



March 3, 2026

March is here and the library is marching on with more wonderful programs for all to enjoy.

If you have signed up for the March adult craft, "Jewelry Ring Tray," we'll see you at 11am, when you can make a fabric covered ceramic tray for your bits and bobs. Also today is the monthly "Death Cafe," at 1pm, with Ruth O'Hara and Carol Wallace. On Thursday the 5th at 10am "Living With Grief" with counselor Michael Molanga will take place. Also to look forward to on Thursday is "Discover Greenland" at 4pm, exploring the world's largest island and the Inuit people that call it home presented by the Greenland Advocate organization.

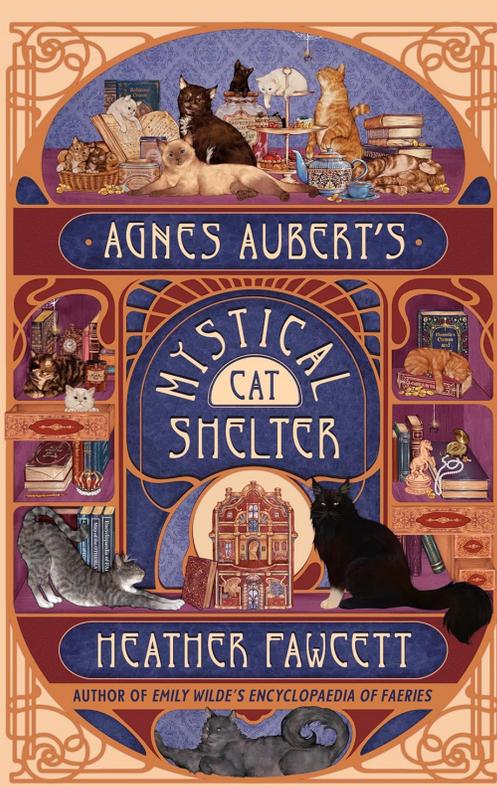
We've got more in store all month long so be sure to [check out the full calendar](#) when you get the chance.

**On the Librarian's Nightstand:
*Agnes Aubert's Mystical Cat
Shelter*
by Heather Fawcett**

**Winnie-the-Pooh's 100th Birthday,
Presented by the Powerhouse
Theater**



**Early Release: St. Patrick's Shamrock
Pie**



“Agnes and Havelock’s delicious slow-burn romance is delightful in the way that they bring out the worst and best in each other, even as they discover that neither is quite what they initially thought. Readers will enjoy the 1920s Montreal setting, while those who love cozy fantasy romances will be delighted.”
 —*Library Journal* (starred review)

I'm Not The Only Murderer In My Retirement Home
 by Fergus Craig

Wreck Your Heart
 by Lori Rader-Day

Warning Signs
 by Tracy Sierra

Year Of The Water Horse
 by Janice Page

Dear Debbie
 by Freida McFadden

Some Bright Nowhere
 by Ann Packer

Half His Age
 by Jennette McCurdy

The Halifax Hellions
 by Alexandra Vasti



Celebrate St. Patrick's Day with making a shamrock pie and playing bingo! Grades K-4.

