



July 21, 2026

They say that the best time to start a new habit is ten years ago, and the second best time is right now. This week at the library we have some wonderful programs on how to enrich and better your life.

Are you looking to go beyond meat and find out what other delicacies you can grill? Hear what is "Better For Your Barbecue" from a Hannaford dietitian on Wednesday the 22nd at 11:30am. At 4pm the same day there will be a "Reiki Sharing" session at 4pm, providing a moment of calm and relaxation in the tumultuous seas of life. And if you enjoy "Covered Bridges of NH," author and photographer Kim Varney Chandler will take you on a tour of our historic bridges on Thursday the 23rd at 5:30pm.

Whether it's the body or mind you're nurturing, we have great programs on offer, here at the library.

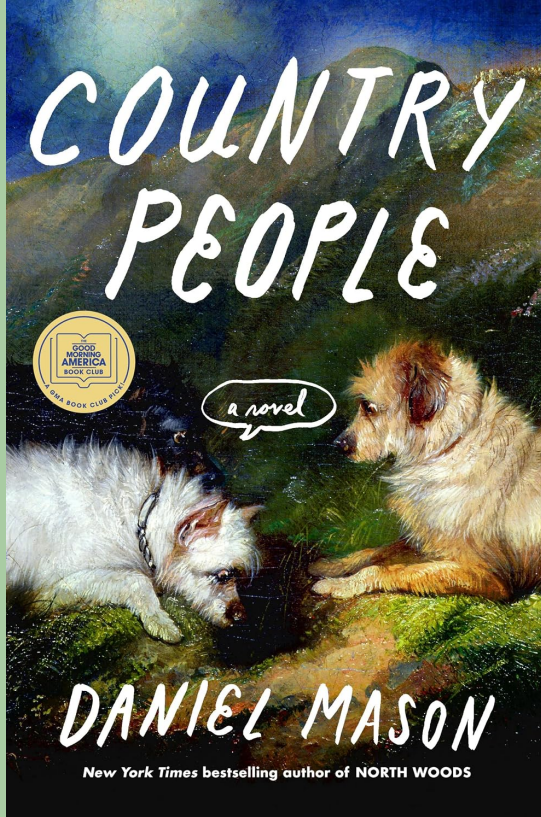
On the Librarian's Nightstand:

***Country People*
by Daniel Mason**

Exploring textures at Sensory Play!



Sub Zero Nitrogen Ice Cream



"Delightful . . . joy-making . . . one of our country's most gifted novelists, Mason has spun a yarn about parenthood and marriage, storytelling and imagination."

—Bookpage, starred review

The Last Sweet Taste
by Craig Nova

A Neighbor's Guide To Murder
by Louise Candlish

The Great Wherever
by Shannon Sanders

Dead But Dreaming Of Electric Sheep
by Paul Tremblay

Wisdom Corner
by David Heska Wanbli Weiden

Happy Habits
by Tal Ben-Shahar

Book of the Week:
Saoirse
by Charleen Hurtubise



Sub Zero Nitrogen Ice Cream will teach us in this fun educational presentation how to make ice cream and you get to try it too! All ages welcome.

Tuesday, July 21 @ 4:00PM

Jonah Knight: Dinosaur Safari

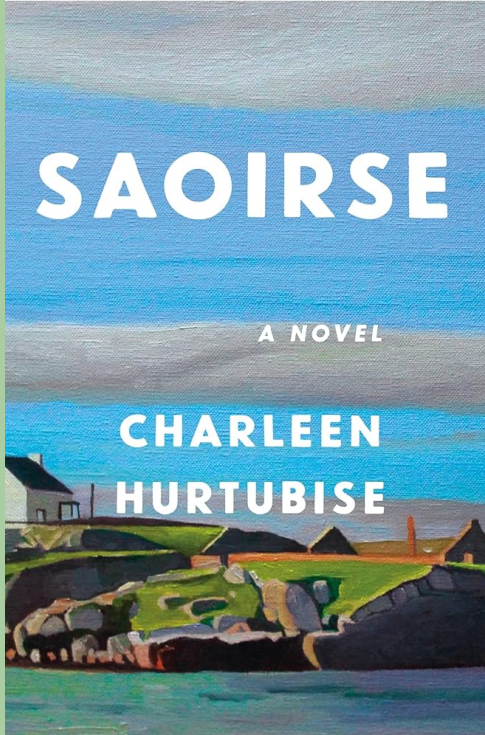


Jonah Knight takes you on a magical storytelling adventure learning about dinosaurs!

