



**September 2, 2025**

September is here and that means Library Card Sign Up Month! If you or anyone you know needs a library card or needs renew, stop by the library this month and you will be entered to win an amazing blanket!

This morning, we started back up with our storytimes in the Children's Room. Later today, the "Death Cafe" will also start up again at 1pm, giving you a safe space to discuss a natural part of life that is often perceived as taboo. Then on Thursday the 4th, "Living with Grief" will be at 10am where you can discuss the turbulent emotions that come as a result of losing a loved one. The following week on Monday the 8th, we have "Writing Wizards" at 4pm, for sharing your wonderful written works, followed the "Mystery Book Group" at 5pm, discussing this month's read *The Dark Remains* by William McIlvanney.

It's a jam-packed week and we hope to see you at the library.

**On the Librarian's  
Nightstand:  
*My Other Heart*  
by Emma Nanami  
Strenner**

**Do you have your library card?  
Now is the time to get one!**



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**Communicating Effectively**

"Poignant and powerful." —JEAN KWOK,  
New York Times bestselling author of *Searching for Sylvia Lee*

# MY OTHER HEART



*A Novel*

EMMA NANAMI STRENNER

"[*My Other Heart*] captures the intense love between mothers and daughters and highlights the resilience of young women forging their own identities in a world full of expectations. A beautifully written and thought-provoking novel that is a must-read for those interested in contemporary fiction about cultural exploration and personal growth."

—*Library Journal*

## **Apostle's Cove**

by William Kent Krueger

## **Isabella's Not Dead**

by Beth Morrey

## **The Book Of Lost Hours**

by Hayley Gelfuso

## **Sunny Side Up**

by Katie Sturino

## **The Devil Reached Toward The Sky**

by Garrett M. Graff

## **Mean Moms**

by Emma Rosenblum

## **Automatic Noodle**

by Annalee Newitz

**ALZHEIMER'S  
ASSOCIATION**

COMMUNICATING EFFECTIVELY

**SEPTEMBER 9<sup>TH</sup> @ 5:30**

Caregivers can discover new ways to communicate effectively in any stage of the disease.



31 Potter Hill Road  
Gifford, NH  
03249  
524-6042  
www.giffordlibrary.org

The NH Alzheimer's Association will teach how dementia affects communication, how person-centered approaches can improve communication and much more.

**Tuesday, September 9 @ 5:30 p.m.**

## **Mt. Washington Carriage Road**

### **Mount Washington Carriage Road**

**September 10<sup>th</sup> @ 4:00**



Join Howie Wemyss for a richly illustrated journey from the earliest days in Greens Grant to the opening of the 5th version of the Glen House in 2018.

Former general manager of the Mt Washington Auto Road and partner in the new Glen House hotel, Howie Wemyss, brings us on a journey from Greens Grant in the 1850s to the 5th version of the Glen House in 2018.

**Tuesday, September 10 @ 4:00 p.m.**

## DVD of the Week: *Thunderbolts*



The latest from Marvel Studios, this brings together numerous characters from across several films and puts them together in a ragtag team. Our heroes escape from near death and set upon a path to getting answers or even revenge. Full of the typical Marvel action and character wit, it's a fun watch for the family. Starring Florence Pugh, Lewis Pullman, Wyatt Russell, David Harbour and more.

## Links of the Week

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

[Bookriot's Best New Book Releases Out August 26, 2025](#)

[The Best Events Happening in September in New Hampshire](#)

[Where To Pick Your Own Apples in New Hampshire](#)

[Mt. Washington: Where the Wind Never Sleeps](#)

## 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.

#### Death Cafe

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

#### 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.  
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 electronic.

#### Paint Group

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

#### Geri Fit

Thursday, 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.

#### Fun and Fitness With Joyce

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

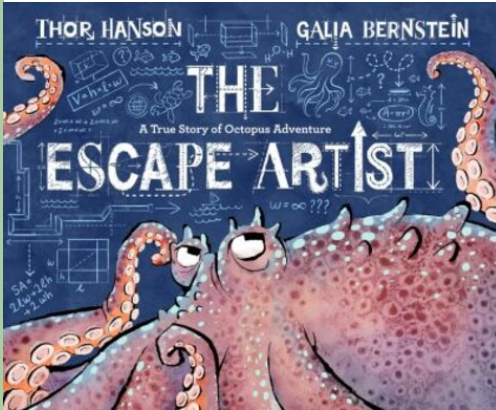


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## Children's Corner

**What is Labor Day** and why do we celebrate it? [Labor Day](#) is filled with rich information on how a lot of brave American workers went on strike and they're the reason we have it. How did you celebrate Labor Day? Let us know on Facebook!

