



December 16, 2025

It's a week of modest revelry and in the lead up to the holidays we're bringing you some programs to lift the spirits and prime you for the joyous times ahead.

You'll have a chance to engage in some raucous release of joy on Wednesday the 17th with a session of "Laughter Yoga" with Lani and Sue at 4pm. On Thursday at 11:30am, we have the "Holiday Exercise Social" bringing together all the disparate fitness class attendees for some good food and good times.

We have some holiday closures coming down the pike so be sure to keep your eyes on the calendar so you don't get caught unawares.

**On the Librarian's
Nightstand:**

Nobody's Girl

by Virginia Roberts Giuffre

NOBODY'S
GIRL

A Memoir of Surviving Abuse
and Fighting for Justice

Virginia Roberts
Giuffre

**We hope you had a wonderful
time at the Candlelight stroll!**



**Sacred Stillness 2026 Sound
Bath**

By retelling the story from her own perspective, [Giuffre] cuts through the salacious details that became the stuff of tabloid headlines. . . and shows the reader the stark truth of who she was. . . . It is a personal triumph that she chose to speak up."

—*The Observer* (UK)

The Burning Library

by Gilly Macmillan

The Unveiling

by Quan Barry

Quicksilver

by Callie Hart

The Best Offer Wins

by Marisa Kashino

A Case Of Life and Limb

by Sally Smith

The Greatest Sentence Ever Written

by Walter Isaacson

Violet Thistlewaite Is Not A Villain Anymore

by Emily Krempholtz

The White Hot

by Quiara Alegria Hudes

Book of the Week:

The White Hot

by Quiara Alegria
Hudes

Sacred Stillness 2026

A New Year Sound Bath Journey

FOR REST, RESONANCE, AND RENEWAL



Saturday, January 3rd, Noon - 1:00pm

Gilford Public Library

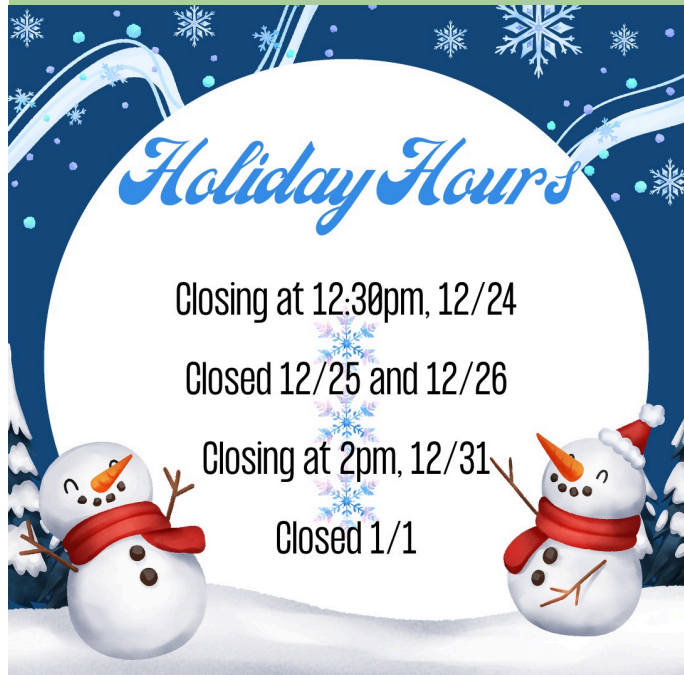
Special Library Rate: \$12



Begin the year grounded, calm and open to possibility guided by Lani Voivod. Cost is \$12 - sign-up required.

Saturday, January 3 @ 12 p.m.