Tuesday, March 10 @ 1:30PM

Live Free or Dial

Live Free or Dial

March 19th @ 5:30

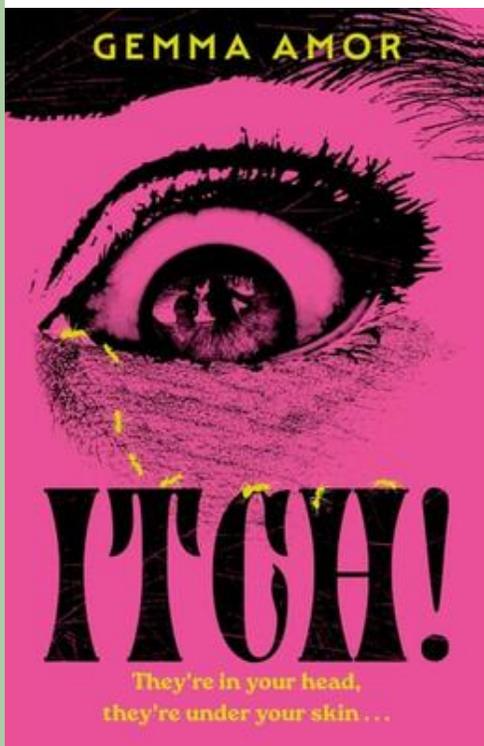


**Explore the history of telecommunications with
 The New Hampshire Telephone Museum!**

Discover important moments in telephone history, such as the race to the patent office, the switchboard and party lines, and the undertaker who invented the dial system.

Wednesday, March 26 @ 11:30AM

Book of the Week:
Itch!
by Gemma Amor



After hitting rock bottom and returning home, a woman stumbles upon a decaying, ant-infested corpse in the woods and begins to spiral further downward. With a decades old mystery cloying at her, and a perpetual 'itch' nagging at her being, she begins to unravel the mystery at the heart of the small town.

Links of the Week Change

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

[The Uncensored Library of Minecraft by Reporters Without Borders](#)

[ALA Denounces Federal Book Banning Bill](#)

[5 Literary Novels That Are Also Alluring Mysteries](#)

[Two dogs Rescued in the Middle of the Blizzard](#)

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+.

Jewelry Ring Tray - Adult Craft

Today, 11:00 a.m. - 12:00 p.m.
Combine a clay base with soft fabric to create a charming jewelry ring tray. Sign up required.

Death Cafe

Today, 1:00 p.m. - 2:00 p.m.
Join this respectful and supportive discussion group led by RN Ruth O'Hara and Death Doula Carol Wallace.

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.

Senior Stretch Yogaah!

Wednesday, 10:00 a.m. - 11:00
Lani Voivod will lead a relaxing and gentle yoga class designed for seniors.

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

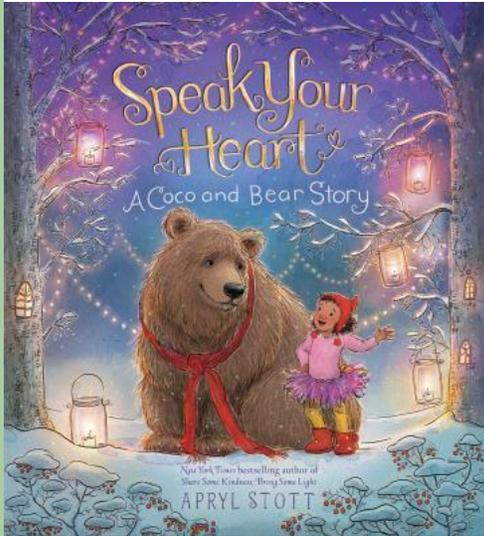
Wednesday, 1:00 p.m. - 3:00 p.m.
Bring your supplies to work on your projects with other artists.

Senior Sculpt

Children's Corner

Friendships should be celebrated everyday! Good friendships overall help your health and wellbeing. The love and care of close friendships is significantly important; so make sure you let your best friends know how irreplaceable they are to you!

Featured Book: *Speak Your Heart* by Apryl Stott



Word of the Week

Tautology

noun

Needless repetition of an idea, statement, or word (ie: sinking down).

taw-TAH-la-gee

"The author's overuse of tautology was a clear sign that they needed a better editor."

Upcoming Events

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 mutual support for those experiencing loss of a loved one.

French Club

Thursday, 3:00 p.m. - 4:00 p.m.
Join the ongoing conversational French Group.

Discover Greenland

Thursday, 4:00 p.m. - 5:00 p.m.
An exploration of the largest Island in the world from the Greenland Advocate organization!

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.
Joyful, cozy practices to stretch, breathe and shine! Sign up required.

