



March 31, 2026

Greetings!

You may not have noticed, but the first day of spring has come and gone.

Though the seasons may be changing, the library is still bringing you great programs to enjoy. On Thursday at 10am, the monthly "Living With Grief" program brings more tools and support for the turbulent emotions associated with loss. Friday is the annual Bunny Hop Storywalk co-sponsored with Parks & Rec. Then on Monday at 10am, Bits & Bytes is back teaching you about photo album organization on your devices. And don't forget to check out this year's National Library Week event that combines literature and floral artistry, "Books in Bloom." Pick up your application at the Front Desk today!

April is filled with lots of fun programs so be sure take a look at the [monthly calendar](#) for all to come.

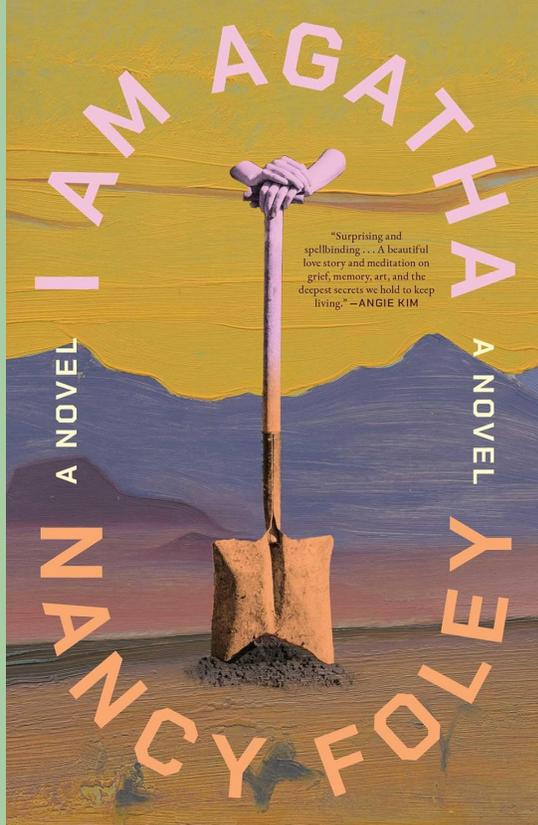
On the Librarian's Nightstand:

I Am Agatha
by Nancy Foley

Last Saturday's Artists at the Pom Pom Craft



Bunny Hop Storywalk



"A fascinating portrait of a woman torn between her single-minded artistic ambition and her yearning for love. In a novel inspired by the life of the artist Agnes Martin, Foley invents a fictional scenario while capturing Martin's emotional essence." — **Kirkus Reviews, starred**

Paradiso 17
by Hannah Lillith Assadi

You Did Nothing Wrong
by CG Drews

I Did Not Kill My Husband
by Linda Keir

Where The Girls Were
by Kate Schatz

Everyone In This Bank Is A Thief
by Benjamin Stevenson

Nowhere Burning
by Catriona Ward

An Arrow In Flight
by Mary Lavin

Lucien
by J. R. Thornton

Book of the Week:

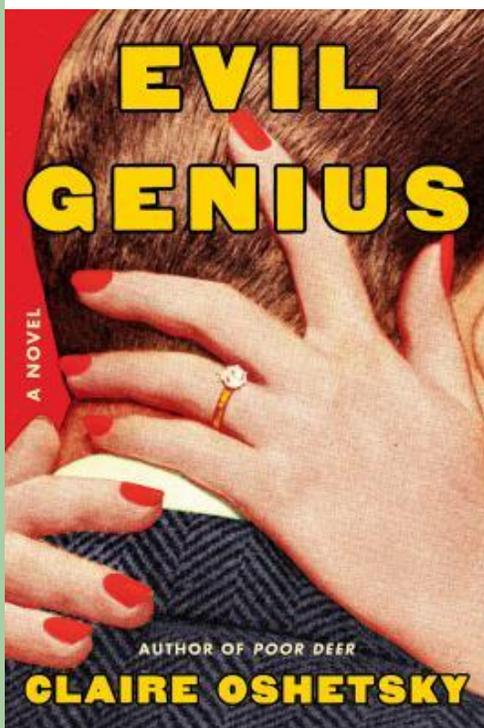
Gilford Parks-Recreation Department has teamed up with us to celebrate Easter with an adventurous storywalk that includes an egg hunt!

