



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 4 ■ Issue 1 ■ July 2019

Message from the Executive Director

Hello Everyone,

To help keep things in perspective, and to keep you from feeling old, here are two stores to avoid.

Number one on my list is the Apple store. The Apple store is the only store in America where a 19-year-old retail clerk will look at an elderly person with simultaneous feelings of sympathy and dread. They want to help you, but they also know it's not possible. At the same time, while you desperately want to understand the benefits of technology, you secretly resent the fact that the person teaching you is younger than half the coffee stains in your carpet. You must accept that for you, an apple is just a thing to eat.

Number two, avoid any athletic clothing store. Although no one can pinpoint the actual date, someone changed all the clothing sizes for athletic wear. Remember when size Large used to fit great? Now, a size Large feels like you are trying on a Medium Toddler size. Just the other day I popped an elbow tendon in the Dick's Sporting Goods

dressing room trying to pull a "Large" golf shirt over my stomach. Granted, we bear some responsibility here. We are a bit bigger than we were in our thirties but still, give us some hope. Do I really have to shop in the section of 2XL and beyond.

I know some of you do understand technology and you are the same size as you were in your thirties. You can still take me with you when you go to the mall to purchase your Apple Watch and workout clothing. I won't embarrass you. I'll just wait at Cinnabon and read the paper while you shop.

Sincerely,

Marc McMurphy

Executive Director



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White Birch and Banner Tours Summer Trips

White Birch and Banner Tours are pleased to offer the following summer trips. These trips typically sell out - so do not hesitate to sign up.

Payment for all trips, unless noted otherwise, is due with registration. You can stop by White Birch to pick up registration forms.

Tall Ships and Lobsterbake

Saturday, August 3, 2019

We start our day with a “Downeast Lobsterbake” at Foster’s in York Maine. When in Maine, one must have lobster!

After a delicious Lobsterbake, we head to Portsmouth to discover the Tall Ships in Portsmouth. Explore our nation’s # 2 Tall Ship, the “Eagle.” (Our # 1 Tall Ship is the U.S.S. Constitution.)

Donations will be requested to board the Eagle.

Experience the beauty and history of these classic ships. Walk along the pier to take pictures and enjoy the vendors for that special souvenir. After an exciting day, we’ll have memories to share with friends. An experience not to miss!

Please note: There will be a waiting line to board the Eagle and there is a lot of walking. Be sure to wear comfortable shoes.

Tour Price: \$129 per person includes: Luxury motorcoach transportation, Downeast Lobsterbake and Professional Tour Director services. Bus Driver Gratuity and Professional Tour Director Gratuity is not included.

Depart: 9:45AM Concord Trailways
30 Stickney Rd

Return approximately 5:30 – 6:00PM.

Last date to reserve: July 5, 2019



French King Gorge Cruise, Historic Deerfield Inn, and Bridge of Flowers

Friday, August 16, 2019

Climb aboard Northfield's scenic riverboat, Heritage, to experience a relaxing and informative journey down the Connecticut River. Discover the enchanting French King Gorge, one of the most scenic stretches of the Connecticut River in Massachusetts. The hour and a half, narrated cruise offers insights to glacial activities in the area, river use from prehistoric times to present, nesting bald eagles and the site of a former dinosaur track quarry at historic Barton Cove.

Enjoy a delicious buffet luncheon at the historic Deerfield Inn. Our menu includes Roasted butter-nut squash soup, Apple-brandy pork loin, Chicken breast with mushroom cream sauce, Vegetable lasagna, seasonal fruit short cake and coffee or tea.

Discover the World-Famous Bridge of Flowers at Shelburne Falls. Every year tens of thousands of visitors from as far away as China come to walk and admire the Bridge for its great beauty. Bring your camera.

Tour Price: \$132 per person includes:

Luxury motorcoach transportation, Narrated Cruise, Bridge of Flowers visit, Luncheon at historic Deerfield Inn. Bus Driver and Professional Tour Director and gratuity not included.

Depart: 8:00AM Concord Trailways

30 Stickney Rd

Return approximately 6:60 – 6:30PM.

