



# WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 2 ■ August 2018

## Message from the Executive Director

Hello Everyone,

History is fascinating. Too many people don't really understand what the word means. To them it is a term, a noun, that encapsulates everything that has come before us. But history is much more than that.

In August, we will celebrate the 250th anniversary of Henniker. The only Henniker on earth – named after John Henniker - a friend of Governor Wentworth. John Henniker was a merchant in England and we can't forget that Governor Wentworth was Governor of New Hampshire which, at the time, was an English territory. The United States did not yet exist.

Prior to becoming Henniker, our six-mile square piece of the world was known as Township 6. This township was granted, as a part of several east to west townships by the Masonian Proprietors out of Portsmouth, to Capt. Andrew Todd as well as several others including my Great (6 Times) Uncles John and Alexander McMurphy, and my Great (6 Times) Great Cousin John McMurphy Jr. Gover-

nor Wentworth chose not to accept the name Todd's Town, or New Marlboro (many of the folks who moved to Township 6 came from Marlboro, MA). So, we became Henniker.

I did not know any of this until one month ago. History is active and dynamic. It is affecting who I am. History is continually updated, revealed, and is a part of our present.

Henniker is 250 years old this month. This is a great opportunity to learn about our history. Let's celebrate and when we are done, in the spirit of goodwill and peace, let's make some more.

Sincerely,

Marc McMurphy

Executive Director



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## ***Henniker's 250th Celebration***

August 3rd, 4th, and 5th, 2018

### ***Friday August 3rd, 6pm to 10pm "Kick off Party at Pats Peak."***

Music, kids activities, and plenty of fun for all.  
Bring a picnic dinner or purchase food and drinks there.  
9:30pm Atlas Fireworks show

### ***Saturday August 4th, "An Action Packed day for Everyone."***

A parade that will make its way from the Village Green subdivision to the Town Hall starts the day at 10am. Homemade floats and period dress is encouraged. Lineup for the parade will begin at 9am and you must be registered to join. Once the parade ends at the Town Hall, we will have music, vendors, and plenty of games and activities.

*12pm - Awards will be given out for best period clothes and best floats for the parade.*

*Noon to 4pm - Horseshoe contest*

*1pm - Judging for the beard and mustache contest will begin.*

*1:30 - 2:15 - Sack races and 3 legged races.*

*2:30-3:15pm - Wife Carry Contest (Yep, you got that right), so start practicing.*

*3:15 - 4pm - Good Ole Fashioned "Tug of War."*

*6pm - 10pm - If you are still up for fun, Ayer and Goss along with Moonlight Electric, are sponsoring a reunion at Daniel's Restaurant for residents that attended Cogswell Memorial High School. This reunion is for all graduating classes.*

### ***Sunday August 5th, "Closing out the Weekend in Style."***

*8am - 11:30am - "Breakfast on the Bridge." Come join us for good food and light music as we gather under the grand beams that span the NEC Covered bridge. Tickets for breakfast must be purchased in advance.*

*11:30am - 3:30pm - "Barn dance and Pickling contest." Put on your dancing shoes and bring your best homemade goodies as a professional dance group guides us through the afternoon.*

To register for the parade, purchase breakfast tickets, reserve vendor space or ask general questions contact:  
(Terri Trier at [r2redheads@tds.net](mailto:r2redheads@tds.net) or call 428-6554)

Beard & mustache contest (Jerry at [moonlightelectric30@gmail.com](mailto:moonlightelectric30@gmail.com))

Horseshoes (Morgan at [morgansigns@yahoo.com](mailto:morgansigns@yahoo.com))

Wife carry contest - (Amanda at [hennikerfamilydental.com](mailto:hennikerfamilydental.com))

Tug of War - (Shelbie Connor at [intervaleicecream@gmail.com](mailto:intervaleicecream@gmail.com))

Barn dance and Pickle contest - (Jeff at [innkeeper@colbyhillinn.com](mailto:innkeeper@colbyhillinn.com))

*In addition to all the official 250th events, a few organizations have offered to host their own activities.*

***Come to Quilted Threads during in between activities over the weekend to see the unique quilt they have on display. It was made in Henniker in 1861***

# A New Record for Active Living!!!

The fiscal year for White Birch runs from July 1 through June 30. As director of the Active Living Programs, I track the number of participants for each activity throughout the year. We refer to these as participation units. On June 30, 2017 we ended the year with 5,135 participation units – on June 29, 2018 we wrapped up the year with 6,090 participation units!!! For this fiscal year the door at White Birch opened over a thousand times more with people coming to spend time with friends.

