



May 19, 2026

Greetings!

Living a healthy life is something that must be inhabited by mind, body and soul.

For for mind we have the "Book Discussion" for *Loot* by Tania James on Thursday at 5:30pm, running concurrently with "Listening to New England" nurturing the soul with tales from across New England. For the body, we have "Heart Healthy Living" with Awakening Chiropractic focused on changing habits to keep your heart working as it should at 10:45am later today. Lastly the healthiest of all events, a holiday weekend, during which we will be closed both Saturday and Monday.

We hope to see you and yours here at the library before and after the break.

On the Librarian's Nightstand:

Dear Monica Lewinsky

by Julia Langbein

**Dear
Monica
Lewinsky**

A Novel

"What a wild, wonderful essential novel this is."
—Claire Lombardo, author of *The Most Fun We Ever Had*



Author of
American Mermaid

Julia Langbein

**May Art Display
by Wendy Oellers-Fulmer**



Discover Live - Athens, Greece

“Laugh-out-loud prose, richly drawn characters and painfully real renderings of the fumbling social world of young adulthood . . . As full of whimsy as it is of heartbreak.”
—*The New York Times*

The Left And The Lucky
by Willy Vlautin

Clawed And Dangerous
by Rita Mae Brown & Sneaky Pie Brown

Dungeon Crawler Carl
by Matt Dinniman

The Witch
by Marie NDiaye

Ms. Mebel Goes Back To The Chopping Block
by Jesse Sue Tutanto

The House In The Pines
by Ana Reyes



Discover Live – Athens, Greece

May 26th @ 11:00



Discover a side of Athens beyond the ancient ruins!



Discover a side of Athens beyond the ancient ruins, where neoclassical grandeur, intellectual heritage, and vibrant Greek street life converge in the heart of the modern capital.

Thursday, May 26 @ 11:00AM

Bits and Bytes



If you find yourself harried by the complexity of your home PC then look no further than Bits and Bytes.

Monday, June 1 @ 11:00AM

DVD of the Week:
Good Boy

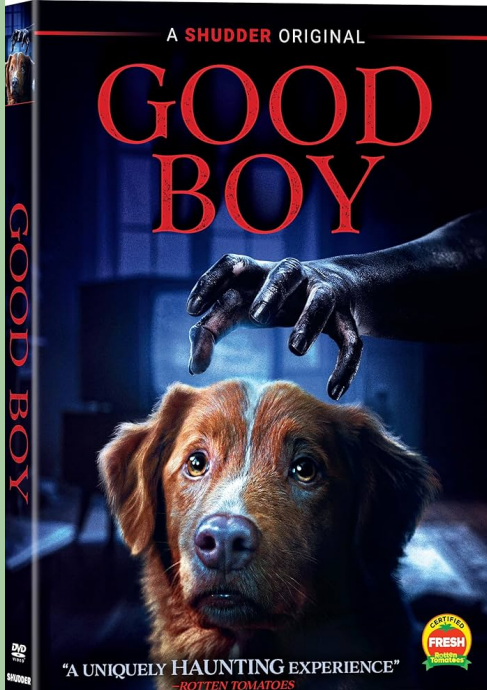
This Week at the Library

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.



A brave young pup moves to a new town with their family and soon finds out that their new home is beset by supernatural horrors. Told from the dog's point of view, you get to watch as they fight to protect their family and battle threats to their new home.

Links of the Week

[Want to Read More? Try These 5 Tips](#)

[The Goodreads Guide to Summer Reading](#)

[Building back history: Program trains young people to help preserve NH's landmarks](#)

Children's Corner

[Squam Lakes Science Center](#) and other museum passes we offer are open! We also have a few **new** museum passes, the [New England Aquarium](#) and [John Hay Estate at the Fells](#). All of our library passes are discounted or free admission. Check out their websites for more information on requirements and reservations. Come in or call us to reserve a library pass today!

Senior Sculpt

Today, 10:00 a.m. - 11:00 a.m.
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

Heart Healthy Living: Naturally Beating Strong

Today, 10:45 a.m. - 11:45 a.m.
This class is designed to help participants build simple, sustainable, habits to support long term wellness. Presented by Awakening Chiropractic.

Beginner Line Dancing

Today, 2:30 p.m. 3:30 p.m.
Dance class with Bonnie Deutch.

Friends Meeting

Today, 4:00 p.m. - 5:00 p.m.
All are welcome to come see and help the Friends of the Library in all that they do to support the library.

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 Yogaaah!

Wednesday, 10:00 a.m. - 11:00
Join Lani Voivod for a relaxing and rejuvenating yoga class designed specifically for seniors!

