



# Hello from Gilford Library

February 3, 2026

The bitter chill of winter makes outdoor endeavors a bit of a tricky business, especially now that the groundhog has predicted six more weeks of it! But, the heated hallowed halls of our library offer reprieve and fun programs to enjoy.

In just a few hours, come by to enjoy "Discover Live: Plymouth, England" at 11am, a virtual walk through the town, visiting the Elizabethan port, the historic and religious quarters, the naval base and Plymouth Hoe. Also today is our monthly "Death Cafe" at 1pm for dealing with grief, while our monthly "Living With Grief" will take place on Thursday the 5th at 10am fulfilling a similar role. This is only a sampling of the [weekly programs](#) we have for all ages.

Don't let the rime replete weather stop you from getting out of the house and engaging with some library programs.

**On the Librarian's Nightstand:**  
*Home Schooled*  
by Stefan Merrill Block

**Friday's Preschool Storytime was a big hit!**



**Honoring Loss**

"A moving, page-turning memoir, at once hilarious and compassionate, furious and faithful."

- MARY KARR,

New York Times bestselling author of *The Liar's Club*

# HOME SCHOOLED



STEFAN MERRILL BLOCK

"Novelist Block delivers a wrenching account of his traumatic homeschooling in suburban Texas... Lyrical, harrowing, and politically pointed, this is both a moving coming-of-age story and a clarion call for reform."

*-Publishers Weekly*

**No One Would Do What The Lamberts Have Done**

by Sophie Hanna

**The Briars**

by Sarah Crouch

**A Box Full Of Darkness**

by Simone St. James

**The Shark House**

by Sara Ackerman

**Anne Of A Different Island**

by Virginia Kantra

**Lost Lambs**

by Madeline Cash

**Black Bear**

by Trina Moyles

**The Bookbinders Secret**

by A. D. Bell

## Honoring Loss



February 21<sup>st</sup> 12:00pm

Honoring Loss is a supportive, reflective invitation designed to honor loss, create space for healing, peace and quiet renewal.  
Presented by Carol Wallace and Dottie Bergeron.

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Saturday, February 21 @ 12:00PM

## Coyote: Shape Shifter



Coyote: Shape Shifter  
February 24<sup>th</sup> @ 5:30pm



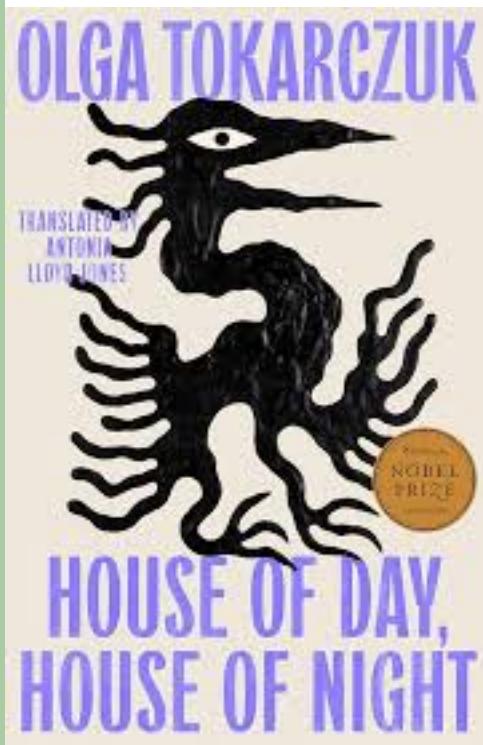
Come learn how the most adaptable creature on the planet not only survived decades of persecution but thrived because of it.

Presented by Joe Callanan.

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Tuesday, February 24 @ 5:30PM

**Book of the Week:**  
*House of Day, House of Night*  
by Olga Tokarczuk



A woman comes to live in a small Polish town filled with eclectic people with varied curiosities. Some share their lives with local animals, others dreams can be traced to nearby planets, each and every person a story in itself, part of the town's tapestry. Winner of the Nobel Prize in literature, this is a fantastic read.

**Links of the Week**

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

[A New Spin on Valentine's Day from NH shops](#)

[Six Ways To Get Away This Winter \(Without Leaving NH\)](#)

[The Best Events Happening in February in NH](#)

**Children's Corner**

**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**

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

**Discover Live - Plymouth, England**

Today, 11:00 a.m. - 12:00 p.m.  
Our guide will lead us on an exploration of various areas of Plymouth, including the Barbican, harbor, religious quarters and the naval base.