This past year, Mah Jongg and Tai Chi were added to our regular programs, there was tremendous growth in participation in the Bone Builders classes, the Bridge group is so big that we need to set up 5 tables! In trying to keep active in Active Living, we had monthly Sunday Strolls on the trails at New England College and now that the weather is nice we are back to having Pedal Power on the rail trails every month. The KnitWits continue to gain members and continue working their amazing craft creating beautiful items that are donated to various charities. This year the KnitWits are planning to sell items at craft fairs and donate the earnings back to White Birch.

Tuesday afternoon movies continue to be well attended, and in trying to keep people laughing we have added one comedy movie to each monthly schedule. Some activities dropped off the calendar (Dominoes and Art drop-in) but should there be interest they can easily be brought back. The program is so very fortunate to have two buses and wonderful volunteer drivers who have taken us on many trips – shopping in Nashua, performances at the Palace Theater, the Hobo Railroad, and to a Fishercats game. It is the volunteers who make many programs possible: bone builders, bridge, Dial A Ride, computer tutor, Mah Jongg, bus trips, and monthly senior lunches are all possible because of volunteers.

I am always open to trying new activities and I would love to hear from you about a trip you think would be fun or an activity you would like to see offered.

To the 286 participants in the Active Living Program, I say thank you for making this past year so much fun – Here's to making next year even bigger and better.

## Pot Luck Cookout Lunch at the Parkers



On Thursday August 2nd, our wonderful office manager Ellie and her husband Bob have graciously invited us to their beautiful home on Lake JoSylvia for a potluck cookout. Ellie

will provide the hot dogs and hamburgers.

Participants are requested to bring salads, chips, drinks, and dessert. Don't forget your swimsuit and Bob will be offering boat rides around the lake or you can take the paddle boat out for a spin.

Space is limited to 18 participants. Transportation is on your own and we will meet at White Birch at 11:15 AM to carpool. If you would like to sign up, you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).

# Banner Tours and Travel and White Birch Center Present Isles of Shoals Cruise & Lobsterbake

Tuesday, September 18, 2018



The Isles of Shoals... full of beauty, history and mystery. Join us for a fun day as we cruise Portsmouth Harbor on the Victorian style M/V Thomas Loughton and experience the fascinating legends of our New Hampshire/Maine seacoast. Just 6 miles from the New Hampshire coast, our narrated cruise will entertain us about these little known but historically crucial islands.

Enjoy a lobsterbake luncheon at Foster's in York Maine. When in Maine, one must have lobster!

**Price: \$134 per person**

Luxury motorcoach transportation, Lobsterbake, Narrated harbor cruise, and Professional Tour Director services throughout the day.

Bus Driver Gratuity and Professional Tour Director Gratuity is not included.

**Depart:** 9:45AM at Concord Trailways  
30 Stickney Ave.

**Return:** approximately 5:00PM

Payment is due upon reservation. Reserve early as space is limited. Last date to reserve: Aug 31st. Reservations after Aug 31st will be first come first served if space is available

**Make checks payable to:** Banner Tours and Travel LLC

**Please mail to:** White Birch Center PO Box 2035  
Henniker, NH 03242

## Shopping Trip to Nashua

On Thursday August 30th we will head to Nashua for our regular shopping trip with stops at the Christmas Tree plaza, Uno's for lunch, and Trader Joe's.

Pick up at Rush Square at 8:45 AM and Henniker Community Parking Lot at 8:50 AM. Cost for the trip is \$8 and must be paid when you sign up. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

# Fun Facts About Trader Joe's

Many Active Living participants have become huge fans of Trader Joe's. Every other month we have a bus full of eager shoppers with their 'must have' list for TJ's which include but are not limited to Cat Scratchers, Unexpected Cheddar Cheese, Next to Godliness Cleaner, Oatmeal Soap, Triple Ginger Cookies, Olives, Wine...the list is endless. While researching the possibility of TJ's opening in Bedford, I came across the following fun facts about our favorite grocery store.