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, 12:00 p.m. - 2:30 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.

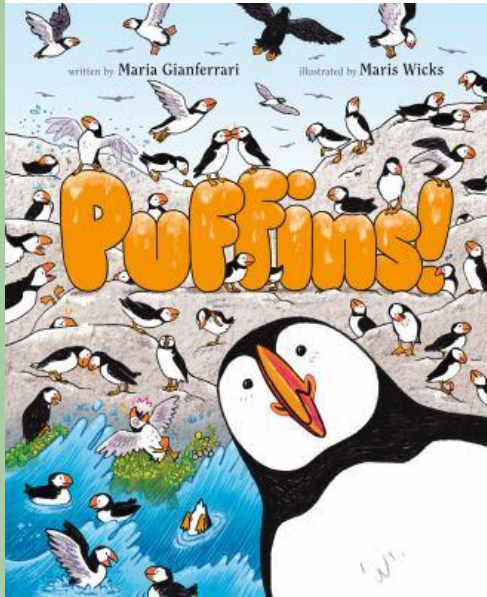
Fun and Fitness With Joyce

Thursday, 10:00 a.m. - 11:00 a.m.
Enjoy exercising with others. Sponsored by the Friends of the Library.

French Club

Thursday, 4:00 p.m. - 5:00 p.m.
Join the ongoing conversational French Group.

Featured Book: *Puffins!* by
Maria Gianferrari



Word of the Week

Mumpsimus

noun

A person who insists on doing things in an incorrect way.

muhmp-suh-muhs

Even after being corrected, the mumpsimus continued to write 'for all intensive purposes' instead of 'for all intents and purposes.'"

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

Calling all writers to join us!

Monday June 1

@ 4:00PM

Book Discussion: Loot

Thursday, 5:30 p.m. - 6:30 p.m.

Rhetta will lead the discussion on this book by Tania James.

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 Chair Yoga

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

Spring chair yoga activation series, sign-up and fee required.

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.

Line Dancing

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

Lower intermediate class with Bonnie Deutch.

T(w)een

Dungeons and Dragons

Today, 3:00 p.m. - 4:30 p.m.

Join our every other Tuesday group. Costumes encouraged.

Garden Rock Painting

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

Paint a rock to add whimsy to your garden.

Children

Preschool Storytime

Today 10:30 a.m. - 11:30 a.m.

Join Miss Linda for spring stories and silly crafts!

Homeschool Lego Club

Wednesday 1:00 p.m. - 2:00 p.m.

Connect, collaborate and create with other kids ages 5 - 12.

Painting & Poetry

Thursday, 3:30 p.m. - 4:30 p.m.



Chocolate Strawberries
Grades 5+: Kick off the summer months with this tasty treat!
Thursday, June 4
@ 3:00PM

Join Miss Linda for a special program painting poetry.

Preschool Storytime

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

Connect with other kids at Miss Erika's storytime.

Nature Corner: Tiny Gardeners of the Forest - How Ants Help Spring Wildflowers Survive

By Wendy Oellers-Fulmer

Another remarkable role of spring ephemerals involves a fascinating process called myrmecochory which is the dispersal of seeds by ants. New Hampshire wildflowers that benefit from myrmecochory include Trilliums, Trout Lilies, Bloodroot, Dutchman Breeches, Hepatica, Wild Ginger, Spring Beauty, Blue Cohosh and Violets.



These spring wildflowers and more produce tiny nutrient-rich attachments on their seeds called elaiosomes, which attract ants. The ants carry these seeds back to their nests to feed their young. Once the elaiosome is eaten, the seed is discarded in a new location, often in soil where it may germinate.

Because many spring ephemerals require very specific growing conditions, this short-distance seed movement can be critical to their survival. Unlike birds or wind, ants usually move seeds only a few feet, but that's often exactly enough.

Research suggests a single ant colony may transport up to 1,000 seeds in a season, making these tiny forest workers important partners in sustaining future generations of wildflower. But once a population of spring ephemerals is disturbed or removed, it may take many years for it to return, if it returns at all.

To discover more, check out the [Finger Lakes Land Trust](#) and the [Merrill Creek Reservoir's](#) pages on the matter.

Did you know...reading is reading? While we all wish we were a book a day reader-tearing through classics and quality lit like a knife through butter- we don't necessarily have the time or wherewithal. If you can find the time to read a short story, a comic book, a graphic novel, or a few bits of poetry, you're reading. It can be easy to get bogged down in the idea of what reading is, but sometimes we can only foster just a little bit of growth, and that's ok.

www.gilfordlibrary.org



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

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