



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 5 ■ Issue 11 ■ June 2019

Message from the Executive Director

Hello Everyone,

I would say the advice on ageing article in this month's newsletter can apply to almost anyone. Bravo Beth Ann, your newsletter is fantastic – as always. Having little to add, I do want to mention the importance of having a place like White Birch in your mix of active living.

Stay active, try new things, laugh, enjoy conversation – White Birch is with you. We get it. Age gracefully, watch your money, be proud of who you are – White Birch is there for you. Love and be loved, seek happiness, and find purpose – White Birch believes in you.

White Birch is a place that believes in true human nature. The truth is that while we are part of the animal kingdom, what makes us human is our ability, and willingness, to rise above our basic instincts to serve and care for others.

What we strive to be is the center for a truly happy person and world. We can't do that without you. We need your grace, your pride, your love, and your happiness. We need you and we are grateful to see you here.

This letter almost sounds like a sermon, but it isn't. It's just a reminder that White Birch thinks you are important. So important, in fact, that we strive to be a place worthy of your affection.

You deserve it!

Sincerely,

Marc McMurphy

Executive Director



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2019 HENNIKER *Summer Concert Series*

<p>JUNE 11 BAZA Blues & Henniker Brews <i>Our 1st Blues and Brew Fest Sponsored by Henniker Rotary 'Fire on the Mountain' Chili Fest</i></p>	<p>JUNE 18 Erin Harpe and the Delta Swingers <i>Boogie, Blues & Beyond</i></p>	<p>JUNE 25 Studio Two <i>New England's Best Beatles Tribute Band</i></p>
<p>JULY 2 Newmont Military Band <i>Celebrate our Nation's birthday in Henniker</i></p>	<p>JULY 9 Twangtown Paramours <i>Award winning Nashville Folk Duo</i></p>	<p>JULY 16 Canyon Run <i>Country, Folk and Bluegrass</i></p>
<p>JULY 23 Blacklite Band <i>The Hottest Classic Rock Band Around</i></p>	<p>JULY 30 Just Because <i>Eclectic Americana Covers & Originals</i></p>	<p>AUGUST 6 Off the Cuff <i>Interpreting the great songs of the 20th to 21st century</i></p>
<p>AUGUST 13 Tattoo <i>Soul, Swing & Cajun Roots Music</i></p>	<p>AUGUST 20 Nick's Other Band <i>End of summer bash with our favorite party band Sponsored by Henniker Family Dentistry</i></p>	<p>Funded in part with a grant from the Angela Robinson Music Fund, NHCF</p>

All performances are
FREE and begin
at 7:00 PM

Angela Robinson
Bandstand Community
Park Main St., Henniker

In the event of rain,
inside the
Community Center

DONATIONS GRACIOUSLY ACCEPTED

Check Town of Henniker website www.henniker.org for latest weather plans

Day Trips in June

Upper Valley Loop

On Thursday June 6th we will head to the upper valley to visit some of our favorite stores. We will make stops at the Spice shop, local thrift stores, Hobby Lobby and Runnings. Lunch will be at the Claremont Country Café.

Cost for the trip is \$8 and must be paid when you sign up. Shopping and lunch are on your own. Pick up at Rush Square at 9:00 AM and Henniker Community parking lot at 9:05 AM.

Exploring Warner

On Thursday June 20th we are off to explore the town of Warner NH, where there are numerous of little shops to visit, Main Street Bookends, Country Cobwebs, and Warner Public Market just to name a few. Lunch will be on your own and you have several options – The Local, The Foothills, Charlie Macs, or Schoodacs. And for dessert you can seek out the Velvet Moose Ice Cream Shop.

Cost for the trip is \$5 and must be paid when you sign up. Shopping and lunch are on your own.

Pick up at Rush Square at 11:00 AM and Henniker Community parking lot at 11:05 AM.



Carol and Pam - the White Birch Twins... right down to the eyeglasses.

Oxford Casino

The long-awaited trip to Oxford Casino is happening on Thursday June 27th!

