



Hello from Gilford Library

January 27, 2026

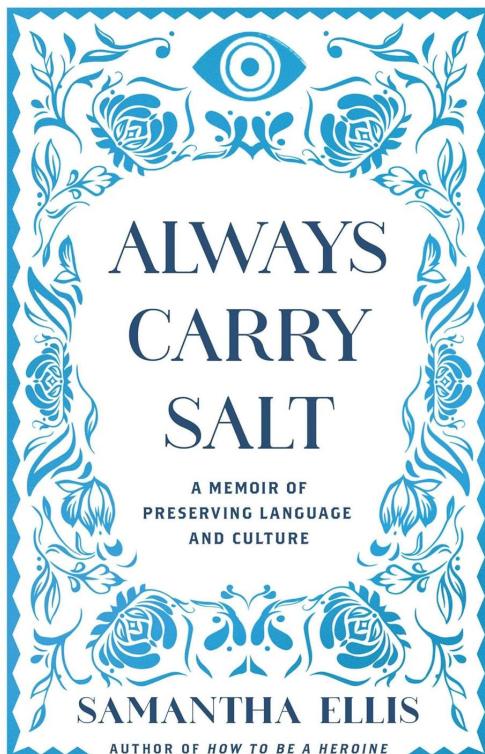
No matter what you're looking for, the library has you covered. Books, movies, magazines, computer access, and of course, programs.

Later today at 5:30pm we have "History of the Islands of Southern Lake Winnipesaukee," where local author and historian Stephanie Erickson will expound on the lake and its varied islands. Then on Monday, February 2nd we have our monthly "Bits and Bytes" class at 11am, focusing on security and scams this month. It's also Groundhog Day, so not only will we find out how many weeks of winter are left, the kids can participate in a scavenger hunt to find the groundhog, beginning at 3:30PM.

Don't hesitate to take advantage of what we have to offer and enrich your life many-fold.

On the Librarian's Nightstand:

Always Carry Salt
by Samantha Ellis



Making air-dry clay creatures at the Drop-In Craft day!



Bits & Bytes

"Ellis takes readers on a journey through history as she studies a language on the verge of extinction. As readers follow the journey of Ellis's refugee forebears, they will learn about the community's migration, the British period of rule in Iraq, stolen artifacts in the British Museum, tasty recipes, belly dancing, and the author's son's acquisition of the culture in his own way. A story of resilience, identity, and the importance of language to a culture." -- *Library Journal*

When We were Brilliant

by Lynn Cullen

How To Commit A Postcolonial Murder

by Nina McConigley

Anatomy Of An Alibi

by Ashley Elston

This Is Where The Serpent Lives

by Daniyal Mueenuddin

The Charmed Library

by Jennifer Moorman

Wildwood

by Amy Pease

Murder Your Darlings

by Jenna Blum

Watching Over Her

by Jean-Baptiste Andrea



**BITS AND BYTES:
EXPLORING TECH TOGETHER**

THE FIRST MONDAY OF EACH MONTH @ 11AM

Cover a new computer literacy topic on the first Monday of each month. This month's theme is being safe on the internet from basic security to scams.

Monday, February 2 @ 11:00AM

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

DVD of the Week: One Battle After Another

This Week at the Library

Adults



The story follows a former revolutionary and his daughter who live off-grid in an effort to avoid the notice of authorities. Insanity follows as the girl's biological father, a corrupt military official, seeks to end her life. An absolute madcap viewing experience and one for fans of black comedy and light action.

Links of the Week

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

[J.R.R Tolkien, Using a Tape Recorder for the First Time, Reads from The Hobbit for 30 Minutes](#)

[Our Favorite Comfort Foods for Cold, Winter Days](#)

[Franz Kafka, Nancy Drew and Charlie Parker Become Free to Use – Happy Public Domain Day](#)

Children's Corner

Compassion for each other is something we all need and teach our little ones about. Restoring human connections and uniting our world with compassion is key. [Mindful](#)

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+

Beginner Line Dancing

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

History Of the Islands Of Southern Lake Winnipesaukee

Today, 5:30 p.m. - 6:30 p.m. Stephanie Erickson, author and islander, shares the history and how it shaped the culture of the islanders today.

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 Yoggah!