## 1. Trader Joe's wasn't always Trader Joe's.

Trader Joe's actually started out in 1958 as a small chain of convenience stores called Pronto Markets. In 1967, founder Joe Coulombe changed the name and transformed the business into a grocery store concept, which grew into the TJ's we know today.

## 2. The Hawaiian shirts go way back.

The tradition of employees wearing Hawaiian shirts started in 1969, a couple of years after the name change. We wear Hawaiian shirts because we're traders on the culinary seas, searching the world over for cool items to bring home to our customers.

## 3. You used to be able to buy panty hose at Trader Joe's.

The store is best known for selling food items, but it has sold clothing in the past. TJ's started selling panty hose in 1973 but ditched the product in 1977.

## 4. TJ's was an early adopter of the reusable bag.

Back before "Paper or plastic?" was even a question, in 1977 Trader Joe's introduced a reusable "Save-A-

Tree" branded, canvas bag. That same year, the store introduced the sub-brands Trader Ming's, Trader Jose's, Trader Giotto's and Pilgrim Joe's.

## 5. There's a plastic lobster in every Trader Joe's.

A plastic lobster was first used as decoration in a Trader Joe's in 1976. Since 1983 there's been one in every store. A spokesperson for Trader Joe's says the lobsters actually don't have any particular meaning, besides being a fun part of the nautical theme at the store.

## And one other interesting fact:

Consumer Lab (that provides independent tests results and information to help consumers and health professionals identify the best quality health and nutrition products) lists their top picks of extra virgin olive oils that have passed both chemical and sensory testing: Kirkland Signature (Costco) Organic Extra Virgin Olive Oil, Trader Joe's Premium Extra Virgin Olive Oil, and California Olive Ranch Extra Virgin Olive Oil (available in many grocery stores nationwide.)

Both Kirkland and Trader Joe's extra virgin oils are considerably less expensive than many other good oils (11 and 13 cents per tablespoon respectively.) California Olive Ranch is priced slightly higher at 18 cents per tablespoon, yet the olives are in fact grown and the oil is pressed in California.

So, get your shopping list ready and sign up early for the White Birch Nashua Shopping trip planned for Thursday August 30th.

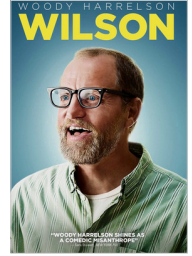
# Tuesday Movies in August

## *Wilson*

**Tuesday, August 7th at 1:00 PM**

*Rated R*

Daniel Clowes' graphic novel comes to life in this comic tale about a man who gets back together with his long-estranged wife ... and learns he has a daughter. Set in his ways and decidedly neurotic, he's determined to win his offspring's affection.



## *Phantom Thread*

**Tuesday, August 14th at 1:00 PM**

*Rated R*

Set in the glamour of the 1950's post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of the British fashion, dressing royalty, movie stars, heirs, socialites, debutants, and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by the scariest curse of all...love..



## *At Middleton*

**Tuesday, August 21st at 1:00 PM**

*Rated R*

When uptight surgeon George and free-spirited retailer Edith accompany their teenagers on a tour of Middleton University, their initial dislike of each other turns into a possible romance as they split from the group on their own adventures.



## *The Railway Man*

**Tuesday, August 28th at 1:00 PM**

*Rated R*

Decades after his brutal captivity under the Japanese during World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus.



# Planning Ahead:

## *Banner Tours and Travel and White Birch Center Present* **More than the Mansions Holiday & Newport Playhouse**

**December 1 – 2, 2018 Featuring The Breakers and Marble House**

### Saturday:

On our way to Newport we will have a rest stop. On arrival we lunch on our own at the famous **Bowen's Wharf** with time to view galleries and shops. Next we visit The Breakers for a self-guided tour to see spectacular decorations at the grandest of Newport's summer "cottages." Later, as we settle into our hotel, enjoy the pool and hot tub before dinner. For those who love to shop, the Christmas Tree Shop is nearby. Tonight we have dinner at the **Newport Playhouse and Cabaret** to see their hilarious production of "A Doublewide Texas Christmas."

