



Hello from Gilford Library

January 20, 2026

After being closed yesterday for Martin Luther King, Jr. Day, we are once again open for you to refresh your reading stack.

In just a little while, Dr. Mackenzie of Awakening Chiropractic brings "Healthy Cells, Healthy Life" at 10:45am, an all-encompassing look at health and wellness with regards to our cellular biology. Our monthly "Book Discussion" is on Thursday the 22nd at 5:30pm when Betty will lead the talk on *Clear* by Carys Davies. It's a skinny book and we have a few copies remaining if any last minute readers wish to join!

There is so much to look forward to for all ages here at the library in [the coming weeks](#) and we hope to see you around!

On the Librarian's Nightstand:

Meet The Newmans
by Jennifer Niven

Meet the Newmans



JENNIFER NIVEN

#1 *New York Times* BESTSELLING AUTHOR

Making snowmen indoors!



History of the Island of Southern Lake Winnipesaukee

"A delightful, moving, and compelling tale that will resonate in these changing times."

—*Booklist*

"Fan of *Lessons in Chemistry* will love *Meet the Newmans*."

—*Woman's World*

The Merge

by Grace Walker

The Rest Of Our Lives

by Ben Markovits

The Bright Years

by Sarah Damoff

Culpability

by Bruce Holsinger

The Shopkeeper of Alsace

by Laura Knoy

House of Day, House of Night

by Olga Tokarczuk

The Gun Man Jackson Swagger

by Stephen Hunter

Bibb Country

by Lonnae O'Neal

Islands of Southern Lake Winnipesaukee

January 27th @ 5:30



Local author and islander Stephanie Erickson shares the history of the islands and how they have shaped the culture of the islanders today.

Local author and islander Stephanie Erickson shares the history of the islands and how they have shaped the culture of the islanders today.

Tuesday, January 27 @ 5:30PM

Plymouth, England

Discover Live - Plymouth, England

February 3rd @ 11:00 am



You'll explore Elizabethan buildings, narrow streets, and today's harbour, giving you a glimpse of what life was like 400 years ago.



Take a virtual walk through historic Plymouth, England, visiting the Elizabethan port, the historic and religious quarters, the naval base and Plymouth Hoe.

Tuesday, February 3 @ 11:00AM

Book of the Week:

The Award

by Matthew Pearl

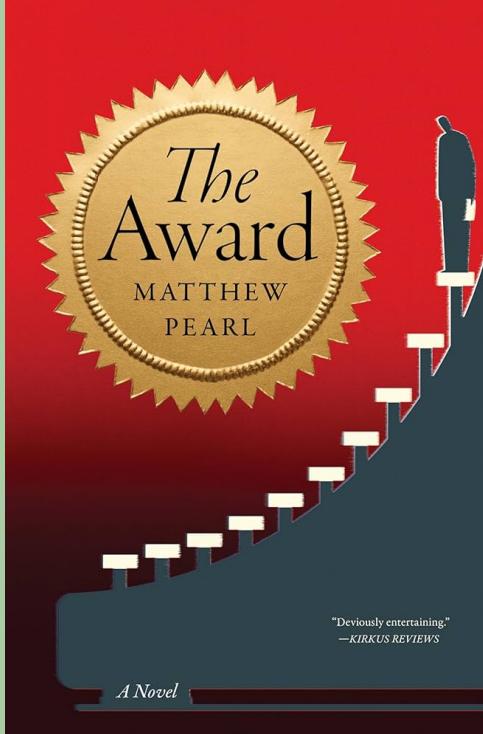
This Week at the Library

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



A young aspiring writer is trying to make a name for himself. When he wins an award for his work, a potential mentor presents themselves, though their motives may be dubious. A great read about ambition and the things people will do to get ahead in life.

Links of the Week

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

[Say Bye to Doomscrolling, Experts Say These Grandma Hobbies and Crafts Are Trending](#)

[Into the Great Outdoors: Where To Go Hiking This Winter](#)

[Ten Great Options For “Ski-off” Fun](#)

[Bird Snuggles into Photographer’s Chest And Stayed With Her for Warmth on a Snowy Day](#)

Children's Corner

Learning can be hard, so why not make it fun? [PBS Kids](#) has a bunch of fun educational games

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+

Healthy Cells, Healthy Life

Today, 10:45 a.m. - 11:45 a.m.

