



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 5 ■ Issue 10 ■ May 2019

Message from the Executive Director

Hello Everyone,

There are many great causes to commemorate in May. For example, May Day, Mother’s Day, and Memorial Day are just a few. No one can deny the need to recognize new beginnings, mothers, or those who died serving our country. But, let’s make sure we are covering some of the lesser known National Days that our congressional representatives have taken their time to create. Believe me, I couldn’t make this stuff up if I tried.

May 1st is National Chocolate Parfait Day. I’ll be sure to put this one on my wife’s calendar. Do you feel like your floor coverings are not getting their due? May 3rd is National Lumpy Rug Day – now you and your rugs can relax. For those who try their best, but lose their battle, with their washer and dryer, May 9th is the day to mourn – it is National Lost Sock Day.

If you are wondering where your children are on May 10th, you should know it is National Clean Up Your Room Day. May 18th will be a Saturday

and you can combine two National Days. The first is National No Dirty Dishes Day, and the second is National Visit Your Relatives Day. Make sure you remember to tell your relatives you would love to visit for dinner and have a good reason to leave before it’s time to do the dishes.

Who knew May could be so much fun? White Birch is looking forward to May 4th, the day of the Kentucky Derby. Our Derby Party is a great fundraiser and a great time.

Buckle up people, its May.

Sincerely,

Marc McMurphy

Executive Director



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Here Comes Summer!

***A pre-season bonus concert to announce the
Henniker Summer Concert Series***

Featuring —

The Bedford Big Band

PLUS a sneak preview
of the exciting

2019 SUMMER SERIES

Saturday, May 11, 2019 - 7:00 PM

Henniker Congregational Church

**Join us for a
magical, musical
evening!**



*Sponsored by the
Henniker Book Farm
in partnership with
Town of Henniker,
Summer Concert Series Committee*

*Coffee and refreshments
following the concert
sponsored by*

DONATIONS GRACIOUSLY ACCEPTED *The Rotary Club of Henniker*

Day Trips in May

Shopping – OutFITters and Trader Joes

On Thursday May 16th, we will have a fun shopping day in Manchester and Bedford. Our first stop will be OutFITters Thrift Store. All of the proceeds from OutFITters Thrift Store support the Families in Transition–New Horizons (FIT-NH), a nonprofit that provides hunger relief, affordable housing, and services to homeless families and individuals in New Hampshire. OutFITters Thrift Store in Manchester, sells new and gently used furniture, housewares, books, and clothing for the whole family.

We will have lunch at the Outback and then check out the new Trader Joes! The following description was taken from the Bedford Trader Joe's webpage:

At Trader Joe's Bedford, we see ourselves as your neighborhood grocery store. Step inside and you'll find unconventional and interesting products in the Trader Joe's label like Mandarin Orange Chicken and Cold Brew Coffee Concentrate, as well as everyday basics like milk, eggs, meat, and fresh produce. We are a good source for great cheese and bakery items, and we offer a vibrant selection of fresh flowers. Most importantly, we offer all our delicious, quality products at the very best prices. We're happy to be part of your community, and proud to offer unique products at prices everyone can afford, every day.

Pick up at Rush Square at 9:30 AM, Henniker Community parking lot at 9:35 AM, and Weare Legion at 9:50 AM. Cost for the trip is \$8 due when you sign up and shopping and lunch are on your own. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

Henniker History Tour

On Thursday May 23rd at 10:00 AM, we are excited to present a fun and educational outing in conjunction with the Henniker Historical Society.

Last year Kristen McLean and Ellen Reed, Henniker Historical Society volunteers, were looking for things to put in their newsletter. They stumbled across old newspaper articles about Henniker's first murder. Ellen did a lot of research and together they have been able to retrace events of this incident. The murder of 14-year-old Nettie Belle Douglass happened in 1894. She was shot while out on a date with Henniker resident Arthur Maclean. It made nationwide news!

To learn more about this piece of Henniker history, we will meet at the Henniker Community parking lot at 10:00 AM and board the bus(es) where Kristen and Ellen will give a brief presentation of the research they did around the murder. Then we will set out on a bus tour around town as we retrace the events leading up to the murder.

Following the tour, we will have lunch at the Country Spirit.

Bus fare will be 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@whitebirchcc.org.

Banner Tours and White Birch Trips

These upcoming trips still have seats available:
New England Aquarium–Tuesday June 18th
Newport Rhode Island Flower Show–Saturday June 22nd

For more information or registration form call 428-3077.