**Death Cafe**

Today, 1:00 p.m. - 2:00 p.m.  
This discussion group, led by RN Ruth O'Hara, is a supportive space for discussion. Light refreshments.

**Beginner Line Dancing**

Today, 4:00 p.m. - 5:00 p.m.  
Beginner line dancing with Bonnie Deutch.

**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 Yogaah!**

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".

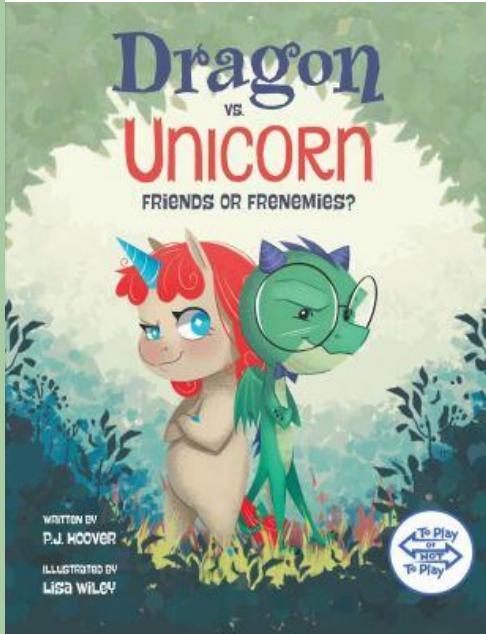
**Check Out An Expert**

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

**Hand Painted Bottles with Fairy Lights**

We are excited to announce our new collection of first reader graphic novels is growing! While many kids love graphic novels, some parents might be hesitant on graphic novels or not sure of the benefits. Graphic novels are engaging for children and improve reading comprehension. Also, the illustrations provide more support for readers; especially kids that aren't very interested in reading.

**Featured Book:** *Dragon vs. Unicorn: Friends or Frenemies?* by P.J. Hoover



### Word of the Week

#### Tatterdemalion

adjective

Ragged or disreputable in appearance or being in a decayed state or condition.

ta-ter-duh-MAIL-ee-on

"The tatterdemalion shops were all that was left after the incredible hurricane."

### Upcoming Events

Wednesday, 1:00 p.m. - 2:00 p.m.  
Design your own one of a kind bottle.  
Sign up required.

#### Paint Group

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

#### Senior Sculpt

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

#### Fun and Fitness With Joyce

Thursday, 10:00 a.m. - 11:00 a.m.  
Enjoy exercising with others. Space is limited.

#### Living With Grief

Thursday, 10:00 a.m. - 11:00 a.m.  
This support group provides a safe environment of mutual support for those experiencing the loss of a loved one.

#### French Club

Thursday, 3:00 p.m. - 4:00 p.m.  
Do you speak any French? Join this weekly club.

#### Geri Fit

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

#### The Wintering Body: A Chair Yoga Journey of Strength, Stillness and Soulfire

Friday, 10:00 a.m. - 11:00 a.m.  
Join Lani Voivod for 6 weeks of joyful, cozy practices to stretch, breathe and shine! Sign up required.  
Cost: \$67.00 for 8 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

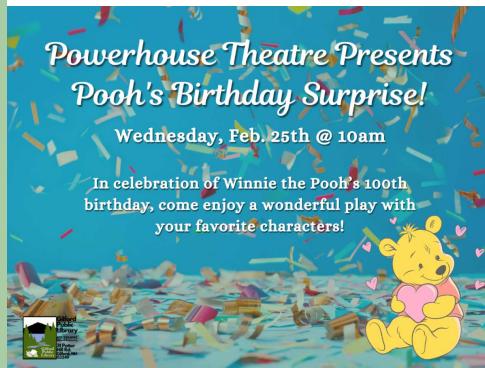
Friday, 2:30 p.m. - 3:30 p.m.  
Join our weekly class for advanced conversational German.



### Tabletop Pinball

Get competitive in Tabletop Pinball! Grades 5+.