Dr. Mackenzie from Awakening

Chiropractic will explain what it means to have healthy cells and how small daily habits can make a big difference.

Beginner Line Dancing

Today, 2:30 p.m. - 3:30 p.m.

Intermediate line dancing with Bonnie Deutch.

Friends of the Library 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 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.

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.

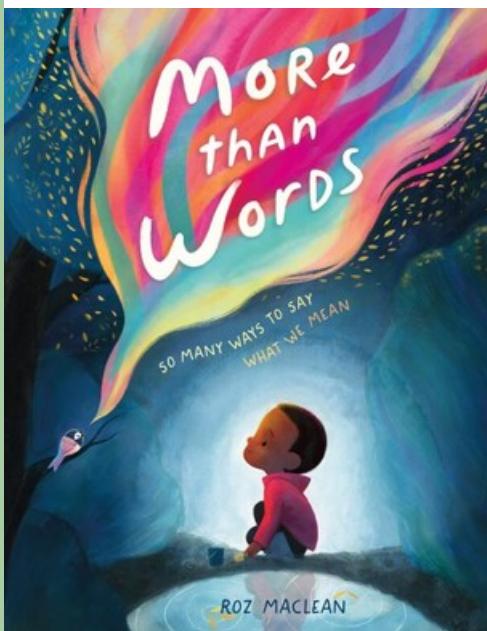
French Club

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

Do you speak any French? Join this weekly club.

that your little ones can play for free! Also, we have a lot of educational books at the library that are intriguing, like our featured book for the week.

Featured Book: *More Than Words* by Roz MacLean



Word of the Week

Waggish
adjective

Silly and playful, displaying a mischievous sense of humor.

WAG-ish

"She denied the prank but did so with a waggish smirk that didn't match her disavowal."

Upcoming Events



Painted Lantern Adult Craft
Create a one of a kind glass bottle lantern with your own design. Sign- up required.

Book Discussion: *Clear*

Thursday, 5:30 p.m. - 6:30 p.m.

Betty will lead the discussion of this book by Carys Davies.

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!

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.

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.

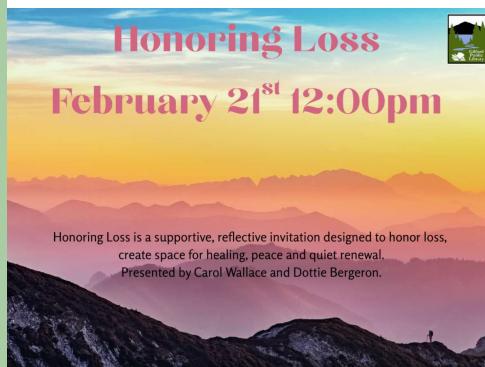
Know basic tai chi move? Come to this weekly program to practice.

Mahjong

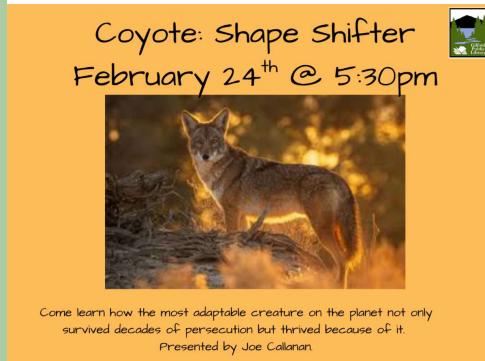
Monday, 12:00 p.m. - 3:00 p.m.

If you know how to play this tile-based strategy game, come to the library and join in the fun!