Day Trips in May (continued)

NH Veterans Cemetery

On Thursday May 30th, we will attend the Memorial Day Service at the NH Veterans Cemetery.

The following information was taken from the NH Veterans Cemetery webpage:

On July 1, 1997, The New Hampshire State Veterans Cemetery was legislatively established. The facility was funded jointly by the state and federal governments. The 104 acres of land was previously used as a state forest in the town of Boscaawen, New Hampshire.

Phase I construction, partially completed in November of 1997, involved nine of the 104 acres of land. A carillon system and landscaping were donated by various veterans organizations. On August 15, 2003, final Phase I construction was completed with federal funds. A memorial brick walkway and history walkway were constructed through the generosity of many individuals, local businesses and veterans organizations.

The current cemetery development of 14 acres provides adequate burial sites for years to come. The master plan has 6 additional phases for future expansion. With future expansion, the cemetery has enough acreage to expand and accommodate veterans and their eligible dependents for many years to come.

The New Hampshire State Veterans Cemetery was the first state cemetery east of the Mississippi River to allow the interment of nonresident veterans. The State of New Hampshire is proud and honored to provide this dignified resting-place for all veterans and their eligible dependents.

US Navy veteran CWO2 Ernest Holm, WWI and WWII, was the first interment at the cemetery on

November 18, 1997. On the same day, his spouse Hilda was also interred.

The service is scheduled for 11:00 AM–12:00 PM and following the service, we will have lunch at the LongHorn. Cost for the trip is \$5 due when you sign up and lunch is on your own.

Pick up at Rush Square at 9:15 AM, Henniker Community parking lot at 9:20 AM, and Wear Legion at 9:40 AM. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

Create a Planter

It is May so that means that it is time for our annual 'create a planter' activity. On Tuesday May 14th at 11:00 AM we will meet at White Birch to create a planter of flowers. For those who have not previously participated, here is how it works:

- You bring a planter or plant pot from home.
- You bring one or two starter packs of your favorite annual flowers.
- White Birch will provide the potting soil.
- All the plants are put on a table along with potting soil and you pick and choose the from the plants to create your planter.

This is a fun get together and everyone leaves happy with a pretty pot of flowers.

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

Note: On Monday May 12th, you can meet at White Birch and car pool to Stone Falls garden to purchase flowers.

Calling All Cooks – Fundraiser Cookbook



There is still time to submit some of your favorite recipes to the White Birch Active Living cookbook that will be for sale later this year.

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. The deadline to submit recipes is Monday May 20th. Contact Beth Ann 428-3077 bethannp@whitebirchcc.org, or Peg Herbert (pherb46@gmail.com) with questions. Thank you to everyone who has submitted their recipes!

Sip and Stitch

On the third Tuesday of the month we have a Sip and Stitch night. This night is not limited to knitting—you are invited to bring along projects that may include sewing, quilting, rug hooking... and the beverage of your choice to sip. There will be tables set up for those who want to bring

portable sewing machines.

If you would like to join in the fun on Tuesday May 21st at 6:00 PM, you can sign up by calling 428-3077 or emailing bethannp@whitebirchcc.org.

Estate Planning Seminar by Attorney Deb Urbaitis

On Wednesday May 22 at 6:00 PM, you are invited to a free seminar where you will learn about the benefits of effective estate planning. Deb Urbaitis will talk about how a well drafted estate plan can bypass the probate process saving heirs a significant amount of money and stress. She will explore

the differences between wills and trusts and how they may be of use to you or your loved ones. Bring lots of questions! Snacks will be served.

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

Tuesday Movies in May

Green Book

Tuesday, May 7th at 1:00 PM

Rated PG-13

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on “The Green Book” to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger as well as unexpected humanity and humor—they are forced to set aside differences to survive and thrive on the journey of a lifetime.

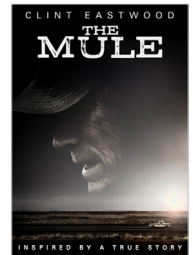


The Mule

Tuesday, May 14th at 1:00 PM

Rated R

Earl, a broke man in his 80s, is offered a job that simply requires him to drive. But unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. He does well—so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler. But he isn't the only one keeping tabs on Earl; the mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.



If Beale Street Could Talk

Tuesday, May 21st at 1:00 PM

Rated R

From Academy Award® Winner Barry Jenkins, adapted from James Baldwin's acclaimed novel, comes this timeless love story set in early 1970s Harlem. Newly engaged 19-year-old Tish (KiKi Layne) and her fiancé Fonny (Stephan James) have a beautiful future ahead. But their plans are derailed when Fonny is arrested for a crime he did not commit. Now the pair and their families must fight for justice in the name of love and the promise of the American dream in this lush, moving, dramatic film, also starring Regina King.