Friday, April 3 @ 3:30PM

Bits and Bytes

Each month we'll be going over computer literacy topics so pop in to brush up on your skills when you feel the need.

Monday, April 6 @ 11:00AM



In 70's San Francisco a young woman begins to have wild fantasies about murder and mayhem. When those fantasies begin to bleed into her life and threaten to become reality she is set on a deadly course inevitably colliding with the people in her life. Darkly funny it's a modern comic noir to thrill and entertain.

Links of the Week

**[8 New Books Recommended
by Readers This Week](#)**

**[Bear Hibernation: More Than
a Winter's Nap by the Sierra
Club Magazine](#)**

**[A Dark & Twisty Spring: The
Biggest Mysteries, Thrillers &
Horror Novels](#)**

Children's Corner

Is your child worried about meeting new friends or learning a new sport? It's okay! Being worried is an important emotion, but it may be hard for you to

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+.

Change Your Blood Sugar, Change Your Life

Today, 10:45 a.m. - 11:45 a.m.,
Dr. Amanda will explain the role blood sugar plays in your overall health. She will provide practical strategies to take control of your long-term health.

Beginner Line Dancing

Today, 4:00 p.m. 5:00 p.m.

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 stretching class designed for seniors. 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 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

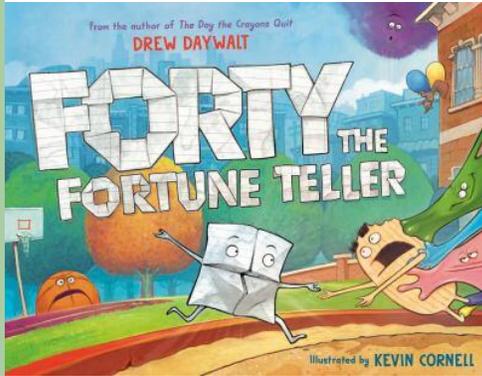
Thursday, 9:00 a.m. - 10:00 a.m.
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

Fun and Fitness With Joyce

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

explain or help your child through this. [KidsHealth](#) has a ton of information and tips for parents. Also, here at the library we have a lot of materials that you can check out!

Featured Book: *Forty the Fortune Teller* by Drew Daywalt



Word of the Week

Syllogism

noun

A formal argument in logic that is formed by two statements and a conclusion which must be true if the two statements are true.

SIL-uh-jiz-um

"All men are mortal; no gods are mortal; therefore no men are gods."

Upcoming Events

WRITING WIZARDS



First Monday
of the Month
@ 4pm

Calling all writers to join us
in reading and sharing our
work with other wonderful
writers!



Writing Wizards

Writers come join and share
your work with other writers.

Monday, April 6

@ 4:00PM

Enjoy exercising with others. Space is limited.

Living With Grief

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

This support group seeks to provide mutual support for individuals experiencing loss of a loved one.

French Club

Thursday, 3:00 p.m. - 4:00 p.m.

Join the ongoing conversational French Group.

Beginner Line Dancing

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

Lower intermediate class with Bonnie Deutch.

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.

Rooted & Rising: Awakening the Goddess Within : An 8-Week Spring Chair Yoga Activation Series

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

In this new series we'll move and breathe with chair yoga, meditation and breathing practices. Fridays in April & May, sign up Required: \$67.00

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

Saturday, 10:15 a.m. - 11:15 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 moves? Come to this weekly program to practice.

