



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 4 ■ Issue 9 ■ April 2019

Message from the Executive Director

Hello Everyone,

When we thank volunteers, we are acknowledging people who are committed to the greater good. We should take that very seriously. The best praise for volunteers almost always comes from other volunteers. They know and appreciate not only the value of time and effort, but also the commitment that volunteers make to other people.

There are folks who suggest that almost anything can be solved by volunteers. Be wary of these people. I don't know many true volunteers who think that way. A true volunteer is usually someone who is very busy. Chances are they volunteer for more than one thing. Also, a true volunteer almost never suggests finding someone else to get something done. They almost always are the type of person who responds to need by asking "what can I do to help." A person who suggests that "finding volunteers" to solve the problem is almost always not a volunteer themselves. There are, of course, exceptions to these rules of thumb.

It is right to thank volunteers for what they do. It is also critically important to be thankful for volunteers. Be thankful that in this mad world there are still people who think beyond their own need and contribute to the wellbeing of others. See not just the act but the actor and be truly thankful. Appreciate not just the person but the ideal goodwill they harbor.

We thank all the volunteers who give their time and energy to help White Birch Center and the people we serve. Thanks for being you and sharing yourselves with us.

Sincerely,

Marc McMurphy

Executive Director



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Volunteer Appreciation

April is National Volunteer Appreciation month and we would like to thank and recognize all the volunteers who so generously give of their time in making many of the programs offered at White Birch Center for Active Living so successful.

There is a volunteer crew of 12 dedicated seniors who work on every monthly luncheon doing set up, clean up, and cooking. People volunteer to lead exercise classes, present the armchair adventures, assist with computer questions,

organize fundraising activities and drive the bus on our many trips. This newsletter, bridge instructor, cooking for “Grill & Chill”, trivia, chess instruction, wreath making all happen because of the help from volunteers.

Over the past year, the following people have donated time to make the White Birch Active Living Programs outstanding!

Thank You

Peggy Arney	Linda Connor	Frank Lembree	Eric Fielding
Jeannine Aucoin	Dave Connors	Judy Lembree	Liz Fielding
Janet Aucoin	Connie Cuddemi	Penny Lewis	Patricia Chandonnet
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Dale Clement	Carol Klardie	Maureen Sundberg	Lucie Swain
Mickie Clement	Marlene Kriester	Louise Elkaliouby	

Day Trips in April

Bowling at Boutwells

On Thursday April 11th we are off to Concord to try our skills at Boutwells Bowling Center.

Everyone can enjoy the fun, excitement and benefits of Candlepin Bowling. Candlepin Bowling, although great fun and exciting is not easy. To date there has never been a perfect “300” score recorded. The present game record is 245. Scores of around 100-110 are considered good. Novice or casual bowlers may score between 85-90 while the best professional scores 120 or better. For those who have not bowled or need a refresher on the rules, there will be hand-outs prior to the trip available at White Birch that will review the basics of the game.

Following the bowling we will have lunch at The Longhorn.

Cost for the bowling is \$3.50/game and shoe rental is \$3.00. Bus fare is by donation and lunch is on your own.

If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@white-birchcc.org.

Pick up at Rush Square at 9:30 AM, Henniker Community Parking Lot at 9:35 AM and Weare Legion at 9:50 AM

Shopping Nashua

On Thursday April 25th, we will make our usual shopping trip to Nashua with stops at The Christmas Tree plaza and Trader Joes. We will have lunch at UNO's.

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.

Pick up at Rush Square at 8:30 AM, Henniker Community Parking Lot at 8:35 AM and Weare Legion at 8:50 AM



Something's Afoot is a musical murder mystery spoof of the works of Agatha Christie, especially her detective novel *And Then There Were None* (a.k.a. *Ten Little Indians*).

Six guests arrive for a marvelous weekend at the island estate of Lord Rancour when a sudden, violent storm wipes out the only bridge, trapping them, three servants, and a mysterious stranger together in the grand manor house. It is not long before one of their number is murdered! The race is on to figure out who the killer might be as other members of the trapped party are dispatched in diabolically clever fashion! Who did it? How did they do it? Will they do it again?