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

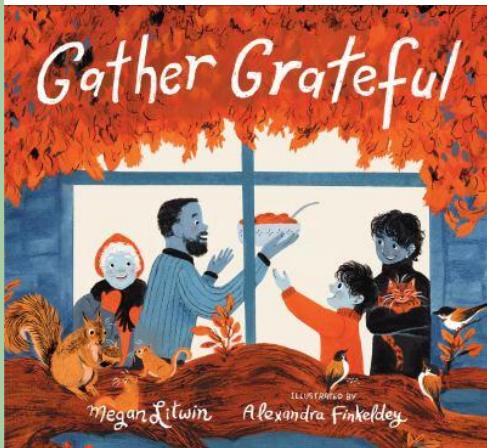
Thursday, 10:00 a.m. - 11:00 a.m.
Enjoy exercising with others. Space is limited.

French Club

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

Littles is a non-profit organization that provides resources about mindfulness and self-compassion activities for kiddos. In addition, they also provide resources that include crafting ideas and gaming activities to nurture a growth mindset.

Featured Book: *Gather Grateful* by Megan Litwin



Word of the Week

The Oxford Word of the Year 2025 is...

Rage Bait

noun

Online content deliberately designed to elicit anger or outrage by being frustrating, provocative, or offensive, typically posted in order to increase traffic to or engagement with a particular web page or social media account.

"The provocative article was posted solely for the purpose of rage bait."

Upcoming Events

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!
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.

Bits & Bytes Computer Literacy

Monday, 11:00 a.m. - 12:00 p.m.
Pop in to brush up on your computer skills. This month's theme is security and scams.

Mahjong

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



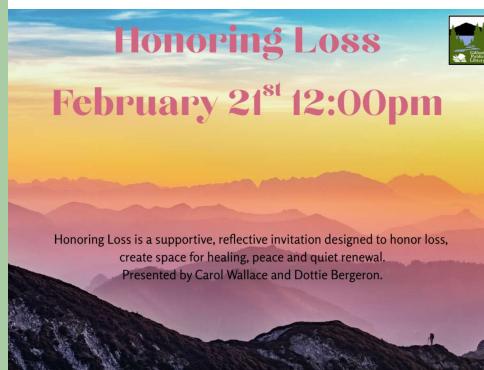
Painted Lantern - Adult Craft February 4th 1:00pm

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

Painted Lantern Adult Craft

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

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

February 24th @ 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.

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



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

Writing Wizards

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

Join other writers to read and share your work.

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.

Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.

Join others for a special storytime with songs, rhymes and more!

Groundhog Scavenger Hunt

Monday, 3:30 p.m. - 4:30 p.m.

Join the hunt to find the groundhog and win a prize.

T(w)eens

Puzzles By The Fire

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

Enjoy a peaceful puzzle by a virtual fire!

While we sat safely in our heated homes during this past Sunday and Monday blizzard, have you ever wondered how wildlife survives the harsh winter storms and blizzards?

First of all, wild animals have, through the millennia, evolved to survive natural disasters like severe blizzards and storms. They have the ability to sense barometric pressure drops (which occurs during a storm), detect shifts in humidity, and even hear low frequency sounds from a distance. Many adaptations like thick fur, specialized feet, extra fat, etc. help the birds and mammals keep warm on the coldest of days. This ability to sense incoming storms tells the animal to get ready.



N. Odilia Palmer

Pre-storm adjustments: While birds will increase their food intake, they and other wildlife will seek sheltered locations in tree cavities, burrows, or under dense brush to escape wind and snow. Animals, like squirrels and chickadees cache their food which they can access during the worst of the weather.

During the Storm Survival Actions:

1. Kleptothermy (Huddling): Some species of animals will huddle together to share body heat and maximize warmth.
2. To conserve energy, animals may enter a state called torpor and/or reduce their activity to lower their metabolism, heart rate, and body temperature.

We will be exploring how different species survive our harsh New England winters in upcoming Nature Corners.

To fly deeper into understanding:

[Kleptothermy \(Huddling\)](#)

[How Does Common Wildlife Deal With Heavy Snowfall?](#)

[What Strategies Does Wildlife Use To Survive Blizzards? - Weather Watchdog](#)

Did you know...about our quarterly reading challenge? Whether you're looking for a little incentive, or just want a small reward for all your reading then look no further. Every three months you will have a chance to tackle some of the prompts that we've set forth, ranging from genre or plot themes, to book cover colors, in order to win a prize (sponsored by the Friends of the Library). All you have to do is read six books per quarter, bring in your card to be initialed, and reap the benefits. Find out more at the Front Desk!

www.gilfordlibrary.org





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