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

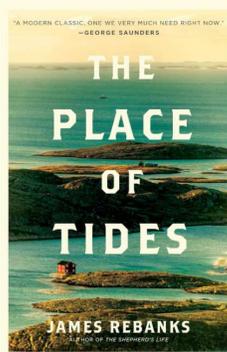
Friday, 2:30 p.m. - 3:30 p.m.
Join our weekly class for advanced conversational German.

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.



Book Discussion

THURSDAY
MARCH 26, 2026
5:30-6:30PM

Led by Betty. Copies are available at the front desk. Get yours today!



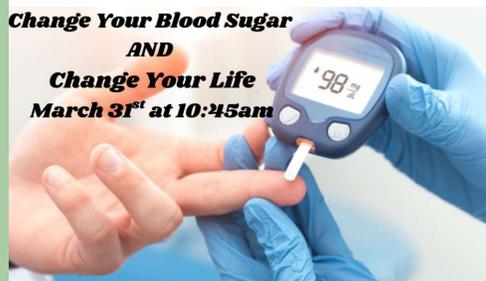
The Place of Tides Book Discussion

This month's book is *The Place of Tides* by James Rebanks.
Thursday, March 26
@ 5:30PM



Honoring Loss

Honoring Loss is a grief support group presented by Carol Wallace and Dottie Bergeron.
Saturday, March 28
@ 12:00PM



This workshop provides practical strategies you can begin using right away to stabilize blood sugar naturally.

Change Your Blood Sugar, Change Your Life

Take control of your blood sugar, presented by Awakening Chiropractic.
Tuesday, March 31
@ 10:45PM

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.
Listen to fun stories and make cute crafts with Miss Linda!

Science Seekers: Wacky Weather

Wednesday, 3:30 p.m. - 4:30 p.m.
Join in on the fun with wacky weather experiments!

Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.
Connect with other kids in a fun-filled storytime with Miss Erika!

Baby Storytime

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

T(w)een

Home School Group

Tuesday 12:00 p.m. - 1:30 p.m.
Join our every other Tuesday group for some fun.

Nature Corner: The Folklore of a March Lion and Lamb

by Wendy Oellers-Fulmer

Happy March! Many of us are familiar with the expression that "If March comes in like a lion it will go out like a lamb." But like the belief a groundhog can predict the arrival of spring, these folklore sayings are wonderful examples of humans' creative imaginations.

If you've lived in New England for any length of time, you know how March weather can be erratic. We can switch from hints of spring weather, to blizzards dumping more than a foot of snow.



But where did this phrase come from?

One possibility is that in ancient times, the astrological symbol and/or constellation of Leo the Lion was present in the skies of late winter, while Aries, the Ram constellation, was correlated with early spring.

The phrase has been dated to the 17th or 18th century. An early citation was found in Thomas Fuller's 1732 [Gnomologia: Adagies and Proverbs; Wise Sentences and Witty Sayings, Ancient and Modern, Foreign and British.](#)

A more scientific rationale comparing early March to a lion recognizes that weather is transitional in this month. While we still have the cold, dry Arctic air, warmer weather from the south can begin to push north. This can cause turbulence leading to significant temperature changes and snowstorms. In addition, the jet stream in our northern hemisphere can lead to low-pressure systems resulting in "lion-like" weather roaring in. Finally, after winter solstice, the sun's angle increases, yielding in more daylight each day. More sunlight can lead to milder weather.

To discover more:

[Where Does the Phrase "In Like a Lion, Out Like a Lamb" Originate? March Comes In Like A Lion...](#)

Did you know...we accept books and other materials for donation? With spring cleaning looming large in our future you may be thinking of the things that you can do without. For books, dvds, music cds, and puzzles, we can be the ones to take the weight off your minds. All that we ask is that the books are recent and in good condition and are not: encyclopedias, bibles, textbooks, periodicals, or vhs tapes. Let your previous belongings go to a good home that will appreciate them, as you have.

www.gilfordlibrary.org



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