Thursday, July 30 @ 4:00PM

This Week at the Library

Adults



A young woman flees a life of fear and silence and makes her way across the sea to Ireland. Adopting a new identity and working on their art, their secrets threaten to bubble up in the wake of artistic acclaim. Thrilling and anxiety inducing, this is a wonderful story about the lengths some go to, and the relationship between art and life.

Links of the Week

[**This Saturday Bloom at the Annual Sunflower Festival at Coppal House Farm!**](#)

[**The 104 Most Popular Fantasy & Science Fiction Books of the Past Three Years**](#)

[**New Hampshire Joins Growing Contingent of States with Laws on 'Plug-in Solar'**](#)

Children's Corner

Ready for some summer stories and movies? We have new summer books for your littles to enjoy as well as movies that the whole family will love! In addition, you can't forget the popcorn: [Homemade Popcorn](#)

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.

Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

Bridge

Today, 10:00 a.m. - 12:00 p.m.

Join others for a few rounds.

What Vitamins and Minerals Do You Really Need

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

Dr. Amanda will explain how to choose supplements wisely to support your overall health.

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.

Senior Stretch Yogaaah!

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

Join Lani Voivod for a relaxing and rejuvenating yoga class designed specifically for seniors! 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.

Better for You BBQ

Wednesday, 11:30 a.m. - 12:30

A Hannaford Dietitian will teach us how to serve more nutritious food at your next barbecue.

Paint Group

Wednesday, 1:00 p.m. - 3:00 p.m.

Bring your supplies to work on your projects with other artists.

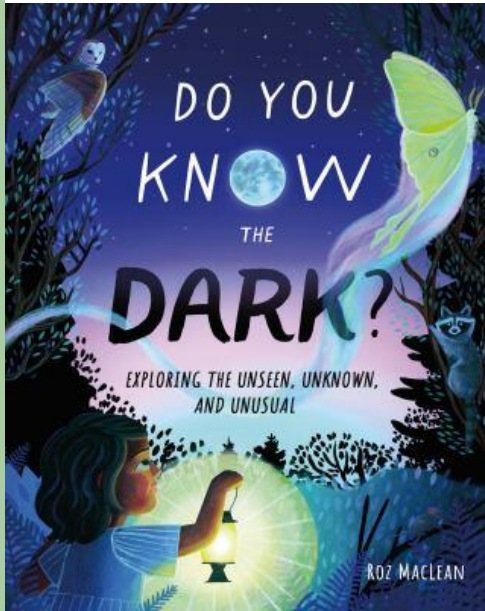
Reiki Sharing

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

Enjoy deep relaxation with a 10 - 15 minute Chair Reiki session with Lani Voivod and Carol Wallace.

Two Ways to enjoy while watching the show!

Featured Book: *Do You Know the Dark?* by Roz MacLean



Word of the Week

Gambol
verb

To run or jump in a lively way.

GAM-bul

"Come gambol with us at the Jumping Beans Competition this month!"

Mini Canvas Contest



Create a mini masterpiece and hand it in by July 31, then come vote on your favorite August 3-12. Winners will be announced at the finale on August 12! Come get your kit today.

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. Sponsored by the Friends of the Library.

Bridge

Thursday, 10:00 a.m. - 12:00 p.m.
Join others for a few rounds.

French Club

Thursday, 4:00 p.m. - 5:00 p.m.
Join the ongoing conversational French Group.

Covered Bridges of NH - Past and Present

Thursday, 5:30 p.m. - 6:30 p.m.
Author and photographer, Kim Varney Chandler, will give an overview of covered bridges - past and present.

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.

Feel Good Fitness With Dottie

Friday, 10:00 a.m. - 11:00 a.m.
A fun hour of stretching, toning and balance for all levels. Sponsored by the Friends of the Library.

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.

Beginner Line Dancing

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

Beginner Line Dancing

Saturday, 10:15 a.m. - 11:15 a.m.
Beginner class with Bonnie Deutch.

