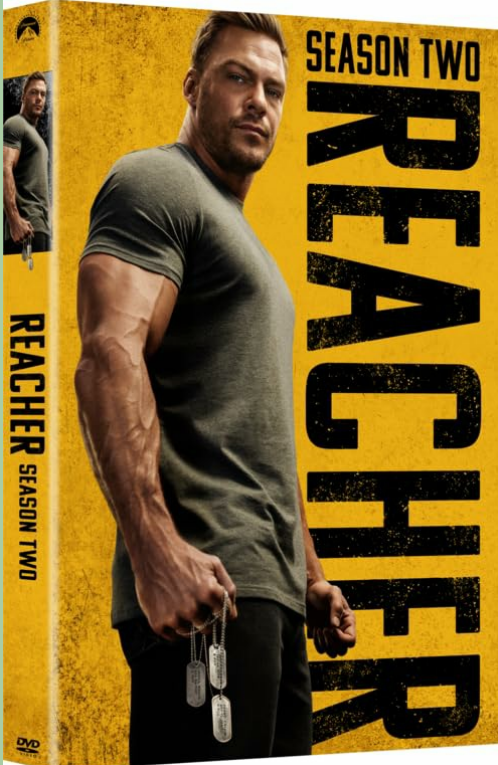
The Alzheimer's Association details common behavior changes that occur as a result of dementia, non-medical approaches to behaviors, and how to recognize when help is needed.

Presented by Alzheimer's Association.
Monday, November 4 @ 5p.m.

This Week at the Library

Adults



The second season of the breakout hit based on the books by Lee Child. After the events of the first seasons, Jack Reacher is adrift once again when he must get back together with old comrades when members of his old unit are being picked off one by one. Explosive and action-packed, it's a suitable follow up to the previous showing.

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 29, 2024**](#)

[**People Who Pie: Woodstock Pie and Coffee in NH**](#)

[**Tips and Tricks for a Thanksgiving Tablescape That Speaks for Itself in NH**](#)

Children's Corner

Research has shown good

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.

Healthy Hips Class

Today, 11:00 a.m. - 11:30 a.m.
Dr. Amanda from Awakening Chiropractic will explain how to keep your hips healthy for life.

Intermediate Line Dancing

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

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.

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

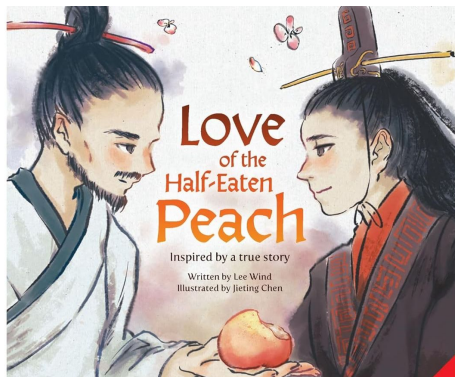
Senior Sculpt

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!

friendships help with your overall health and well being. The love and care of close friendships is significantly important; so make sure you let your best friends know how irreplaceable they are to you! Most times our found families are just as important!

Featured book: *Love of the Half-Eaten Peach* by Lee Wind



Word of the Week

Insuperable
adjective

in-SOO-puh-ruh-bul

Impossible to gain control of, solve, or overcome.

"The book tells the inspiring story of a group of people who achieved a great deal despite nearly insuperable obstacles."

Upcoming Events



Researcher, Aleksandar Petakov will present findings & strange encounters.

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!

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, sponsored by the Friends of the Library.

Mahjong

Monday, 4:30 p.m. - 5:30 p.m.
Know how to play? Join these Mahjong players every Monday.

Writing Wizards

Monday, 4:30 p.m. - 5:30 p.m.
Calling all writers to read and share your work with others.

Effectively Responding to Dementia Related Behaviors

Monday, 5:00 p.m. - 6:00 p.m.
Non-medical approaches and recognizing when help is needed will be reviewed.

Mystery Book Group

Monday, 5:00 p.m. - 6:00 p.m.
Betty Tidd will lead a discussion of *The Widow* by Fiona Barton.

Children

Halloween Party!

Thursday, 10:30 a.m. - 11:30 a.m.
Come dressed in your costumes for games, music & candy!

Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.
Join us for a seasonal storytime and festive crafts.

**Thursday, November 7
@ 5:30p.m.**



Learn about the bizarre ingredients in medicines from the early 1600s.
Wednesday, November 13 @ 5p.m.

Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.
Enjoy songs, rhymes and movement with other families.

T(w)eens

T(ween) Boredom Busters

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

T(ween) Home School Club

Wednesday, 12:00 p.m. - 1:30 p.m.
Hang out with homeschoolers from 11 to 18 for games and food.

Nature Corner: The Last Hurrah of Autumn Leaves...But Not For All

By: Wendy Oellers-Fulmer

As the gorgeous hues of autumn foliage begins to fade away, it's always a surprise and wonder why some of the deciduous trees hang on to their leaves longer than others, often through the winter.

The annual falling of leaves is a matter of economics. Leaves are the energy producers for trees. During spring and summer where there is increased sunlight, the process of photosynthesis produces the energy needed for the trees to thrive.

Increased hours of sunlight allows the leaves to produce more energy than needed. But as the season changes and the hours of light decreases, leaves produce much less energy and in economic terms, cost the tree. To be efficient, trees lose their leaves and remain dormant until spring.

The name deciduous comes from the Latin word "to fall". But some deciduous trees (Beech, Oak, Hornbeams, Witch Hazels and sometimes Japanese Maples), retain their leaves much longer, even after they have turned brown



With marcescence, some trees hang on to their leaves, even through the winter. There are a variety of theories on why this phenomenon of marcescence occurs:

1. In drier areas, dropping their leaves in the spring can potentially provide rich organic matter which can help spring growth spurts.
2. Retaining leaves can trap snow, allowing for more moisture in the spring at the base of the tree.
3. A canopy of leaves can provide protection for buds and twigs from hungry deer and moose.

For more information:

[Northern Woodlands Arboretum Harvard FWBG](#)

through a phenomenon called
marcescence.

Did you know... we have Nintendo Switch games? If you've picked up Nintendo's latest console and have yet to build your game library, look no further than our shelves. With a modest selection available for checkout, we hope you can find your next favorite in our collection. For those on the hunt, you can find the games at the beginning of our DVD shelves, just above non-fiction dvds.

www.gilfordlibrary.org



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

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