



October 14, 2025

With the summer weather finally making way for the nipping chill of autumn, we at the library are bringing you even more great programs to enjoy.

On Wednesday, the 15th we have "Red Fox - The Catlike Canine" at 4pm, teaching you all about the elusive creatures. Thursday at 5:30pm, Betty will lead the "Book Discussion" for the book *Absolution* by Alice McDermott. The following week we have the "Fall into Exercise Social" on Tuesday at 10:45am, giving all our fitness fanatics a chance to socialize and enjoy some good food.

While the allure of an autumn hike is strong, be sure to come pick out some good fall reads for those cold nights.

**On the Librarian's
Nightstand:
*A Small Disturbance On
The Far Horizon*
by Richard Babcock**

**A great turn out for the Search
for the Biggest Redwood.**



Fall Into Exercise Social

"A page-turner for the thoughtful reader: sensitive, suspenseful and deeply forgiving of its all-too-human characters. Babcock shoots for the heart and his aim is true."

— Peter Blauner, author of *Picture in the Sand*

A SMALL DISTURBANCE ON THE FAR HORIZON

RICHARD BABCOCK

Babcock expertly describes rural small-town life in the 1950s: the claustrophobic puritanism and the values that are foisted upon the residents.

--Booklist

What We Can Know

by Ian McEwan

Clown Town

by Mick Herron

The Wasp Trap

by Mark Edwards

The Wilderness

by Angela Flournoy

Mailman

by Stephen Starring Grant

Five Found Dead

by Sulari Gentill

The Summer War

by Naomi Novik

Fall into Exercise Social

October 21st @ 10:45

light refreshments will be served.



Join us for Fall Exercise Social. Meet and socialize with all your friends from your exercise classes. Light refreshments will be served.

Tuesday, October 21 @ 10:45 a.m.

Sleep Strategies

Sleep Strategies

October 28th @ 10:45



Do you sleep? Do you struggle sleeping? Do you love sleeping?
Answer yes to any of those questions and this is the class for you!!



Do you sleep? Do you struggle sleeping? Do you love sleeping? Answer yes to any of those questions and this is the class for you!! Presented by Dr. Amanda from Awakening Chiropractic.

Tuesday, October 28 @ 10:45 a.m.

DVD of the Week:
The Accountant 2



An off-beat and action-packed sequel to the action film starring Ben Affleck. A black market money mover joins forces with his assassin brother to pursue dangerous quarry and put a stop to the threat they pose to innocent lives. It's filled with fun action and some decent comedy so take a peak if you're interested.

Links of the Week

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

[**Bookriot's 11 of the Best New Books of October in Every Genre**](#)

[**Where To Pick Your Own Pumpkins in NH**](#)

[**The Most Haunted Places in New Hampshire**](#)

Children's Corner

We want to know which programs were your favorite this year so far! Post a

This Week at the Library

Adults

Geri Fit

Today, 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 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.
Play a hand or two of bridge.

Appetizers and Salads For Fall

Today, 12:30 p.m. - 3:00 p.m.
Learn how to make seasonal dips, sauces and substantial salads.
Sign up required. **Class is full.**

Intermediate Line Dancing

Today, 4:00 p.m. - 5:00 p.m.
Line Dancing class with Bonnie.

Senior Stretch Yogaaah!

Wednesday, 9:00 a.m. - 10:00 a.m.
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 electronic.

Paint Group

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

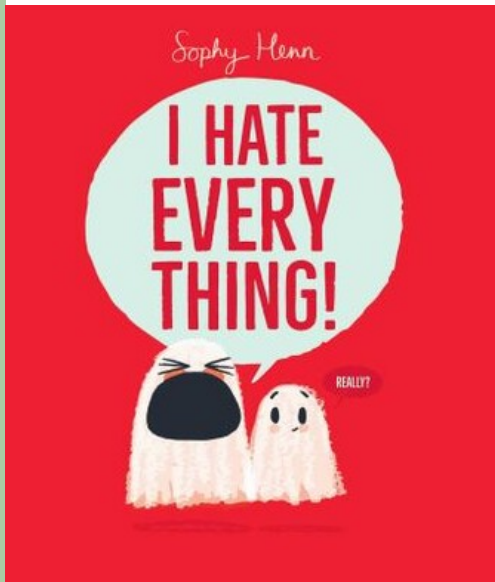
Red Fox - The Catlike Canine

Wednesday, 4:00 p.m. - 5:00 p.m.
Learn how foxes thrive among us and how they teach their kits. You'll be amazed and delighted!

Geri Fit

picture of the program/event on Facebook or Instagram and tag us. Don't have a picture? That's okay! Let us know the next time you come to the library and don't forget to share any program ideas that you would like to participate in the future.

Featured Book: *I Hate Everything!* by Sophy Henn



Word of the Week

Obviate
verb

To anticipate and prevent something.

AHB-vee-ayt

"The new medical treatment obviates the need for surgery."

Upcoming Events



Thursday, 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.

