



# WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 4 ■ October 2018

## Message from the Executive Director

Hello Everyone,

I was watching a television program and I saw an interview with Steve Ballmer, former CEO and Chairman of Microsoft. He was asked what he planned to do with his 44 Billion dollars and whether he really needed all that money. He said one thing he was doing was creating a website called [www.usafacts.org](http://www.usafacts.org). I like facts, so I looked into it.

This website is now up and running. It is non-partisan and focuses only on the actual money that flows in and out of government. It does not judge or take sides on how the money is, or should be, spent. It is simple to use and fun to look at.

When I went to the website one thing I noticed, which is really what I want to share, is that it was a peaceful experience. There wasn't a pundit, Democrat or Republican, yelling in my ear about this program or that program. No one was claiming any high ground on this point or that point. There was no noise at all, only numbers, presented in an easy fashion, to tell their own story.

I thoroughly enjoyed, for the first time in a long time, getting helpful information without a point of view attached to it. I think you would too. So, I am passing this on.

Sharing information, without sharing an opinion, is helpful. Receiving information, without having to tease opinion from the source, is easier. Having the facts, before forming an opinion, is responsible.

Thank you for this opportunity to share.

Sincerely,

Marc McMurphy

Executive Director



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Thank You  
**5th Annual Golf Classic**  
to benefit  
**The Families Helping Families Fund**



Tyler Lawn Care  
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The Lawson Group  
Merrimack County Savings Bank  
Henniker Brewing Company  
Henniker Veterinary Hospital  
Jon Routon Painting



# Day Trips in October

## Exploring Peterborough

On Thursday October 18th, we will enjoy the foliage as we head to Peterborough. We will stop at Knitty Gritty yarn shop, Monadnock Oil and Vinegar, and Ocean State Job Lots. There will be time on your own to have lunch and explore the many unique shops.

Pick up at Rush Square at 9:15 AM and Henniker Community Parking Lot at 9:20 AM. Cost for the trip is \$8 and must be paid when you sign up. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

## Nashua Shopping

On Thursday October 25th, we head to Nashua for a day of shopping at all our regular haunts. We will start at Christmas Tree Plaza. For lunch we are going to try something different and will eat at the Weathervane Restaurant and then finish the day at Trader Joes.

Cost for the trip is \$8 and must be paid when you sign up. Pick up at Rush Square at 8:45 AM, Henniker Community Parking Lot at 8:50 AM, and Weare Legion at 9:00 AM.

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

# Paint and Pizza Night

On Friday October 26th, it's time for another Pizza and Paint night. We will meet at 4:30 PM for pizza and then Elaine Emerson will lead us stroke by stroke in creating a painting similar to the picture on the right. No artistic talent required just a willingness to give it a try and a sense of humor.

Cost for the night is \$25 and includes all materials and pizza.

Space is limited, and payment is due when you sign up. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.



# Create a Pumpkin Craft Class

There are still openings for the Create A Pumpkin craft class with Marie on Thursday October 4th at 1:00 PM. Cost for the class is \$7 and due when you

register (includes all materials). If you would like to sign-up you can stop by White Birch and see Marie or Beth Ann.



The weather didn't cooperate for us to visit Raspberry Bouquet Flower Farm, but Joanna was kind enough to bring her amazing flowers to us so that we could create beautiful arrangements.

Although we didn't bring home the trophy, we all had a great time playing miniature golf at Chucksters in Hooksett as part of the fundraising effort of the State Office for Long-term Care.



## Medicare Representative at White Birch

Kathy Conk Ryder, a representative from Service-Link, will be taking appointments at White Birch during 2018 Medicare Open Enrollment (October 15 thru November 27). She will be available to assist Medicare beneficiaries in reviewing their Medicare Part D plan choices. Appointments are available on Tuesday's from October 16th through Tuesday November 27th between 10:30-4:00 (scheduled for 30 minutes). Prior to your appointment, you will need to fill out a Part D Drug Plan worksheet, which includes listing all current medications. You must call 428-3077 if you want

the form mailed to you or stop by White Birch to pick up paperwork and make an appointment. As a reminder, it is highly recommended that everyone reviews their Medicare Part D drug plans annually to be sure your plan's formulary has not changed and your drugs will be covered.

