



May 5, 2026

Greetings!

I need those May flowers like a fish needs water. Though they don't physiologically sustain me, they do wonders for the soul. And in that respect, our lineup of programs this week are likewise soul-nurturing.

In just a few hours we have the "Exercise Social" at 11am, offering our fitness fiends a chance to socialize and enjoy some good company. On Wednesday the 6th at 1pm we have the "Pressed Flower Adult Craft" for those that have signed up to make a cute pressed-flower keychain. Lastly on Thursday the 7th at 5:30pm "Lakes Region Nature" will offer a look into our region's beauty through photographs by John Gill.

With the weight of snow no longer bearing down, our souls can be lifted to springtime heights never before possible.

On the Librarian's Nightstand:

Japanese Gothic
by Kylie Lee Baker

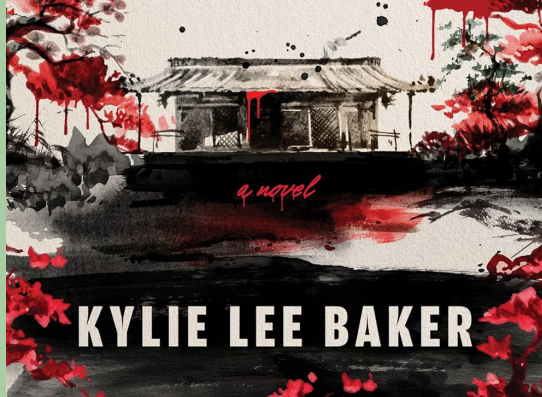
Mrs. Hayes' Art Day Kaleidoscopes



Pollinators and Plants

"AN EERIE AND UNRELENTING TALE."
—CHUCK WENDIG, NEW YORK TIMES
BESTSELLING AUTHOR

JAPANESE GOTHIC



"A spectacular, thought-provoking, and chilling story about how the past ties itself to the present in ways humans cannot comprehend or explain.... Readers will savor every minute."

—*Library Journal*, starred review

Mad Mabel
by Sally Hepworth

If I don't Return
by Mark Hertling

Bumblebee Season
by Eileen Garvin

Last Night In Brooklyn
by Xochitl Gonzalez

A Cruise To Die For
by Heather Graham

Death Times Seven
by Anne Perry



DVD of the Week:

Pollinators and Plants
May 12th @ 5:30



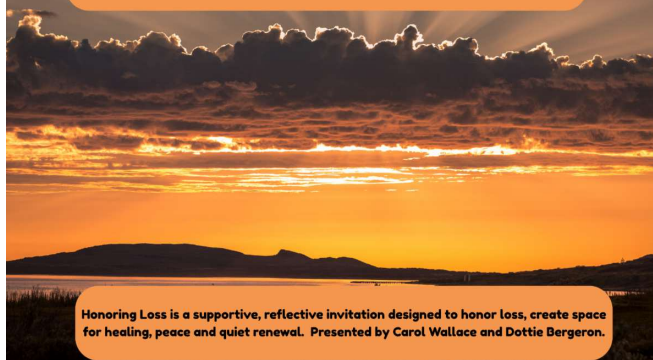
Discover what could happen to pollinators and plants if the pollinator population continues to decline. Presented by NH Audubon.

Discover what could happen to pollinators and plants if the pollinator population continues to decline, presented by the NH Audubon.

Tuesday, May 12 @ 5:30PM

Honoring Loss - Part II

Honoring Loss - Part II
May 16th @ 12:00



Honoring Loss is a supportive, reflective invitation designed to honor loss, create space for healing, peace and quiet renewal. Presented by Carol Wallace and Dottie Bergeron.

Honoring Loss is a supportive group for all kinds of loss, presented by Carol Wallace and Dottie Bergeron.

Saturday, May 16 @ 12:00PM



Based on the Freida McFadden book by the same name, we follow a young woman running away from her past, taking a job as a live-in housemaid. However, perhaps the current situation is far worse than the troubles she's leaving behind. Dark and suspenseful, it's a suitable watch for thriller lovers.

Links of the Week

[Celebrate Spring with These Nature Nonfiction Reads](#)

[Be a Bee Ally During "No Mow May" by Keeping Your Lawn Wild](#)

[New Fiction and Nonfiction to Read This AAPI Heritage Month](#)

Children's Corner

Do you love hiking with the family? We have many books about hiking with kids and tons of other fun stories to look at! Also, here are the [Best Kid Friendly Trails near Gilford, New Hampshire](#) to check out for the weekend!

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.
Exercise for 55+. Bring 2 -3 lb. dumbbell, a stretch band and water.

Exercise Social

Today, 11:00 p.m. - 12:00 p.m.
Celebrate Cinco de Mayo with your work out buddies.

Beginner Line Dancing

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

Senior Stretch Yogaah!

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.

Adult Craft - Pressed Flower Keychain

Wednesday, 1:00 p.m. - 2:00 p.m.
Get ready for Spring with this flower key chain for yourself or as a gift.
Sign-up is required.

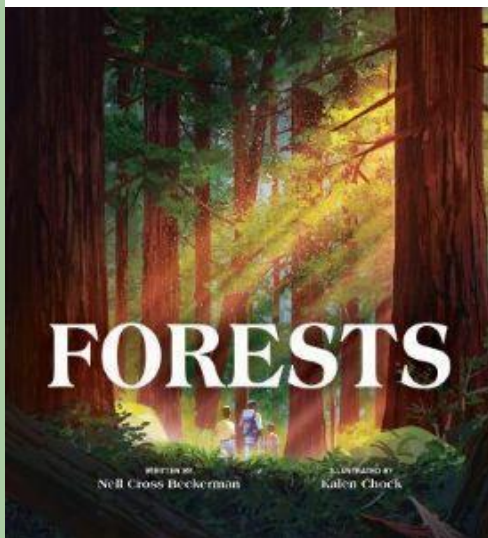
Paint Group

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.