Holiday Hours



This Week at the Library

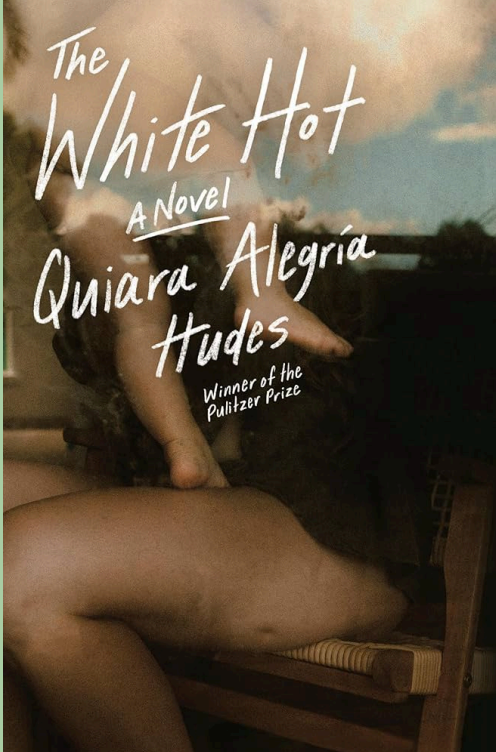
Adults

Feel Good Fitness With Dottie

Today, 9:00 a.m. - 10:00 a.m.

A fun hour of stretching, toning and balance for all levels. Sponsored by the Friends of the Library.

Senior Sculpt



Have you ever wanted to simply run away, leave your problems behind and start anew in a distant locale? For the protagonist of *The White Hot*, this is the reality. A young mother struggling amidst the chaos and rage of an intergenerational home, a small child, and simmering emotions that threaten to boil over. She takes flight to a new world and we are regaled with the trials, tribulations, and reckoning that is to come. It's spectacularly crafted and is sure to delight and terrify alike.

Links of the Week

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

[**4 Dickens Christmas Stories Most People Have Never Heard Of**](#)

[**Christmas Lights Displays in NH**](#)

[**Vintage Christmas Events in Portsmouth**](#)

Children's Corner

Today, 10:00 a.m. - 11:00 a.m.
Bring a 2 - 3 lb. dumbbell, stretch band and water. For ages 55+.

Intermediate Line Dancing

Today, 2:30 p.m. - 3:30 p.m.
Intermediate line dancing with Bonnie Deutch.

Friends Meeting

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

Geri Fit

Wednesday, 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.

Senior Stretch Yogaaah!

Wednesday, 10:00 a.m. - 11:00
Lani Voivod will lead us through stretches. Sponsored by the Friends of the Library.

Card Games

Wednesday, 10:00 a.m. - 12:00
Play a few rounds of "Pay Me".

Check Out An Expert

Wednesday, 10:00 a.m. - 12:00
Receive help with your computer and all things technology.

Paint Group

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

Laughter Yoga

Wednesday, 4:00 p.m. - 5:00 p.m.
Reduce pain and stress and promote a sense of well-being.

Senior Sculpt

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

Holiday Exercise Social

Thursday, 11:30 a.m. - 12:30 p.m.
Have some laughs, play holiday trivia and enjoy light refreshments with your exercise buddies.

Geri Fit

Friday, 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.

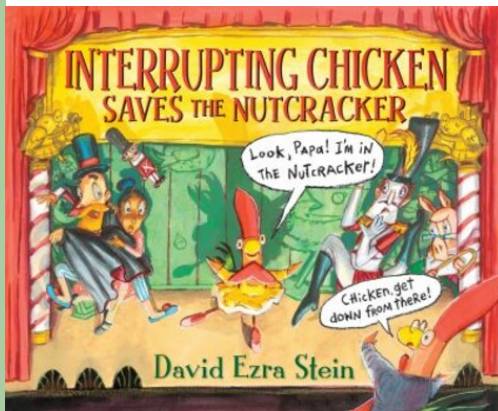
Gather & Glow: A Holiday Chair Yoga Journey

Friday, 10:00 a.m. - 11:00 a.m.

Winter officially starts on December 21st and we are excited for the snow! But what's the science behind the shortest day of the year? We have several books that you can check out about our [winter solstice](#).

Featured Book:

Interrupting Chicken Saves the Nutcracker by David Stein



Word of the Week

Bloviat

verb

To speak or write in an arrogant tone and with more words than are necessary.

BLOH-vee-ayt

"The podcaster tends to bloviate endlessly on topics about which he is not particularly knowledgeable."

