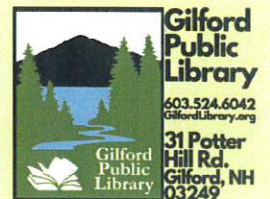


Adult Calendar

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>Geri Fit 9AM *Chair Yoga 10AM Bridge 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM</p> 
<p>3</p> 	<p>4</p> <p>#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Bits & Bytes 11AM Mahjong 12PM Writing Wizards 4PM Mystery Book Group 5PM</p>	<p>5</p> <p>#Feel Good Fitness 9AM Senior Sculpt 10AM Exercise Social 11AM Beginner Line Dancing 4PM</p>	<p>6</p> <p>Geri Fit 9AM Card Games 10AM Check Out an Expert 10AM #Senior Stretch Yoga 10AM *Adult Craft 1PM Paint Group 1PM</p>	<p>7</p> <p>Senior Sculpt 9AM Fun & Fitness with Joyce 10AM French 4PM Lakes Region Nature 5:30PM</p>	<p>8</p> <p>Geri Fit 9AM *Chair Yoga 10AM Bridge 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM</p> <p>*Sign-up required</p>	<p>9</p> <p>Beginner Line Dancing 10:15AM</p>
<p>10</p> 	<p>11</p> <p>#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM</p>	<p>12</p> <p>#Feel Good Fitness 9AM Senior Sculpt 10AM Beginner Line Dancing 4PM Pollinators & Plants 5:30PM</p>	<p>13</p> <p>Geri Fit 9AM Card Games 10AM Check Out an Expert 10AM #Senior Stretch Yoga 10AM Trustee Meeting 10AM Paint Group 1PM</p>	<p>14</p> <p>Senior Sculpt 9AM Fun & Fitness with Joyce 10AM French 4PM</p>	<p>15</p> <p>Geri Fit 9AM *Chair Yoga 10AM Bridge 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM</p>	<p>16</p> <p>Beginner Line Dancing 10:15AM Honoring Loss 12PM</p>
<p>17</p>	<p>18</p> <p>#Fun & Fitness with Joyce 9AM Tai Chi Practice 10:15AM Mahjong 12PM</p>	<p>19</p> <p>#Feel Good Fitness 9AM Senior Sculpt 10AM Heart Healthy Living 10:45AM Beginner Line Dancing 2:30PM Friends Meeting 4PM</p>	<p>20</p> <p>Geri Fit 9AM Card Games 10AM Check Out an Expert 10AM #Senior Stretch Yoga 10AM Paint Group 1PM</p>	<p>21</p>  <p>Senior Sculpt 9AM Fun & Fitness with Joyce 10AM French 4PM Book Discussion 5:30PM Listening to New England 5:30PM</p> <p># Sponsored by the Friends</p>	<p>22</p> <p>Geri Fit 9AM *Chair Yoga 10AM Bridge 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM</p>	<p>23</p> <p>CLOSED</p> 
<p>24</p> 	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>#Feel Good Fitness 9AM Senior Sculpt 10AM Discover Live: Athens, Greece 11AM Beginner Line Dancing 4PM</p>	<p>27</p> <p>Geri Fit 9AM Card Games 10AM Check Out an Expert 10AM #Senior Stretch Yoga 10AM Paint Group 1PM</p>	<p>28</p> <p>Senior Sculpt 9AM Fun & Fitness with Joyce 10AM French 4PM</p>	<p>29</p> <p>Geri Fit 9AM *Chair Yoga 10AM Bridge 10AM Hand & Foot 12PM Happy Crafters 1:30PM German 2:30PM Beginner Line Dancing 4PM</p>	<p>30</p> <p>Beginner Line Dancing 10:15AM</p>
<p>31</p>						

Gilford Public Library
31 Potter Hill Road
Gilford, NH 03249
524-6042
www.gilfordlibrary.org



Programs

ROOTED & RISING CHAIR YOGA - MAY 1, 8, 15, 22, 29 @ 10AM

Lani Voivod will teach an eight week chair yoga series. *Sign-up required; cost is \$67.

BITS & BYTES - MAY 4 @ 11AM

Cover a new computer literacy topic on the first Monday of each month.
This month's topic is e-readers.

WRITING WIZARDS - MAY 4 @ 4PM

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

MYSTERY BOOK GROUP - MAY 4 @ 5PM

Join us for this month's mystery book group! Betty Tidd will lead the discussion of *Death at the White Hart* by Chris Chibnall. Copies of the book will be available at the circulation desk.

EXERCISE SOCIAL - MAY 5 @ 11AM

Come celebrate Cinco de Mayo with your favorite work out buddies.

PRESSED FLOWER KEYCHAIN CRAFT - MAY 6 @ 1PM

Get ready for Spring with a pressed flower key chain - give as a gift or keep for yourself!
*Sign-up is required.

LAKES REGION NATURE - MAY 7 @ 5:30PM

John Gill will present a slide program celebrating the nature and beauty within our lakes region of NH.

POLLINATORS & PLANTS - MAY 12 @ 5:30PM

Discover what could happen to pollinators and plants if the pollinator population continues to decline. Learn ways in which we can help these amazing creatures.

HONORING LOSS - MAY 16 @ 12PM

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.

HEART HEALTHY LIVING - MAY 19 @ 10:45AM

Whether you're just getting started or looking to strengthen your current habits, this class provides supportive guidance and easy-to-follow strategies to help you feel more energized, confident, and in control of your health. Presented by Dr. Amanda from Awakening Chiropractic.

BOOK DISCUSSION: LOOT - MAY 21 @ 5:30PM

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

LISTENING TO NEW ENGLAND - MAY 21 @ 5:30PM

A talk by Mel Allen, drawing from his nearly half century of reporting and writing about the unique people and places of New England for Yankee magazine, Mel Allen's first collection, here in New England.

DISCOVER LIVE: ATHENS, GREECE - MAY 26 @ 11AM

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.