Bits & Bytes: Computer Literacy

Wooden Mushroom Adult Craft

April 7th @ 4:00



These adorable wooden mushrooms are perfect for garden or terrarium decor. Come and create your own design. Sign-up is required.

Wooden Mushroom Adult Craft

Drop by and create your very own designed mushroom, sign up required.

**Tuesday, April 7
@ 1:00PM**

Decluttering and Organizing

April 9th @ 5:30



Learn helpful tips for downsizing, organizing cherished belongings, and making your home feel lighter.

Decluttering and Organizing Seminar

Learn helpful tips for your big spring cleaning this year.

**Thursday, April 9
@ 5:30PM**

Books in Bloom

April 17th - 25th

Sign up for our event, "Books in Bloom," coming to the Gilford Public Library during National Library Week in April! Sign up forms are located at the front desk.



Books in Bloom

Details and sign up are at the front desk for this special event/contest coming in April!

April 17th - April 25th

Monday, 11:00 a.m. - 12:00 p.m.

Once monthly class to brush up on or learn new computer skills

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!

Writing Wizards

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

Join other writers to share and listen to you work.

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 the fun with wacky weather experiments.

Homeschool Lego Club

Thursday, 1:00 p.m. - 2:00 p.m.

Connect, collaborate and create with other kids!

Ages 5 - 12

Preschool Storytime

Friday, 10:30 a.m. - 11:30 a.m.

Connect with other kids in a fun-filled storytime with Miss Erika!

Bunny Hop Storywalk

Friday, 3:30 p.m. - 5:00 p.m.

Celebrate Easter with an adventurous storywalk that includes an egg hunt!

Sign-up is now closed.

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

Today, 12:00 p.m. - 1:30 p.m.

Join other home schoolers every other Tuesday for some fun

Jelly Bean Bracelets

Thursday 3:00 p.m. - 4:00 p.m.

To kick off April, make a fun, easy and delicious bracelet.

Nature Corner: Signs of Spring #2 - The Emergence of New Hampshire's Black Bears

By Wendy Oellers-Fulmer

As daylight hours lengthen and temperatures rise, another unmistakable sign of spring is the emergence of New Hampshire's approximately 6,000 black bears from their winter dens.



During winter, bears enter a state of hibernation (torpor), a period of deep sleep where they do not eat or drink and rarely, if ever, urinate or defecate. Unlike true hibernators, however, bears can awaken if disturbed or threatened.

Over the course of the winter, bears typically lose 15% to 40% of their body weight. When they emerge in spring, they are both hungry and sluggish. It takes several days for them to become fully alert and a few weeks of gradual activity to restore their metabolism. After expelling a fecal plug, bears often consume natural "laxatives" such as skunk cabbage to help restart their digestive systems before returning to a more typical spring diet of insects, roots, and early vegetation.

As omnivores, bears will eat almost anything. In early spring, when natural food sources are limited, they are especially drawn to high-calorie, easy-to-access foods, often found around human homes. Unsecured garbage, birdseed, pet food, grease on barbecue grills, coolers, and even fruit trees can quickly attract bears. These food sources not only bring bears closer to people but can also lead to dangerous habituation.

You can help protect both bears and your community by taking simple precautions:

- Use bear-resistant trash containers
- Clean and store grills after use
- Keep pet food indoors
- Remove bird feeders during bear season

When bears become accustomed to human food, they are far more likely to get into trouble- and often must be euthanized as a result. Remember: "A fed bear is a dead bear." By keeping our spaces clean and secure, we help ensure that these remarkable animals remain wild and safe.

Some great resources can be found at [NHPR](#), the [North American Bear Center](#) and of course, the [National Park Service](#).

Did you know...about our New Hampshire Room? We've been doing some management of our New Hampshire room, a room dedicated to all things local history and New Hampshire history. Updated organization and digitization of at-risk materials is still underway. If you want to take a look at some of the things we've already scanned you can head to the 'Local History' section under 'Reference and Research' on our website or by clicking the link to the page [here](#).

www.gilfordlibrary.org





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