So, bring your best sleuthing skills, deductive reasoning and sharp observation and see if you can untangle the mystery before our amateur detective, Miss Tweed, can. A murder mystery, singing and dancing – what better way to spend a couple of hours in May!

There are still a few seats available for the play (\$20) and dinner at Veano's on your own. Deadline to purchase tickets is April 5th. The bus will leave White Birch at 1:00 PM. If you would like to attend, stop by White Birch and see Marie or Beth Ann.

Calling All Cooks – Fundraiser Cookbook



As a fundraising endeavor, participants in the White Birch Active Living Program are going to create a cookbook that will be for sale later this year. We know the internet gives us access to millions of recipes but what will be special about this collection is that these recipes are tried and true from friends you know and trust.

We are looking for people who are willing to share three or four of their favorite recipes. Perhaps you have a funny story that goes along with the recipe or maybe it's an old family favorite. This is your chance to see your name in print! For those of you who have computer access, we are using an on-line site that allows each of us to input our recipes directly. If we have your email address, you will receive an invitation to participate. If you don't have internet, you can bring your recipes to White Birch and someone there will input them for you. We'd like to have all the recipes collected by the end of May. Contact Beth Ann 428-3077 bethannp@whitebirchcc.org. or Peg Herbert (pherb46@gmail.com) with questions.

Armchair Adventure – Ireland

On Wednesday April 10th at 1:00 PM, you are invited to go on an Armchair Adventure to Ireland with Chris and Steve Burritt. We will see photos of their adventure as it begins in Dublin with a visit to Croke Park Stadium and GAA Museum onto County Donegal and the Cliffs of Glencolumbkille. Next it is Galway and south to County Clare and

the Cliffs of Moher and the beautiful Lough Derg. And in County Limerick there is the quintessential thatched roof village of Adare. Back to Dublin and all that is Irish.

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



Saturday, May 4, 2019

Kentucky Derby Party



Proceeds Benefit
WHITE BIRCH CENTER

General Admission Tickets
\$75.00



Available for purchase online
or by calling 603.428.7860

Pats Peak, Valley Lodge, Henniker, NH

3:00pm - 7:00pm

**Sponsorship Opportunities
are available!**

Join us for the Kentucky Derby Event you won't forget!

Dress up in style and get together with friends to share in the thrill of watching the Run for the Roses on the big screen!

For more information call 603.428.7860 or visit www.whitebirchcc.org/kentuckyderby2019



LIVE Entertainment from
Nick's Other Band!



Southern Inspired
hors d'oeuvres



NEW Derby Hat
Competition Categories



Exquisite Raffle Table



Door Prizes



50/50 Raffle



Traditional Race Day
Cocktails



NEW Fun & Exciting
Derby Contests



Themed Booths
including Cigar Bar



Tuesday Movies in April

Instant Family

Tuesday, April 2nd at 1:00 PM

Rated PG-13

Adopting three foster children at once thinking that it's a perfect way to start a family, Pete and Ellie fail to consider that their new charges may be hellions – which they are. Not only do the kids flout the rules, they see no reason for parents.



Goodbye Christopher Robin

Tuesday, April 9th at 1:00 PM

Rated PG

The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books' phenomenal success affected the family.

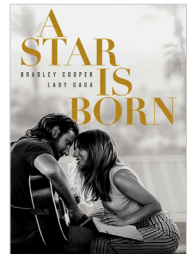


A Star Is Born

Tuesday, April 16th at 1:00 PM

Rated R

Seasoned musician Jackson Maine (Bradley Cooper) discovers—and falls in love with—struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it big as a singer... until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons.

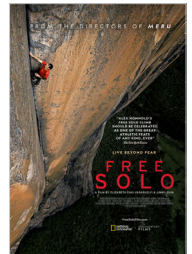


Free Solo

Tuesday, April 23rd at 1:00 PM

Rated PG-13

In this “cliff-hanging” documentary, rock climber Alex Honnold prepares for and undertakes the most daunting challenge of his life: becoming the first person to free-solo climb (without ropes or safety gear) the face of Yosemite's El Capitan.



Can You Ever Forgive Me?