According to their webpage, this little casino in Oxford Maine is open 24/7, and the energy in the lodge-style casino is contagious! They have nearly 1,000 state-of-the-art slot machines, featuring some of the hottest new games available. With 28 heart-pounding table games, including Blackjack, Roulette, Craps and Mini-Baccarat, the gaming action never stops!

Cost for the trip is \$10 and must be paid when you sign up. Game playing and lunch are on your own. Because it will take about 3 hours to get to the casino, we will have an early start. Pick up at Rush Square at 7:30 AM and Henniker Congregational Church parking lot at 7:35 AM. We will make a rest stop along the way.



Advice on Aging

The following thoughts regarding aging was recently published online and it offers some sage advice:

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.
2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.
3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.
4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together
5. Don't stress over the little things. Like paying a little extra on price quotes. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.
6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
8. Don't lose sight of fashion trends for your age but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.
9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.
11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.
12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.
13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.
14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.
15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.
16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.
17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.
18. If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter.

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Tuesday Movies in June

Puzzle

Tuesday, June 4th at 1:00 PM

Rated R

While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it. Before long, her hobby provides an entrée into a new life through the world of competitive puzzling.



On the Basis of Sex

Tuesday, June 11th at 1:00 PM

Rated R

Inspired by the powerful true story of a young Ruth Bader Ginsburg, *On the Basis of Sex* depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time.



Romie huddled in his blanket hoping June brings some warm weather...like the rest of us. He also enjoys birdwatching from the porch.



Boundaries

Tuesday, June 18th at 1:00 PM

Rated R

Laura is a single mother, who has a constant need to put rescue animals before her. When her estranged, criminally minded father Jack is kicked out of his retirement home, Laura agrees to drive him to live with her sister. Along for the ride is her bright but troubled son Henry, and an assortment of animal charity cases. Jack convinces Henry to help him sell off his copious supply of marijuana at every stop of their journey, resulting in unexpected reunions with old friends and family.



Little Women

Tuesday, June 25th at 1:00 PM

Rated PG-13

From girls playing in the attic to women living with purpose, the March sisters — Meg, Jo, Beth and Amy — are committed to always supporting each other. Yet growing up sometimes means growing apart. When tragedy brings the sisters back home, sticking together takes on a new meaning. Little Women brings the same sisters to a new generation to celebrate dreams, family and unconditional love.



Sandi sitting pretty at the Kentucky Derby Party.

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.

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.

Kentucky Derby Party



Thank you to our Wonderful

Champion Sponsor



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Premiere Sponsors



A Community Friend



Banner Tours and Travel and White Birch Center Present Songo River Cruise

Tuesday, July 9, 2019

Climb aboard the **Songo River Queen II** and ride a replica of the famed **Mississippi River Paddle Wheelers on the Songo River** in Naples, Maine. Experience a relaxing 2 hour cruise and with views of Mt. Washington, Birch Point, Arrowhead Lodge, Pine Island, Pleasant Mountain, Drew's Castle, the former waterfront home of author/writer Stephen King, Mast Cove, Patriquin's Lodge, Long Lake Acres, as well as beautiful waterfront properties ranging from modest camps to multi-million dollar homes. **A casual lunch is included during the cruise.**

On the way home we stop at **Bly Farm Ice Cream** in Wolfeboro. On our own we celebrate the Ice Cream Month of July, choosing our favorite flavor.

Price: \$: \$127 per person includes:

Luxury motorcoach transportation, Narrated River cruise, Casual Lunch on board ship, meal tax and gratuity, and professional Tour Manager.

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

Depart: 8:45AM Concord Trailways

30 Stickney Ave.

Return approximately 5:30-6:00PM.

Last day to reserve is June 9th and payment is due with registration. Stop by White Birch to pick up a registration form.

Advice on Aging *Continued from Page 5*

It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.
20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a

full life. But you did. So, what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

REMEMBER: "Life is too short to drink bad wine and warm beer."



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www.whitebirchcc.org

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WHITE BIRCH CENTER *for* ACTIVE LIVING

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