Featured Book: *Forests* by Nell Cross Beckerman



Word of the Week

Excoriate

verb

To wear off the skin of OR to criticize scathingly.

eck-scor-ee-ate

"As librarians, we will never excoriate you over your choice of reading material."

Upcoming Events



Painting and Poetry

Join Miss Linda in a unique special program painting poetry!

Thursdays May 7-June 11

@ 3:30PM

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.

Lakes Region Nature

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

John Gill will present a slide show celebrating the nature and beauty in the NH lakes region.

Gerri 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.

This is the first session of an 8-week paid spring chair yoga activation series, sign-up 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.

Beginner Line Dancing

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

Lower intermediate class with Bonnie Deutch.

Beginner Line Dancing

Saturday, 10:15 a.m. - 11:15 a.m.

Line dancing 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.

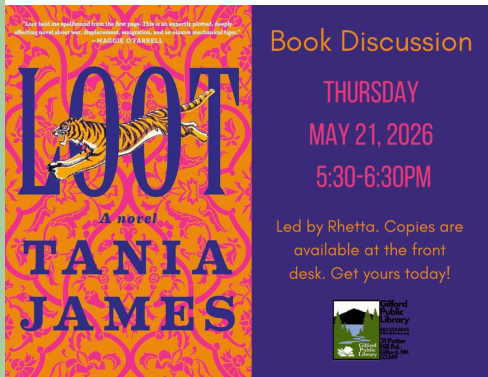
Know basic tai chi moves? Come to this weekly program to practice.



Grades 5+ Early Release: Dirt Cups

For this month's early release we are enjoying delicious dirt cups!

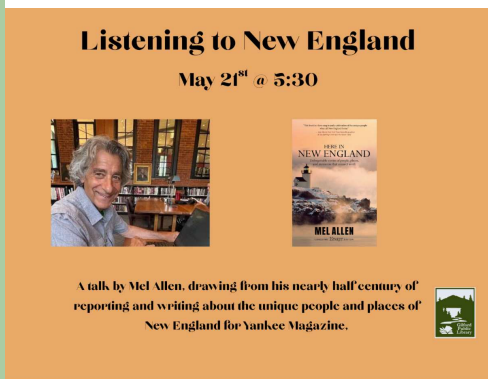
**Friday, May 15
@ 1:00PM**



Book Discussion: Loot

This month's book is Loot by Tania James. Led by Rhetta; books are available at the front desk.

**Thursday, May 21
@ 5:30PM**



Listening to New England

A talk by Mel Allen, drawing from his experience of reporting and writing for Yankee Magazine.

**Thursday, May 21
@ 5:30PM**

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!

T(w)een

Dungeons and Dragons

Thursday, 3:00 p.m. - 4:00 p.m.
Join our every other week group.
Costumes encouraged!

Seed Shakers

Today 3:00 p.m. - 4:00 p.m.
Make a seed shaker to easily plant wildflowers.

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.
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.

Drop-In Mother's Day Craft

Saturday, 10:30 a.m. - 11:30 a.m.
Create a flower hand print craft that will last a lifetime.

Baby Storytime

Monday, 10:00 a.m. - 10:30 am.
Join Miss Jill for a special storytime with songs, rhymes and more!

Nature Corner: Signs of Spring #7- There's No Place Like Home

By Wendy Oellers-Fulmer

Spring is the time of year for nesting, whether its year-round birds or migrating ones who have recently arrived back here in the Lakes Region.

The increase of human development and removal of damaged or dead trees has greatly reduced the amount of natural places for cavity-nesting birds. Thankfully, nesting boxes provide alternatives for these birds which include owls, wrens, bluebirds, Chickadees, American Kestrels, Purple Martins and Tree Swallows. The key is to know your "home buyer," as nesting boxes come in a variety of shapes and sizes, which reflect the kind of species you want to attract. Smaller birds need smaller spaces and larger birds will need larger spaces.



An important fact to know is the diameter of the entry hole and the space inside as to meet the needs of potential nesters. If the hole is too large for its resident, it can send an invitation to predators, like the non-native and invasive house sparrows and starlings who are particularly aggressive to nesting birds. [Nest Watch](#) is a wonderful site that will help you find the perfect dimensions for cavity dwelling species and how to maintain them.

The other most important thing to consider is location, location, location! Where you place your nesting boxes is important to ensure safety for its homeowners. Place the box in safer areas, not heavily-populated locations ideally closer to the fields or woods. Situate the opening away from western exposure as it can cause the box to become overheated and finally, do not place nesting boxes near areas where herbicides and pesticides have been administered. These chemicals decimate the insect population which is the birds' primary food source and could indirectly poison them.

Providing and caring for nest boxes can be a very rewarding activity, to discover more tips on the do's and don'ts of nest boxes check out the [Educator's Guide to Nest Boxes](#) and the [National Wildlife Federation's](#) page on the matter.

Did you know...about our reading challenge? Every quarter we have a new reading challenge for you to enjoy, and egg you onto new and exciting reads. This year we've put together a master list of challenges to be used all throughout the year for each new card. Simply pick one of the one hundred challenges and read a book fulfilling the criteria. Bring your card back to be stamped, and once you hit six, you've earned yourself a prize. Let this be that little push you may have needed to crack some more books this year.

www.gilfordlibrary.org



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