Tuesday, April 30th at 1:00 PM

Rated R

In this fact-based drama, author Lee Israel strikes gold in the 1970s and '80s with a series of successful celebrity biographies. But when tastes shift and her demons begin to disrupt her writing, she turns to forgery to support herself.



Banner Tours and Travel and White Birch Center Present **The Newport RI Flower Show**

Saturday, June 22, 2019

New England's Premier Flower Show!

The 12th annual Newport Flower Show, entitled "Audubon Artistic Adventures," will once again grace the elegant reception rooms and picturesque oceanfront lawn of Rosecliff. Enjoy judged floral designs, outdoor garden displays, horticulture, lectures, demonstrations and much more. Experience a day in the "mansion life of Newport" with spectacular views. Lunch will be on our own at our leisure. You will receive a \$15 voucher towards lunch.

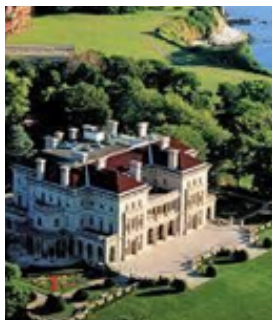
Price: \$: \$126 per person:

Deluxe Tour includes luxury motorcoach transportation, Flower Show, \$15 Voucher towards lunch, and Professional Tour Director services. Gratuities for the bus driver and tour director are not included.

Depart: 8:00AM Concord Trailways
30 Stickney Ave.

Return approximately 6:30PM.

Payment is due upon reservation. Reserve early as space is limited. Last date to reserve: May 31, 2019. Registration forms are available at White Birch.



Monthly Senior Luncheon

The monthly senior luncheon will be held on Monday April 8th at noon at the Congregational Church Hall. On the menu we will have Swedish meatballs and noodles, rolls, salad, and dessert.

In order to properly plan, reservations are required no later than Thursday April 4th. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

The White Birch bus will pick up residents at the Rush Square Community Center at 11:30 AM.

Big THANKS to Dan and Phyllis (Anderson) DaCosta for sponsoring the luncheon this month.

We always welcome sponsorships for the luncheons, if you would like more information please see Marie or Beth Ann.

Following the luncheon, Ron Taylor has offered to open the Henniker Historical Society museum for all those who would like to look around and see the latest displays.



Fun loving volunteers and a full house for the Corned Beef dinner.

Tucker Free Library Information Session

Get a sneak peek...

You are invited to Tucker Free Library on April 11th at 7:00 PM when architects from Sheerr McCrystal Paulson will present a building plan that addresses the goals for long term functionality of the Tucker Free Library building including: accessibility and safety, restrooms, and programming space.

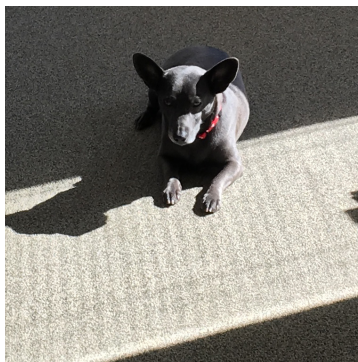
This option resulted from community input provided at our public information session that was held on January 24, 2019. If you missed that event or want to reacquaint yourself with the project you can view the video and slides on the

Tucker Free Library website <http://www.tucker-freeibrary.org/architectural-feasibility-study-request-for-qualifications-8-27-2018>.



And this month Romie says...

"Take time to smell the flowers, enjoy the sunshine...and thanks for all the loving Fran!"



It's Great to be a 'SEENAGER'

I JUST discovered my age group! I am a Seenager (Senior teenager).

- I have everything that I wanted as a teenager, only 65-70 years later.
- I don't have to go to school or work.
- I get an allowance every month.
- I have my own pad.
- I don't have a curfew.
- I have a driver's license and my own car.
- I have ID that gets me into bars and the wine store.
- I like the wine store best.
- The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?
- And I don't have acne.

Also, you will feel much more intelligent after reading this, if you are a Seenager.

- Brains of older people are slow because they know so much.
- People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.
- Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.
- Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem- it is nature's way of making older people do more exercise.

Life is Good!



White Birch Center
51 Hall Ave, PO Box 2035
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www.whitebirchcc.org

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