Upcoming Events



Bits & Bytes

Cover a new computer

Join Lani Voivod for 6 weeks of joyful, cozy practices to stretch, breathe and shine! Week 3.
Cost: \$45.00 for 6 weeks.

Bridge

Friday, 10:00 a.m. - 12:00 p.m.
Play a hand or two of bridge.

Hand and Foot

Friday, 12:00 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.

Lower Intermediate Line Dancing

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

Beginner Line Dancing

Saturday, 10:00 a.m. - 11:00 a.m.
Class with Bonnie Deutch.

Fun and Fitness With Joyce

Monday, 9:00 a.m. - 10:00 a.m.
Enjoy exercising with others.
Sponsored by the Friends of the Library.

Tai Chi Practice

Monday, 10:15 a.m. - 11:00 a.m.
Know basic tai chi move? Come to this weekly program to practice.

Mahjong

Monday, 12:00 p.m. - 3:00 p.m.
If you know how to play this tile-based strategy game, come to the library and join in the fun!

Children

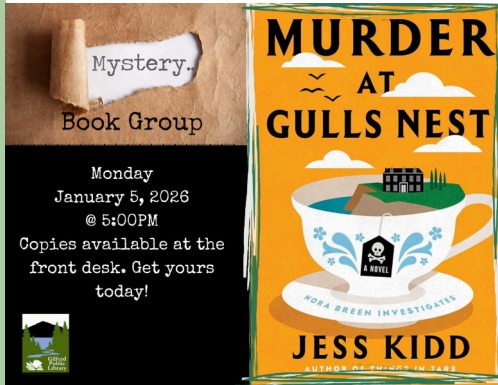
Mrs. Claus Storytime

Today, 11:30 a.m. - 12:30 p.m.
Listen to Santa stories from Mrs. Claus herself!

T(w)eens

literacy topic on the first Monday of each month. This month's theme is AI.

Monday, January 5 @ 11:00AM



Mystery Book Discussion

This month's mystery book is *Murder at Gulls Nest* by Jess Kidd. Led by Betty; copies of the book will be available at the front desk.

Monday, January 5 @ 5:00PM

Dungeons and Dragons

Today, 3:00 p.m. - 4:30 p.m.

Join our every other Tuesday group. Costumes encouraged.

Gift Wrapping Station

Wednesday, Thursday & Friday 10:00 a.m. - 4:00 p.m.

If you need to wrap in secret - come do it at the library.

Nature Corner: How NH Turtles Survive Our Bitterly Cold Winters

by Wendy Oellers-Fulmer

While humans bundle up in warm clothes and turn on the heat, cold blooded animals like amphibians, insects and reptiles have different ways to survive our bitter cold winters.

The body temperature of cold blooded animals matches the air they are in. Colder weather will cause the metabolism of these animals to slow way down, requiring less demands on their energy and oxygen. But this dormancy (inactivity), also known as brumation, still requires oxygen.

Aquatic turtles, who are submerged in the mud, have adapted to absorb the oxygen, through their skin, from the water. Their skin has lots of blood vessels, especially in the areas of their mouth, legs, and cloaca (one opening that meets all the requirements for excretion and reproduction). This is known as cloacal respiration.

As the winter draws on, the oxygen levels in the ponds are reduced. Both Painted Turtles and Snapping Turtles can go into a state of "no-oxygen" metabolism. They begin to metabolize glycogen which doesn't need oxygen to release energy. This solution however has some dangers. This state, if it goes on too long, can cause lactic acid to be created, causing cramping and possible death to the animals. As an antidote to this, the turtles release calcium carbonate from their bones and shells to essentially neutralize the lactic acid.



To discover more:

Did you know...we got a new 3D printer? Our former printer, generously donated by the Friends of the Library, has been slowing down and experiencing some technical complications. It has served as a stalwart library feature for over a decade and it was time to put it out to pasture and find something new. Kindly donated by the Friends once again, we have acquired a Prusa Core One 3D printer. Faster, more precise, and easier to use, it's a splendid upgrade that we hope many of you take advantage of when the need arises.

www.gilfordlibrary.org



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