November 25, 2025

We at the library are thankful for many things, among those are our wonderful patrons. This holiday week, celebrate the things and people you're thankful for.

The library will be closing early at 4pm on Wednesday the 26th and will remain closed both Thursday the 27th, and Friday the 28th, re-opening on Saturday the 29th. Make sure you stop in and stock up on some good reads beforehand! The following week brings "Bits & Bytes" on Monday the 1st at 11am, focusing on how to get the most out of your Google searches.

We hope you all have a wonderful holiday in the time we don't see you, and look forward to welcoming you back in prompt fashion.

On the Librarian's Nightstand:

The Queen Who Came In From The Cold

by S. J. Bennett

Thankful turkeys in time for Thanksgiving!

Less Ache, More Awake

Gripping intrigue from the very first page . . . With well-researched events and an emphasis on the female perspective, this immersive historical mystery will entice Queen Elizabeth II fans and royal watchers."

—Booklist

The Hidden City
by Charles Finch

Heart The Lover
by Lily King

Lucky Seed
by Justinian Huang

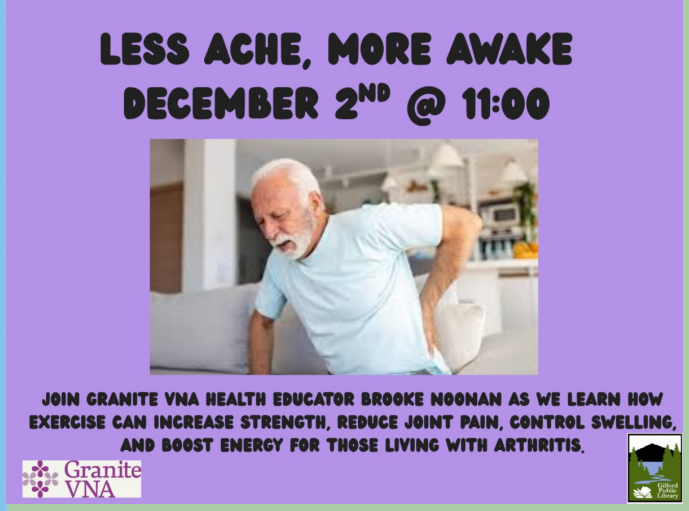
Queen Esther
by John Irving

False Witness
by Phillip Margolin

Some Bright Nowhere
by Ann Packer

How To Be Hopeful
by Elin Kelsey

We Did Ok, Kid
by Anthony Hopkins



Granite VNA Health Educator, Brooke Noonan, shows us how exercise can increase strength, reduce joint pain, control swelling, and boost energy for those living with arthritis.

Tuesday, December 2 @ 11:00 a.m.

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, December 10 @ 4 p.m.

DVD of the Week:
American Fiction

Focused on a writer frustrated with their role in the literary world and the lens through which their work is viewed, picks up the pen and writes a bombastic satire that sets the world alight. With great wit and fun characters this is a fun look at the role stereotype and preconceptions play in our society.

Links of the Week

The Most Read Books on Goodreads This Week

Mental Floss' 5 Best Ernest Hemingway Adaptations

50 Thanksgiving Recipes Your Family Will Love

Healthwise: Rethinking Resolutions: Why Reaching Your Goal Requires More Than Willpower

Children's Corner

This Week at the Library

The Library will be closing at 4pm on Wednesday, 11/26 and closed on Thursday and Friday, 11/27 and 11/28 for Thanksgiving.

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+.

Intermediate Line Dancing
Today, 4:00 p.m. - 5:00 p.m.
Lower intermediate 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 to drink during the workout.

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

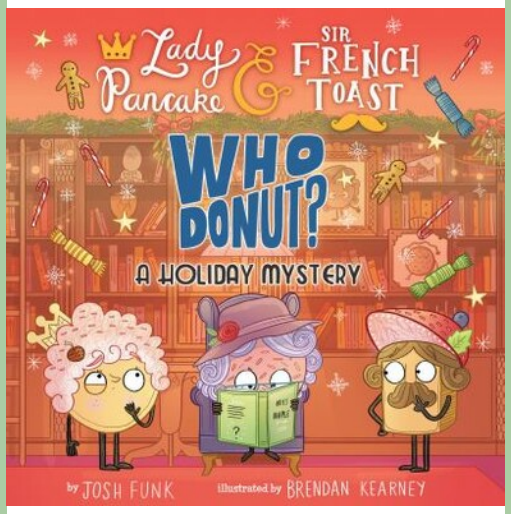
Card Games
Wednesday, 10:00 a.m. - 12:00
Play a few rounds of "Pay Me".

Check Out An Expert
Wednesday, 10:00 a.m. - 12:00
Receive help with your computer or 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.

Happy Thanksgiving from your library! Thanksgiving has a rich history with tasty facts that will fill your brain. At the library, we also have books that you can dive into and celebrate the holiday by learning more about its roots!

Featured Book: *Who Donut? A Holiday Mystery* by Josh Funk



Word of the Week

Bromide
noun

A statement intended to make someone feel happier or calmer, but too dull and unoriginal to be effective.

BROH-myde

"Their speech had nothing more to offer than the usual bromides about how everyone needs to work together."

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

Bits and Bytes
Monday, 11:00 a.m. - 12:00 p.m.
Pop in to brush up on your PC skills. This month, learn how to get the most out of your Google searches.

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.
Fantastic stories and crafts!

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

T(w)eens

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

Nature Corner: Is It Time For Bears to "Go to Bed" Yet?

by Wendy Oellers-Fulmer

Despite the recent snow flurries and cold temperatures, there are still clues that bears are out and about. In the fall, like hummingbirds and other

migrating birds, bears go through a period of excessive eating called hyperphagia. They need to do this to build up fat reserves that will sustain them through the winter. As long as they can still find food sources, they will remain out and about.

Bears are not true hibernators, like amphibians, reptiles and several mammals (little brown bat, woodchuck and little jumping mouse). They will enter into a period called torpor where their physiological activity (metabolic rate, body temperature, heart rate, respiratory rate) is reduced. This allows the animals to conserve energy during cold weather and scarcity of food.

Considering that bears can endure four to six months of food and water deprivation during this state of torpor, the accumulation of fat is necessary for their survival. If there is ample food, like high fat sources found in acorns and beechnuts, the bears will den later in the season. A lack will induce earlier denning.

For those of us who enjoy feeding the birds, a note of warning…..this time of year, bears are constantly seeking food sources and have excellent memories on where to find it.

To discover more:
Naturally Curious with Mary Holland

Did you know...we have newspapers? In addition to the local staples of the Gilford Steamer and Laconia Daily Sun, we receive some more nationally important periodicals. We receive both the daily USA Today, and the Sunday New York Times every week here at the library. So if you're looking to get informed, or perhaps enjoy the funnies section, stop by the library.

www.gilfordlibrary.org