Adult Fall Centerpiece

Thursday, 1:00 p.m. - 2:00 p.m.
Create a fall atmosphere with this easy to make centerpiece. **Class is full.**

French Club

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

Book Discussion: Absolution

Thursday, 5:30 p.m. - 6:30 p.m.
Betty will lead the discussion of this book by Alice McDermott.

Senior Sculpt

Friday, 9:00 a.m. - 10:00 a.m.
Please bring your own 2 - 3 lb. dumbbell, a stretch band and water to drink during the workout.

Chair Yoga Bonus Class

Fridays, 10:00 a.m. - 11:00 a.m.
Join Lani Voivod for a chair yoga session for adults of all abilities.

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

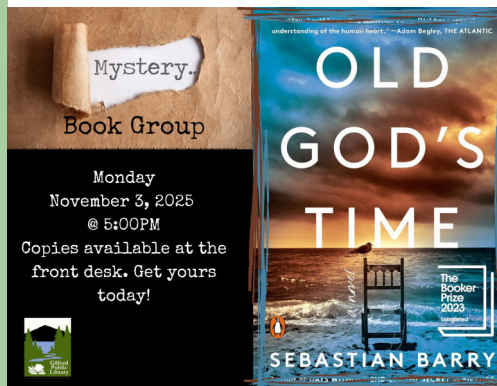
Monday, 9:00 a.m. - 10:00 a.m.
Enjoy exercising with others.

Tai Chi Practice

Spooky Storywalk
Come in your costumes and
bring a bag for tasty treats!
Friday, October 24
@ 4:00PM



Yorkshire, England
A spine-tingling virtual tour
of haunted streets and
chilling landmarks.
Thursday, October 30
@ 12:00PM



Mystery Book Group
This month's book is Old
God's Time. Led by Betty;
books are available at the
front desk.
Monday, November 3
@ 5:00PM



Legends and Truths of New England's Wolves

November 5th @ 4:00

Discover how this wild canine survived.



**Legends and Truths of
New England's Wolves**
Rescheduled from
September.
Wednesday, November 5
@ 4:00PM

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

Children

Preschool Storytime
Today, 10:30 a.m. - 11:30 a.m.
Join Miss Linda for stories and fun
activities.

**Graphic Novel Newbies: Spooky
Edition**
Wednesday, 3:30 p.m. - 4:30 p.m.
Join Miss Erika and learn how to
create your own graphic novel! 1st-
4th grade.

Preschool Storytime
Friday, 10:30 a.m. - 11:30 a.m.
Join Miss Erika for a fun filled
storytime.

**Drop-In Craft: Decorate Trick-
Or-Treat Bags**
Saturday, 10:30 a.m. - 11:30 a.m.
Decorate your own Halloween trick-
or-treat bags for our Spooky
Storywalk!

Baby Storytime
Monday, 10:00 a.m. - 10:30 a.m.
Join Miss Jill for fun stories, rhymes,
and music.

T(w)eens

Gourd Tic Tac Toe
Today Thru Friday,
Play some rounds of this fun fall
game.

Homeschool Group
Today, 12:00 p.m. - 1:30 p.m.
Group meets every other Tuesday
and always has something fun to
do.

Nature Corner: The Mystery of Migration - Part 1

by Wendy Oellers-Fulmer

Late summer into autumn, billions of birds migrate between their breeding grounds in summer to warmer destinations where they can ensure there are adequate food sources. Of the 700+ species of birds in North America, more than 400 migrate each year, undergoing arduous journeys.

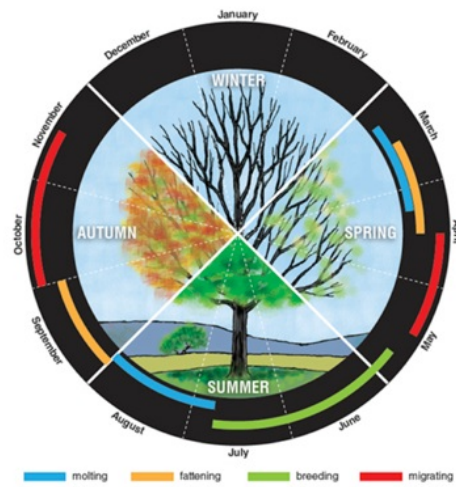


Illustration by Barbara Aulicino.

While the iconic image of geese in a V formation is one sign of changing seasons, the majority of songbirds and related species migrate at night, under the cover of darkness. What is even more of a mystery, is that these birds are usually diurnal, meaning they are awake during the day and asleep at night. Their internal circadian clocks (which determine behaviors of activity and rest) are reset, allowing these day birds to become night travelers.

In preparation for their journeys, birds undergo both behavior and physiological changes. Old feathers are molted, replaced by strong, sleek ones. They also go through a period of hyperphagia (excessive eating) to fatten up for the journey ahead, which can take weeks. These changes will be replicated late winter, before the travelers head north for the upcoming breeding season.

This past week, [Birdcast](#) which monitors bird migration had record numbers reach over 1.2 billion night travelers.

To discover more:

[Exploring Bird Migration: Your Questions Answered](#)

[The Basics of Bird Migration: How, Why, and Where](#)

[Avian Migration: The Ultimate Red-Eye Flight](#)

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