Smart Driver Course

Driver Safety

On Thursday, June 13, from 8:15 AM to 3:00 PM we will be offering the AARP Smart Driver Course at White Birch Center. The cost of the course is \$15 for AARP members and \$20 for non-members. The class is open to the public. However, space is limited to 15 participants. So, register now by calling 428-3077. Pizza lunch provided by White Birch.

Should You Take The AARP Smart Driver Course?

Cars have changed, and so have traffic rules, driving conditions, and the roads you travel every day. Even the most experienced drivers can benefit from brushing up on their driving skills.

The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver course you'll learn the current rules of the road, defensive driving techniques, and how to operate

your vehicle more safely in today's increasingly challenging driving environment. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots.
- How to maintain the proper following distance behind another car.
- The safest ways to change lanes and make turns at busy intersections.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars.
- Ways to monitor your own and others' driving skills and capabilities.
- The effects of medications on driving.
- The importance of eliminating distractions, such as eating, smoking, and using a cell phone.

You also may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.



Romie standing proud on a birch tree.

Who knew that candlepin bowling could be so much fun? Sure to be a repeat trip.



New Activity-Cookbook Book Club

Often it is mentioned by participants that they don't like to cook because they don't like to eat alone. This new activity was suggested on a recent bus trip by one of the participants and it sounds like it could be lots of fun and would solve the problem of eating alone.

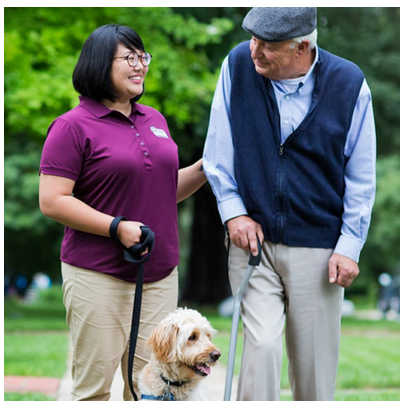
This is how it works:

- At the beginning of the month, a cookbook and a signup sheet will be put out on the shelf at White Birch.
- If you would like to participate, peruse the cookbook and choose a recipe that you would like to make. (Marie or Beth Ann will make a copy of the recipe for you.)

- On the signup sheet put your name and the recipe name.
- On the designated day everyone will make their recipe, bring it to White Birch, and we will share in the culinary delights. (The first shared dinner will be Tuesday June 4th at 5:30 PM at White Birch.)
- While we dine, we can discuss pros and cons of each dish.

For the first month we have chosen two New England themed cookbooks – The Maine Summers Cookbook and Recipes from a Very Small Island - authored by Linda Greenlaw and her mother Martha Greenlaw. Linda Greenlaw, America's only female swordfishing captain, first came to the public's attention in Sebastian Junger's The Perfect Storm, where Junger called her "one of the best captains ... on the entire east coast." She is author of five bestselling nonfiction books about life as a commercial fisherman: The Hungry Ocean, The Lobster Chronicles, All Fishermen Are Liars, Seaworthy, and Lifesaving Lessons, as well as the Jane Bunker mysteries: Slipknot, Fisherman's Bend, and Shiver Hitch. Linda currently lives in Maine, splitting her time between Isle au Haut, and Surry, with her husband, boatbuilder Steve Wessel. Martha and her husband summer on Isle of Haut and enjoy the winters in Florida.

If you would like to sign up, you can stop by White Birch and choose a recipe. On Tuesday May 28th at 5:00 PM we will meet at White Birch and share our culinary creations.



MAY 15TH 2019
10AM - 12PM
WHITE BIRCH COMMUNITY CENTER
51 HALL AVE, HENNIKER NH 03242

HOME INSTEAD SENIOR CARE MEET & GREET

Join Home Instead Senior Care for a Meet and Greet! Home Instead is a home care agency serving seniors throughout Central NH. Molly and Caitlin will be talking about and answering any questions regarding employment as a CAREGiver as well as service for seniors throughout the Central NH area. Come with questions and learn more about opportunities! Light refreshments will be served.

Make a change. Make a living. Make a difference.

Home Instead Senior Care of Central NH
 100A Middle St.
 Manchester, NH
 603.668.6868

Meet, Greet, refreshments and more!

...

Don't miss out on our excellent benefits

...


Flexible schedules

...

Un-retire yourself!

...

Come learn about our competitive wages!!





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

www.whitebirchcc.org

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