**Wednesday, February 4 @
1:00PM**



Honoring Loss
Honor loss, create space for
healing, peace and quiet
renewal with Carol Wallace and
Dottie Bergeron.
Saturday, February 21
@ 12:00PM



Coyote: Shape Shifter
Learn how the most adaptable
creature on the planet not only
survived decades of persecution
but thrived because of it.
Presented by Joe Callanan.
Tuesday, February 24 @
5:30PM

Nature Corner: It's a Hoot When You Live in NH! Part 2

by Wendy Oellers-Fulmer

Owls are top predators, skilled at locating and hunting their prey. What is remarkable is that they are nocturnal, which means their survival depends on the adaptations that allow them to hunt at night.

Depending on the type of owl, their habitat and prey might differ, but they all have common characteristics which place them at the top of the food chain.

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

Cozy Knitting Club
Thursday, 3:30 p.m. - 4:30 p.m.
Join Miss Jill in learning how to knit your
own scarf! Grades K-4.

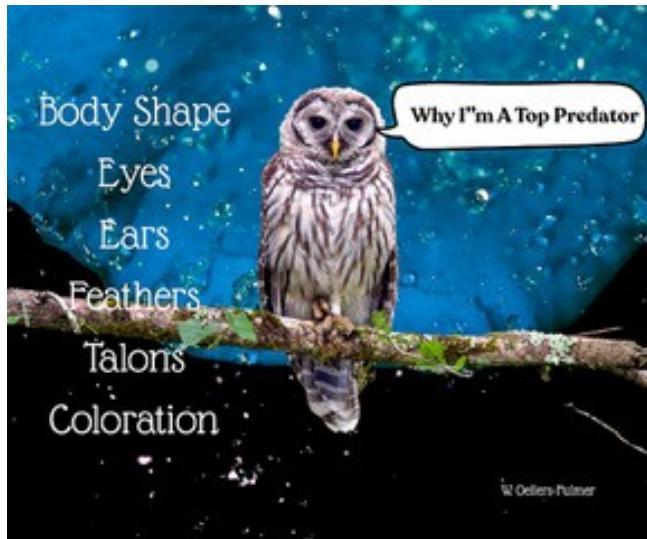
Preschool Storytime
Friday, 10:30 a.m. - 11:30 a.m.
Seasonal stories and crafts.

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
Today, 12:00 p.m. - 1:30 p.m.
Our bi-weekly group always has
something going on!

Tween Trivia
Thursday 3:00 p.m. - 4:00 p.m.
Test your knowledge in our trivia event!



Adaptations and Characteristics: Owls all have similar body shapes with long, rounded wings and a short tail. Their legs are strong for their size, and their sharp talons help to secure their prey.

Vision: Their heads are large, broad enough to allow for the unusually large eyes which are fixed in place and can't move from side to side. (In comparison, if we had eyes that large, our eyeball would be the size of an orange!). To accommodate this, owls can turn their heads more than 180 degrees in either direction, allowing them to compensate for a lack of depth perception, as their vision is binocular. Owls are NOT blind in daylight, because their pupils can contract independently, protecting the retina. They can actually have better daylight vision than humans.

Hearing: In addition to keen eyesight, many owls have asymmetrical ear openings, enhancing their ability to localize in two different planes at the same time!

Feathers, Coloration and Tufts: Most owls have a nap on their flight and feathers which makes their flight virtually soundless. Their potential prey cannot hear these stealthy hunters. Most owls are patterned with bars, streaks and/or spots which help them camouflage against the bark of trees. Owls will also use their tufts of feathers (some look like horns) to camouflage and/or disguise themselves, as they can look like twigs or branches.

When you add all these adaptations together, you can understand why owls are considered apex/top predators in the ecosystems of New Hampshire and around the world.

To fly deeper into understanding:

[Owl Adaptations](#)

[Owl Adaptations - Form and function](#)

[Owl Adaptations for Kids](#)

Did you know...we have more exercise programs than ever? The stalwart staples of "Geri Fit" and "Senior Sculpt" are still around, but they've been joined by a cadre of new and fun programs such as "Fun and Fitness With Joyce" on Mondays and Thursdays, "Feel Good Fitness with Dottie" on Tuesdays, and many more ranging from chair yoga to line dancing. It's never been easier to get your steps in and stay in tip-top shape.

www.gilfordlibrary.org



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!