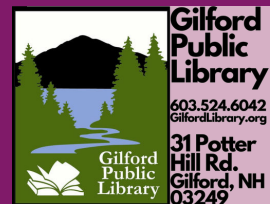
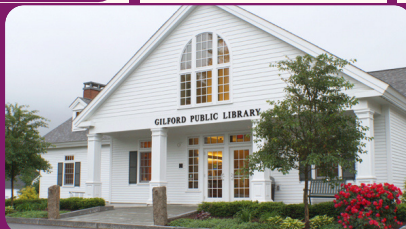




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Geri Fit 9AM #Senior Yoga 10AM Card Games 10AM Check Out an Expert 10AM Paint Group 1PM	2 Senior Sculpt 9AM Fun & Fitness with Joyce 10AM Bridge 10AM French 4PM	3 Closed 	4 Closed 
5 	6 #Fun & Fitness with Joyce 9AM Tai Chi 10:15AM Bits & Bytes 11AM Mahjong 12PM Writing Wizards 4PM Mystery Book Group 5PM	7 #Feel Good Fitness with Dottie 9AM Senior Sculpt 10AM Bridge 10AM Common Men 5:30PM	8 Geri Fit 9AM #Senior Yoga 10AM Card Games 10AM Check Out an Expert 10AM Trustee Meeting 10AM Exercise Social 11:30AM Paint Group 1PM	9 Senior Sculpt 9AM Fun & Fitness with Joyce 10AM Bridge 10AM Adult Craft 1PM French 4PM	10 Geri Fit 9AM Chair Yoga 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	11 Beginner Line Dancing 10:15AM 
12 	13 #Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM	14 #Feel Good Fitness with Dottie 9AM Senior Sculpt 10AM Bridge 10AM	15 Geri Fit 9AM #Senior Yoga 10AM Card Games 10AM Check Out an Expert 10AM Paint Group 1PM Three Men & One-Shilling Knife 4PM	16 Senior Sculpt 9AM Fun & Fitness with Joyce 10AM Bridge 10AM French 4PM Book Discussion 5:30PM	17 Geri Fit 9AM Chair Yoga 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	18 Beginner Line Dancing 10:15AM 
19 	20 #Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM	21 #Feel Good Fitness with Dottie 9AM Senior Sculpt 10AM Bridge 10AM Vitamins & Minerals 10:45AM Friends Meeting 4PM	22 Geri Fit 9AM #Senior Yoga 10AM Card Games 10AM Check Out an Expert 10AM Better BBQ 11:30AM Paint Group 1PM Reiki Sharing 4PM	23 Senior Sculpt 9AM Fun & Fitness with Joyce 10AM Bridge 10AM French 4PM Cover Bridges NH 5:30PM	24 Geri Fit 9AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	25 Beginner Line Dancing 10:15AM 
26 	27 #Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM	28 #Feel Good Fitness with Dottie 9AM Senior Sculpt 10AM Bridge 10AM	29 Geri Fit 9AM #Senior Yoga 10AM Card Games 10AM Check Out an Expert 10AM Paint Group 1PM	30 Senior Sculpt 9AM Fun & Fitness with Joyce 10AM Bridge 10AM French 4PM	31 Geri Fit 9AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM	

#Sponsored by the Friends of the Library

Gilford Public Library
31 Potter Hill Road
Gilford, NH 03249
524-6042
www.gilfordlibrary.org





Programs



BITS & BYTES - JULY 6 @ 11AM

Cover a new computer literacy topic on the first Monday of each month. This month's topic is general phone literacy!

WRITING WIZARDS - JULY 6 @ 4PM

Calling all writers to join us in reading and sharing our work with other wonderful writers!

MYSTERY BOOK GROUP - JULY 6 @ 5PM

Join us for this month's mystery book group! Betty Tidd will lead the discussion of *Fortune Favors the Dead* by Stephen Spotswood. Copies of the book will be available at the circulation desk.

COMMON MEN: TRUE STORY OF FIRST AMERICAN FIGHT - JULY 7 @ 5:30PM

Join Gilford native Nathan Tidd for a discussion of the research, storytelling approach, and historical importance of his new book.

FARM TO TABLE EXERCISE SOCIAL - JULY 8 @ 11:30AM

Come socialize with your exercise buddies and enjoy some farm to table goodies.

PRESSED FLOWER BOOK MARK ADULT CRAFT - JULY 9 @ 1PM

Create a beautiful pressed flower book mark to keep or give to someone special. This will count for Numbers 19 and 33 in your Summer Reading Passport! Sign-up is required.

BEACH PARTY CHAIR YOGA - JULY 10 & 17 @ 10AM

For two special Fridays, we're bringing a little beach magic to Gilford Public Library with a special chair yoga! Sign up and fee required.

THREE MEN & ONE-SHILLING KNIFE- JULY 15 @ 4PM

Presented by the New Hampshire Society of Genealogists, this engaging program uses a dramatic 1788 tavern killing in New Durham to show how genealogists uncover the stories from the past.

BOOK DISCUSSION - JULY 16 @ 5:30PM

This month's book is any biography about founding father, Benjamin Franklin. Led by Rhetta; some book choices are available at the front desk.

VITAMINS & MINERALS - JULY 21 @ 10:45AM

Dr. Amanda from Awakening Chiropractic for "Supplement 101: What Vitamins & Minerals Do You Really Need?". A class designed to help you cut through the confusion surrounding supplements.

BETTER FOR YOU BBQ - JULY 22 @ 11:30AM

Join your Hannaford Dietitian to learn how to grill beyond the burger. From grilled peppers and tomatoes, to pears, plums and more.

REIKI SHARING - JULY 22 @ 4PM

Enjoy a peaceful pause and receive a 10-15 minute Chair Reiki session with Lani Voivod, Carol Wallace, and fellow Reiki practitioners.

COVERED BRIDGES OF NH - JULY 23 @ 5:30PM

Join author and photographer, Kim Varney Chandler as she shares an overview of covered bridges in the Granite State, along with interesting facts she uncovered while researching her 2022 book.