On Friday October 12th at 11:00 AM at White Birch, Kathy will hold an information session covering general changes to Medicare for the coming year. If you would like to sign up to attend, you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).





## Friends Program

FOUR PROGRAMS - ONE MISSION



FEEL GOOD. STAY ACTIVE. MAKE A DIFFERENCE.

### Volunteer Drivers Needed

Through the Friends RSVP Dial-A-Ride Program, White Birch Center for Active Living coordinates transportation to medical appointments for seniors and disabled adults in Henniker who can no longer drive. Minimal time commitment makes this a perfect fit for any busy schedule

To volunteer please call Beth Ann 428-3077



Friends RSVP is a volunteer placement service for adults 55 and is working in partnership with White Birch Center. Learn more - call 228-7615 or visit [www.friendsprogram.org](http://www.friendsprogram.org)

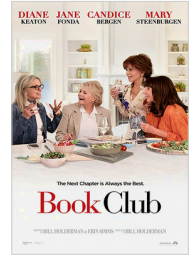
# Tuesday Movies in October

## *Book Club*

**Tuesday, October 2nd at 1:00 PM**

*Rated PG-13*

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading “Fifty Shades of Grey,” they’re inspired to make bold choices in the romance department, with hilarious results.



## *Wonder Wheel*

**Tuesday, October 9th at 1:00 PM**

*Rated PG-13*

Venerated director Woody Allen looks back to the New York City of his youth in this 1950s drama set amid the surroundings of Coney Island amusement park, where love, greed, betrayal and youthful dreams coalesce.



## *The Miracle Season*

**Tuesday, October 16th at 1:00 PM**

*Rated PG*

When Caroline Found -- the undisputed star of West High School’s volleyball team -- dies suddenly, the Iowa City squad is left floundering until her father and the team’s tough but caring coach inspire them to pursue the state championship.

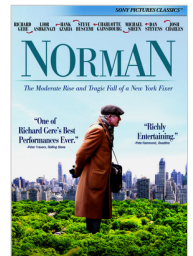


## *Norman: The Moderate Rise and Tragic Fall of a New York Fixer*

**Tuesday, October 23rd at 1:00 PM**

*Rated R*

As a small-time “fixer” whose business involves arranging quiet deals among politicians and other power brokers, opportunistic Norman Oppenheimer makes a golden connection when a politician he once befriended later becomes Israel’s prime minister.

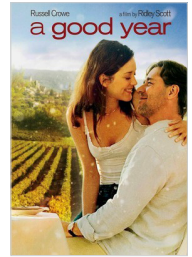


## A Good Year

Tuesday, October 30th at 1:00 PM

Rated PG-13

Oscar winner Ridley Scott directs this adaptation of Peter Mayle's best-selling novel, following the romantic misadventures of an Englishman who inherits a vineyard from his uncle in Provence, France. When failed banker Max Skinner (Russell Crowe) moves abroad to accept what his late uncle (Albert Finney) left him, he meets a beautiful French woman (Marion Cotillard), along with an American (Abbie Cornish) who claims to be his long-lost cousin.



## Dracula - Strand Theater in Dover, NH

No Halloween is complete until you have experienced the fun, terror, chills and thrills of "The Prince of Darkness"- Dracula as performed by theater troupe, Break A Leg Legally. On Sunday October 28th we will visit the Strand Theater in Dover NH to see this spooky Halloween production. Following the performance, we will have dinner at Johnson's Dairy Bar in Northwood.

Cost for the trip is \$15 (due when you sign up) and includes ticket and bus fare. Tickets are limited.

Dinner is on your own. We will depart from the White Birch Center parking lot at 12:30 PM.

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



## Student Conservation Association Presentation

On Wednesday October 10th at 1:00 PM, Interpretative Rangers from NH State Parks and the Student Conservation Association will present an educational program on the history of the natural environment in New Hampshire. Have you ever wondered how New Hampshire became the second most forested state in the union? Are you curious to learn more about some of the plants and animals found in New Hampshire? These Inter-

pretative Rangers have been working in NH State Parks all summer as part of the Student Conservation Association's NH AmeriCorps program, and will answer all those questions and more in their informative program.