### Sunday:

Following our farewell breakfast, we depart to visit Marble House for a self-guided tour. The **Marble House** is an elegant mansion and will be decked out in yuletide finery of the Gilded Age. Next, we have lunch on our own at Newport's new Brick Marketplace. Before we depart, we stop at the **Newport Car Museum**. The Burman's summer in Newport and decided they would build a museum for their private car collection. This new museum has about 70 cars on display representing post WWII to present day. A fascinating exhibit for everyone.

### Price Per Person:

**\$312.00 Double, Single \$365.00**

**Tour includes:** Luxury Motorcoach Transportation, 1 Night at the Hampton Inn Middletown (2 miles from Newport center), 2 meals: Breakfast and Newport Playhouse Dinner & Cabaret, Admission and Self-Guided tour of Newport's most magnificent mansions, Newport Car Museum, Gratuities for hotel and restaurant, Baggage Handling, and fully escorted by a Banner Tours Professional Tour Director.

Motor coach Driver and Banner Tours Tour Director gratuities are not included as well as items and expenses of a personal nature. A minimum of 35 people is needed for this tour.

Deposits: A deposit of \$150 per person is due upon registration and confirms your reservation.

Reservation Deadline: Oct. 1, 2018

Reserve early as space is limited.

Final Payment Due: October 12, 2018.

Any reservations after this date is on a first come first served basis if space is available.

# Getting Older Can be Fun

## *Age with Humor!*

Getting Older Can be Fun - Age with Humor!

- Some people try to turn back their odometers. Not me! I want people to know ‘why’ I look this way. I’ve traveled a long way and many of the roads weren’t paved.
- First you forget names, then you forget faces. Then you forget to pull up your zipper.
- Being young is beautiful but being old is comfortable.
- When you are dissatisfied and would like to go back to your youth, remember Algebra.
- One of the many things no one tells you about aging is that it is better than being young.
- You know you are getting old when everything either dries up or leaks.
- I would be unstoppable, if I could only get started.....
- “I am having amnesia, dementia, and deja vu, all at the same time. I think I’ve forgotten this before . . .”
- Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
- You can’t stay young forever. But, you can be immature for your entire life.
- I live in my own little world. But it’s okay – they know me here.
- Forget health food. I’m at the age where I need all the preservatives I can get.
- The older we get, the fewer things seem worth waiting in line for.
- Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming “WOO HOO what a ride!”
- As you get older, your secrets are safe with your friends. They can’t remember them either.

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## Dinner Diners

## Daniels Restaurant

On Tuesday August 14th, we will meet at Daniels Restaurant in Henniker at 5:00 PM for dinner. Daniels restaurant has recently completed many renovations and they now have an elevator to take you to the main floor. This is a fun opportunity to

dine by the river and then walk across the street for the town concert.

Deadline to sign up is August 10th. If you would like to sign up you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).



# Grill and Chill

On Friday August 10th and August 24th, Grill and Chill continues at White Birch at noon. One of our Grill Masters will fire up the grill to cook hotdogs and we will also have chips, iced tea, and dessert. Donations are graciously accepted.

Due to space restrictions, sign up is limited to 16 people.

If you would like to sign up you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).



# Pizza and Paint Night



(above) Winter lovebirds.

(right) Springtime daisies.



On Friday August 17th starting at 5:00 PM, we will have another pizza and paint night. We will start the evening with pizza and wine, then Elaine Emerson will lead us stroke by stroke as we create a beautiful painting. We will continue with our seasonal theme and do a summer picture with a

flower and hummingbird.

Cost for the evening is \$20 and is due when you sign up. (includes pizza and all class materials)

If you would like to sign up, stop by White Birch and see Marie or Beth Ann.



White Birch Center  
51 Hall Ave, PO Box 2035  
Henniker, NH 03242

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

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# WHITE BIRCH CENTER *for* ACTIVE LIVING

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