Fun and Fitness With Joyce

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

Upcoming Events

HUMMINGBIRDS: WONDER ON WINGS
AUGUST 4TH @5:45



COME EXPLORE THE WILD SIDE OF ONE
OF THE MOST SPECTACULAR VISITORS TO OUR
LOCAL WOODS DURING THE SUMMER.



Hummingbirds

Come explore the wild side of
one of the most spectacular
visitors to our local woods
during the summer.

Tuesday, August 4
@ 5:45PM



C3Brix Lego Day

Nationally famous Cody Wells of
his company C3Brix will joining
us for lots of LEGO fun!

Friday, August 7
@ 9:00AM



NH Turtle Rescue

Join Dallas and Drew from New
Hampshire Turtle Rescue and
discover what makes our wild
turtles so special and the
challenges they're facing.

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 moves? 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!

T(w)eens

Camp Week

Today - Friday
Monday - Thursday, 10-4pm
Come make a friendship bracelet.
Friday, 10:00 a.m. - 11:00 a.m.
Come make s'mores!

Sub Zero Nitrogen Ice Cream

Today, 4:00 p.m. - 5:00 p.m.
Learn how to make ice cream and then
enjoy trying it.

LEGO Week

Monday 7/27 - Friday 7/31
Monday - Thursday, 10-4pm
Free building with LEGOs.
Friday, 10:00 a.m. - 11:00 a.m.
Rice Crispy LEGOs!

Children

Summer Camp Storytime

Today 10:30 a.m. - 11:00 a.m.
Join the summer camp crew with stories
with Miss Linda.

Sub Zero Nitrogen Ice Cream

Today, 4:00 p.m. - 5:00 p.m.
Learn how to make ice cream and then
enjoy trying it.

Storytime at the Beach

Wednesday 12:00 p.m. - 1:00 p.m.
Come to the Gilford beach for storytime
and snacks.
(Gilford residents only)

Jumping Beans Competition

Thursday, 10:30 p.m. - 11:30 a.m.
Show off your jump roping skills and
become the next champion.
Prizes for 1st, 2nd, and 3rd place.

Tuesday, August 11
@ 5:30PM

Sensory Play

Friday, 10:30 a.m. - 11:30 a.m.
Explore the wonders of our five senses through this interactive playful program!

Baby Storytime

Monday 10:00 a.m. -10:30 a.m.
Join in the interactive storytime with Miss Jill.

Nature Corner: The Forest's Flute Player - The Hermit Thrush

By Wendy Oellers-Fulmer

Hermit Thrush (*Catharus guttatus*)
Order: Passeriformes
Family: Turdidae



During our frequent hikes through the woods, one of our favorite sounds is the ethereal, flute-like song of the Hermit Thrush. While the haunting call of the Common Loon is often associated with our northern lakes, the Hermit Thrush provides the beautiful soundtrack of the forest, its clear notes drifting through boreal, deciduous, and mountain woodlands.

Slightly smaller than an American Robin, the Hermit Thrush has warm brown upperparts, a softly spotted breast, and a distinctive reddish tail. It can often be found foraging along woodland trails and forest openings, hopping across the leaf litter in search of insects, berries, and other small foods, even small salamanders.

The Hermit Thrush is the hardiest of North America's five native thrush species. Compared to the Veery, Swainson's Thrush, Gray-cheeked Thrush, and Bicknell's Thrush, it arrives earlier in spring, departs later in autumn, and often spends the winter farther north, with many birds overwintering in the southern United States.

One surprising difference across North America is where they build their nests. In the western United States and Canada, Hermit Thrushes typically nest in conifers or shrubs. East of the Rocky Mountains, however, they usually build their nests on or very near the ground. Once the young hatch, both parents share the responsibility of feeding and caring for the nestlings.

The Hermit Thrush can be difficult to spot with its camouflage coloring, but it's distinctive song is memorable, one of forest's greatest treasure.

Did you know...we host a new artist every month? Each month, the exhibit area near the front desk features a new artist displaying their work. Whether it's painting, sculpture, collage, or any other artistic endeavor or unique collection, we'd be happy to have you. If you'd like to inquire about presenting, talk to Arielle at the front desk. And if you're simply interested in viewing this month's offering then be sure to stop by the library.

www.gilfordlibrary.org



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