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).

# LINEC

## Learning Institute at New England College

**FALL Term 2018 ~ Oct. 8 – Nov. 16, 2018**

*29 Years of Classes for Lifelong Learning on the Campus of New England College*

Mondays, 10 AM – Noon ~ Oct.8 – Nov.12

✦ **How the Earth Works** *Leader: Paul Hague*

Mondays, 1 – 3 PM ~ Oct.8 – Nov.12

✦ **The Buddhist World of Southeast Asia** *Instructor: Don Swearer*

Tuesdays, 10 AM - Noon ~ Oct.9 – Nov.13

✦ **American 20<sup>th</sup> Century Poetry** *Instructor: Don Melander*

Tuesdays, 1 – 3 PM ~ Oct.9 – Nov.13

✦ **The Rise of the Nazis & Evolution of the Holocaust** *Instr: Tom White*

Wednesdays, 10 AM - Noon ~ Oct.10 – Nov.14

✦ **Music as a Mirror of History** *Leaders: Chuck Gerhan & Dick Hesse*

Wednesdays, 1 – 3 PM ~ Oct.10 – Nov.14

✦ **The Great American Novel** *Leader: John McCausland*

Thursdays, 10 AM – Noon ~ Oct.18 – Nov.1

✦ **The First Amendment** *Instructor: Dan Crean*

Thursdays, 1 – 3 PM ~ Oct.18 – Nov. 8

✦ **Female Millworkers of Lowell & Concord**  
*Instructors: Peg Fargo & Sarah Smith*

Fridays, 9:30 - Noon ~ Oct.12 – Nov.16

✦ **The World of Film** *Instructor: Don Melander*

**For detailed course information visit LINEC's website:**

[www.linecatnec.org](http://www.linecatnec.org) or [www.linec.org](http://www.linec.org)

**For curriculum/membership questions: call Fran at 603-717-9632**

**or email: [franphilippe38@gmail.com](mailto:franphilippe38@gmail.com)**



# Start Your Week Off Right - Gentle Yoga

On Monday mornings at 9:00 AM, White Birch offers a gentle yoga class led by Tom Sherman. In this class you participate at your comfort level, with Tom's gentle guidance. There is a suggested donation of \$5 per class. For new participants, there is no charge for the first class. Come give it a try and start your week off right.

There are numerous health benefits to be gained by practicing yoga. For seniors, it can create a sense of connectedness, a feeling of empowerment, improve sleep, reduce signs of depression, improve the way we breathe.

## Benefits of Gentle Yoga for Seniors:

### Increased Flexibility

Flexibility is something that should be worked on over time, and at any age. If you're not working on your flexibility, you're not going to achieve the results you want, whether that's being able to tie your shoes or lift your arms over your head during a forward fold. We increase our flexibility through stretching, which is a huge part of any yoga. When stretching, listen to your body. Know the difference between discomfort and pain. Find

the modifications that work for you. Know that it could take weeks or months to touch your toes, and that the key to stretching is patience and perseverance.

### Increased Muscle Strength

Despite what many people think, you don't have to hit the weight room to strengthen muscles. A yoga practice is full of exercises that help you build muscle, thereby making daily activities easier. During practice, you're strengthening your core muscles—your legs, hips, abdominals, pectorals, shoulders, spine and neck—which help keep you active, longer.

### Improved balance

Balance is one of the first things older adults lose. That's why certain yoga poses, such as tree pose and standing pulling bow, are beneficial and can improve balance, which leads to less falls, and increased focus and better stability.

### Creates mindfulness

Meditation and yoga go hand in hand, and when we pause (at any age) and reflect on our practice, our day, the present moment, and we become more mindful.



After a summer break, everyone was back in full swing for the September luncheon. Thanks to the Tacitones for providing the entertainment and sing-a-long and to the White Birch Bridge group for the delicious brownies.



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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