



November 11, 2025

Though we are closed today for Veteran's Day, that won't stop us from bringing you the latest about what is going on here at the library.

Tomorrow at 4pm is the first session of Lani and Carol's "Reiki Circle," an opportunity to lighten your physical and spiritual load. On Thursday 13th at 5:30pm Steve Hale is presenting "Bizarre Birds of the World," highlighting some of the peculiar and interesting avians the world over. Finally, next Monday the 17th make sure you sign up for "Hahn Health Preventative Screening" at 10:15am, helping you make sure you stay in tip-top shape.

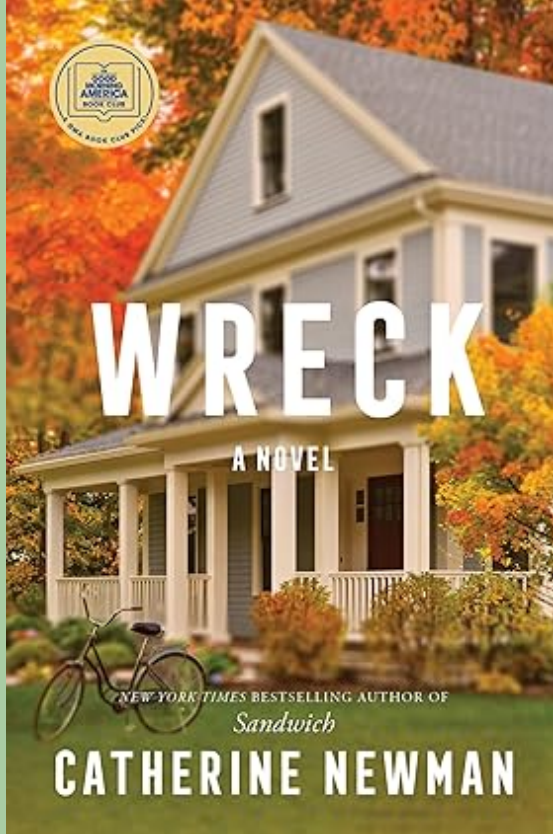
The library is gearing up for the holidays like anyone else and we hope to see you in the interim.

**On the Librarian's
Nightstand:
Wreck
by Catherine Newman**

So much fun at PJ Storytime!



Harnessing History



"*Wreck* is an emotionally packed reminder that much of our lives is spent with spouse, kids and parents. And that if you can pick between worrying about what's coming and living authentically in the moment, you should let your heart settle where it grows the most—and that might just be your living room."
- *The Washington Post*

The Librarians
by Sherry Thomas

Girl Dinner
by Olivie Blake

The Elopement
by Gill Hornby

Hostage
by Eli Sharabi

Bad Bad Girl
by Gish Jen

Bog Queen
by Anna North

Hole In The Sky
by Daniel H. Wilson

Undercover Kindness
by Jimmy Darts

Harnessing History on the Trail of

NH State Dog the Chinook
November 18th @ 5:30



This program looks at how dog sledding developed in New Hampshire and how the Chinook played a major role in this story.

Find out from Bob Cottrell how the Chinook played a major role in how dog sledding developed in NH.

Tuesday, November 18 @ 5:30 p.m.

Coping with the Holidays Support Group



Coping with the Holidays

Grief Support Group

A safe space to heal together
An Open Conversation

November 19th at 4pm

With Rev. David Poole
Chaplain, Lakes Region VNA

Come as you are, whether you need a listening ear, a few new coping tools, or simply a break from the holiday rush.

Wednesday, November 19 @ 4 p.m.

DVD of the Week:

Ballerina



From the world of John Wick comes a new electric, action packed film following a new protagonist. A young up-an-comer is coming into her own as an assassin, and is on a bloody quest for revenge. Filled with the creative and intense action scenes the franchise has become known for, this is a great watch for Wick fans.

Links of the Week

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

[5 Book Reviews You Need to Read This Week on LitHub](#)

[10 New Crime Books Coming Out This Week](#)

[Thanksgiving Dinners You Don't Have to Cook](#)

[You're Sharing Too Much on Social Media—and Scammers Love It](#)

Children's Corner

This Week at the Library

Adults

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 Yogaaah!

Wednesday, 10:00 a.m. - 11:00 a.m.
Lani Voivod will lead us through stretches. Sponsored by the Friends of the Library.

Trustee Meeting

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

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 or all things technology.

Holiday Wooden Bead Door Decoration

Wednesday, 1:00 p.m. - 2:00 p.m.
Create and hang this Merry wall decor. **Class is full.**

Paint Group

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

Reiki Circle

Wednesday, 4:00 p.m. - 5:30 p.m.
Enjoy a 10 - 15 minute Chair Reiki session with a practitioner.
Experience deep relaxation.
Donations to the Friends of the library are gratefully received.

Senior Sculpt

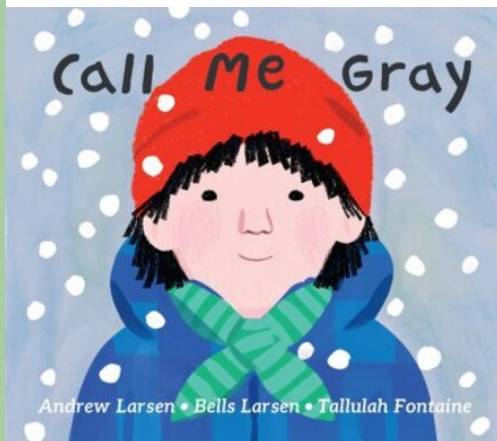
Thursday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

Fun and Fitness With Joyce

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

Some people struggle with the seasonal changes and the upcoming holidays. Grief and humor are tied together and the best remedy is laughter. There are so many benefits when it comes to laughter, mentally and physically. Also, getting outside for light exposure and exercise helps as well!