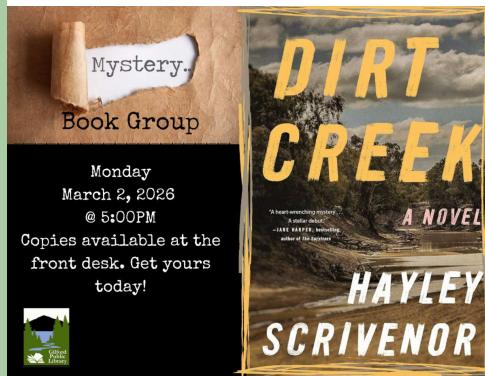
**Thursday, February 19  
@ 3:00PM**



### Pooh's Birthday Surprise

In celebration of Winnie the Pooh's 100th birthday, come enjoy a wonderful play by the Powerhouse Theatre with your favorite characters!

**Wednesday, February 25 @  
10:00AM**



### Mystery Book Group

Betty Tidd will lead the discussion of *Dirt Creek* by Hayley Scrivenor. Copies will be available at the front desk.

**Monday, March 2 @ 5:00PM**

## Beginner Line Dancing

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

## Beginner Line Dancing

Saturday, 10:15 a.m. - 11:15 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

### Preschool Storytime

Today, 10:30 a.m. - 11:30 a.m.  
Fantastic stories and crafts!

### Little Math Wiz

Wednesday, 10:30 a.m. - 11:30  
Fun math stories and activities.  
Ages 3 - 6.

### Graphic Novel Newbies: Write Your World

Thursday, 3:30 p.m. - 4:30 p.m.  
Join Miss Erika to create and share your own colorful world.

### Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.  
Seasonal stories and crafts.

### Drop-In Craft: Valentine's Day Cards

Saturday 10:30 a.m. - 12:00 p.m.  
Make some beautiful cards for your loved ones.

## Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.  
Join others for a special storytime with songs, rhymes and more!

## T(w)eens

## Home School Group

## Discover Greenland

March 5<sup>th</sup> @ 4:00pm



This presentation is intended to acquaint the audience with the land, people and history of the island country of Greenland.

### Discover Greenland

Come for an evening of spectacular images, amazing facts and an introduction to the Inuit people who live on the largest island in the world – Greenland!

**Thursday, March 5 @ 4:00PM**

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

Meet every other Tuesday to have some fun with fellow homeschoolers.

### Valentines Cards

Thursday 3:00 p.m. - 4:00 p.m.

Create a card to make someone's day sweet!

## Nature Corner: Surviving Severe Winter Weather - Part 2: Native Birds

by Wendy Oellers-Fulmer

With the heavy snow and extreme cold we've been experiencing, it's a wonder how native birds, who don't migrate, survive the harsh weather. Birds who stay here during the winter have both behavioral and physical adaptations to ensure their survival. But two issues have to be addressed for wild birds to survive in winter; maintaining an elevated body temperature and finding food in order to keep warm. The main strategy is maximize calories taken in while minimizing, as much as possible, the calories spent.



- In bitterly cold weather, birds will appear to be fatter and larger. In actuality, they are fluffing up their feathers to "thicken" the insulation to help keep the heat at their core. Some species, like chickadees, will travel as a group and huddle up together for warmth in sheltered locations, like crevices and tree holes.
- Birds will reduce their body temperature as another way to decrease heat loss. The more the body temperature is similar to the environment, the less impact of losing critical heat. Some birds, (i.e. chickadees) will go into a state of torpor. Torpor is an interval of time where a bird lowers its breathing rate, heart rate, & body temperature. This temporary state allows the bird to conserve critical energy but allows it to wake up and quickly move if necessary. As most birds consume their calories in the day, reducing their body temperature and/torpor allows them to conserve the "fat" they have built up during the day.
- Some birds, like the intrepid chickadee and nuthatches will cache (store) their food. In fact, ornithologists have discovered that the chickadee's brain will expand 30% in the winter, which is believed to help them remember where they have stashed their food source. Grouse are unusual in that they will burrow under the snow. Unlike small birds, they have the size and strength to leave the burrow even if ice has frozen over the top.

If you are feeding the birds in winter, it's important to be consistent. Once again, flying back and forth to a food source requires energy. If they arrive at their preferred food source location, and it's empty, they now have to fly further to find sustenance.

To discover more:

[How Birds Survive Winter: Torpor, Hibernation, and Migration](#)

[How Do Birds Survive the Winter?](#)

**Did you know...**about our *5 day books*? When we anticipate a book being popular, we'll purchase an extra copy and designate it a *5 day book*. These have, as the name would suggest, a shortened five day loan period so that we can circulate them to everyone who wants to be up on the hottest new reads. The *5 day books* can be found on their own shelf next to the New Hampshire room by the front desk.

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



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