**Featured Book:** *The Escape Artist* by Thor Hanson



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## Word of the Week

**Diminution**  
*noun*

The act or process of becoming less.

dim-uh-NOO-shun

"The library is committed to finding great books so that our collection does not result in a diminution of quality."

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## Upcoming Events

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Enjoy exercising with others.

### Living With Grief

Thursday, 10:00 a.m. - 11:00 a.m.  
Share your loss of a loved one and explore ways to find hope and comfort.

### Boost Your Brain and Memory

Thursday, 1:00 p.m. - 3:00 p.m.  
Learn new ways to remember better, be more organized, pay closer attention, reduce stress and the risk of dementia.  
Sign up required. **Class is full.**

### French Club

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

### Senior Sculpt

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

### Harvesting Hope: A New England Chair Yoga Celebration Of Fall

Fridays, 10:00 a.m. - 11:00 a.m.  
Join Lani Voivod for an eight week series for adults of all abilities.  
\$60. 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.

### Lower Intermediate Line Dancing

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

### Beginner Line Dancing

Friday, 5:15 p.m. - 6:15 p.m.  
Class with Bonnie Deutch.

### Beginner Line Dancing

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



Legends and Truths of New England's Wolves

September 11<sup>th</sup> @ 4:00

Discover how this wild canine survived.



## Legends & Truths of New England's Wolves

With naturalist, Susie Spikol.

**Thursday, September 11  
@ 4PM**

## Soil Testing

September 17<sup>th</sup> @ 4pm

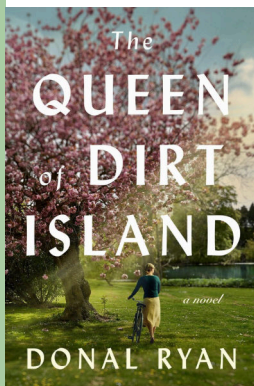


Learn how to properly do a soil test and why it is important..

## Soil Testing

With Ron Trexler of the UNH Extension.

**Wednesday, September  
17 @ 4PM**



## Book Discussion

THURSDAY  
SEPTEMBER 18, 2025  
5:30-6:30PM

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



## Book Discussion

This month's book is *The Queen of Dirt Island* by Donal Ryan. Led by Betty; books are available at the front desk.

**Wednesday, September  
17 @ 4PM**

## Fun and Fitness With Joyce

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

## 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.

## Writing Wizards

Monday, 4:00 p.m. - 5:00 p.m.  
Share your work with other writers.

## Mystery Book Group

Monday, 5:00 p.m. - 6:00 p.m.  
Betty Tidd will lead a discussion of *The Dark Remains* by William McIlvanney.

## Children

### Preschool Storytime

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

### Yogapalooza

Thursday, 11:30 a.m. - 12:00 p.m.  
Miss Jill will lead a beginners yoga and mindfulness class for kids ages 3 - 6 and their parents.

### Preschool Storytime

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

### Baby Storytime

Monday, 10:00 a.m. - 11:00 a.m.  
Join Miss Jill for fun stories, rhymes, and music.

## Nature Corner: Save the Monarchs

by Wendy Oellers-Fulmer

This past week we were delighted

to discover four Monarch Caterpillars in our garden. We deliberately have not pulled out any of the Milkweed plants which these beautiful butterflies are dependent on.

It is incredible to think how these fragile creatures will soon fly on a 3,000 mile journey down to their overwintering sites in Mexico. But the long term predictions on the survival of this species is dismaying.

According to a recent monarch species study shared by the US Fish and Wildlife Service , the possibility of extinction for Eastern monarchs by 2080 is from 56% to 74%. The future of western monarchs are greater than 95%. Their populations are decreasing due to Monarch butterfly habitat loss, pesticide and herbicide use, and climate change. The agency is proposing that monarchs be put on an endangered species list. It will take a united approach, from governmental agencies to our own backyards to prevent the devastation of these beautiful butterflies.



What can we do? (See linked pdf for detailed information)

1. Plant with pollinators in mind.
2. Keep pesticides out of your garden.
3. Be a scientist in your community.
4. Spread the word about the need to support these incredible long distance flyers.

To discover more:

[U.S. Fish & Wildlife Service: Fly Into Action](#)  
[Save the Monarch](#)

**Did you know**...September is Library Card Sign Up Month? Since 1987, Library Card Sign-up Month has been held nationally each September to mark the beginning of the school year. Here in New Hampshire, we participate in the annual Granite State Library Card Challenge to see who can get the most library card sign ups during the month. Help us win the challenge by coming in to get or renew your library card! We hope to see many new friends this month, and all of our existing family as well.

[www.gilfordlibrary.org](http://www.gilfordlibrary.org)



Gilford Public Library | 31 Potter Hill Rd. | Gilford, NH 03249 US

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