Featured Book: *Call Me Gray* by Andrew Larsen



Joke of the Week

"How do you check your balance at an ATM?"

"Stand on one leg."

Upcoming Events



Hahn Health Preventive Screening

Hahn Health offers preventive services, screenings and health education. Sign up required.

Monday, November 17

Enjoy exercising with others. Space is limited.

French Club

Thursday, 4:00 p.m. - 5:00 p.m.
Do you speak any French? Join this weekly club.

Bizarre Birds of the World

Thursday, 5:30 p.m. - 6:30 p.m.
Learn about extreme examples that stretch our understanding of what it means to be a bird. Presented by Steve Hale.

Geri Fit

Friday, 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.

Gather & Glow: A Holiday Chair Yoga Journey

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: \$45.00 for 6 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 for 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.

Lower Intermediate Line Dancing

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

Beginner Line Dancing

Saturday, 10:00 a.m. - 11:00 a.m.
Class with Bonnie Deutch.

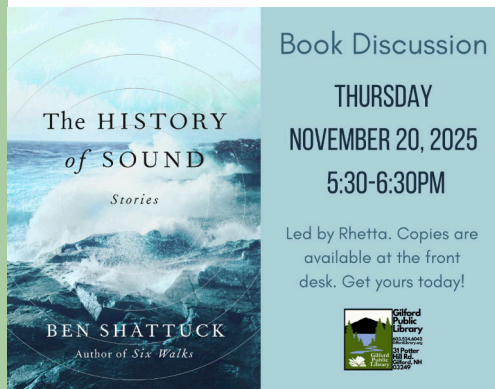
Fun and Fitness With Joyce

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.

@ 10:15AM

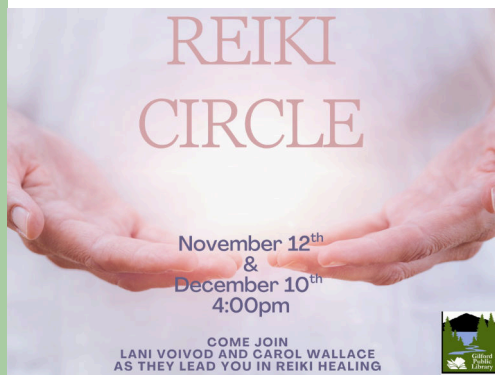


Book Discussion: The History of Sound
Led by Rhetta; books available at the front desk.
Thursday, November 20 @ 5:30PM

Laughter Yoga with Lani & Sue
December 3rd & 17th @ 1:00



Laughter Yoga
Get the giggles with instructor, Lani Voivoid.
Wednesday, December 3 & 17 @ 1:00PM



Reiki Circle
Enjoy a peaceful pause this holiday season and receive a 10-15 minute Chair Reiki session with Lani Voivod, Carol Wallace, and fellow Reiki practitioners.
Wednesday, November 10 @ 4:00PM

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

Hahn Health - Preventive Screening

Monday, 10:15 a.m. - 11:15 a.m.
Offering preventative services, screenings and health education.
Sign up required.

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

Little Math Wiz

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

Pajama Storytime

Thursday, 6:00 p.m. - 6:30 p.m.
Bring your stuffie and enjoy some cozy stories.

Preschool Storytime

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

Drop-In Craft: Thanksgiving Card & Craft

Saturday, 10:30 a.m. - 11:30 a.m.
Make a tasty turkey craft and card to celebrate Thanksgiving.

Baby Storytime

Monday, 10:00 a.m. - 10:30 a.m.
Enjoy songs, movement and rhymes with other families.

T(w)eens

Friday Football

Friday, 3:00 p.m. - 4:00 p.m.
Join us in the Teen Room to watch a game.

Nature Corner: Hibernation Time?

by Wendy Oellers-Fulmer

Although we don't hibernate, why is it that as winter encroaches, we often will feel sleepier, with less energy, than during the bright, sunny days of summer? We will also be drawn to heartier food, can feel more lethargic and have longer REM sleep cycles. (This is the period of sleep when we have the most dreams and is "essential for healthy brains, mood regulation, and mental clarity."



Dr. Karin Johnson, a sleep specialist with the American Academy of Sleep Medicine, says there are several theories.

1. When the hours of daylight decrease, our melatonin hormone levels are higher. This hormone is essential for regulating our sleep cycle. But too much can make us sleepier, more tired with less energy.
2. Spending more time indoors and with less daylight, our natural sleep patterns can be disrupted. If it's still dark out in the morning, it can be a challenge to wake up and rise, as sunlight helps to control our awake/sleep cycle in a 24 hour day (circadian rhythm).
3. While people usually sleep better when it's cooler out, the tendency is to crank up the heat, which can make us sleepier. In addition, our bodies also use more energy to stay warm.
4. Heartier and/or "comfort" foods tend to have more carbohydrates which take longer to digest...leading to less energy and motivation to exercise.
5. The reduced sunlight also reduces the amount of serotonin (a natural mood enhancer) in our bodies.

What can we do?

Dr. Johnson's recommendation is to stick to a schedule. Prioritize time for sleep, perhaps going to bed earlier. Turn off electronics early in the evening, maintain regular mealtimes, and get exercise. If you are not able to get natural light, she suggests using a light box for a half hour each morning.

To discover more:

[Do You Need More Sleep in Fall and Winter? Probably.](#)

Did you know...our exercise schedule has changed? For any of you that attend the Fun and Fitness, Geri Fit, Chair Yogaaah, or Senior Sculpt, the days and hours of your program may have changed. Be sure to check the calendar either [online](#), in person, or in the meeting room when you attend to make sure when you'll need to come back to get those steps in.

www.gilfordlibrary.org





Try email marketing for free today!