Downton Abbey: The Exhibition

Tuesday, August 20, 2019

Based on the beloved television show, Downton Abbey: The Exhibition is an interactive experience which transports you to post-Edwardian England, where the characters and the iconic house comes to life. Featuring fully reconstructed sets, the original lavish costumes and jewelry and other production assets, the exhibition has been hailed as "a fully immersive experience" by the Hollywood Reporter and "a delight for fans and history buffs" by Metro. It also has been named one of the "Top 10 Pop Culture Exhibitions in the World" by the Matador Network.

This day trip also includes a luncheon at Venezia Restaurant overlooking Boston Harbor.

Sign up early as seats will sell out fast!

Price: \$143 per person includes:

Luxury motorcoach transportation, Exhibition admission at The Castle at Park Plaza Boston, Venezia luncheon, and professional Banner Tours Director. Bus Driver Gratuity and Professional Tour Director Gratuity is not included.

Depart: 8:00AM at Concord Trailways

30 Stickney Ave.

Return approximately 4:30 - 5:00PM

Reserve early as space is limited.

Last date to reserve: July 19, 2019.

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Louise Penny Mystery Lover's Tour

September 20 – 22, 2019

The Three Pines Inspirational Trail

Day 1:

We depart the Monadnock region for Louise Penny's beloved Knowlton, Quebec, Canada. Enroute we have lunch on our own at Eastside Restaurant on the shores of Lake Memphremagog. Next we visit Domaine des Nobles Alpacas for a guided tour. A fascinating alpaca farm.

We arrive at the Chateau Bromont Resort for our 2 night stay. Tonight is a delicious French cuisine dinner in the company of fellow mystery lovers.

Day 2:

Breakfast included at our hotel.

We depart for a guided journey through fabled Three Pines and follow what inspired Louise to write *The Brutal Telling*, *How the Light Gets In*, *Still Life* and many more. Armand, Clara, Myrna, Ruth, Gabri, Olivier, and Reine-Marie will come to life in the printed word as we tour a mélange of locations that have triggered Louise's imagination.

After our tour for the day, we return to the resort for relaxation. Enjoy at your leisure at the pool, spa, fitness room or a walk on the beautiful grounds. Dinner is on our own this evening.

Day 3:

Farewell breakfast included at our hotel.

We depart today for a guided tour of The Abbey de Saint-Benoit-Du-Lac where Louise gained inspiration for "A Beautiful Mystery." Experience the monastery's beautiful site over-looking a grand lake, surrounded by gorgeous mountains and an apple orchard.

On our return home we stop at the quaint town of Montpelier, VT for a late lunch on our own.

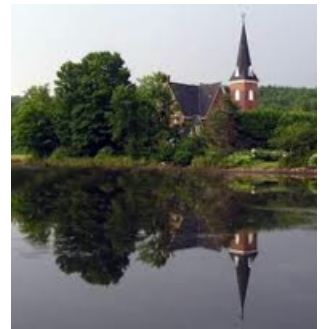
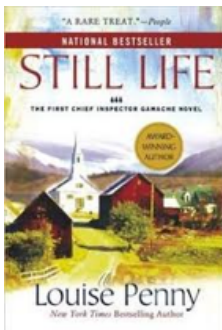
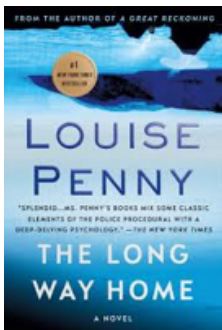
**Deluxe Tour Cost: Double: \$649 per person
Single: \$789 Deluxe Tour includes:**

Luxury motorcoach transportation, First Class hotel accommodations & taxes, Baggage Handling, Full day guided tour of Knowlton area, Guided tour of Abbey, and professional Tour Director services. Included Meals: 2 Buffet Breakfasts, 1 French Gourmet Dinner.

Driver and Tour Director gratuities are not included. *** **Passports are required for this tour.*****

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

Final Payment Due: August 2, 2019



WANTED

**CHILI MAKERS
CRAFT VENDORS
FOOD VENDORS**

**CASH PRIZES TOTALING \$1,000
Top Judges' Awards - Amateurs**

- Professional and Amateur Chili Categories
- Two People's Choice Awards
- Three Judges' Panel Cash Awards
- Best Booth Display Award

**HENIKER ROTARY
FIRE ON THE MOUNTAIN
2019
17th ANNUAL
CHILI FEST
08.18.2019**

SIGN UP TODAY WWW.CHILINEWHAMPSHIRE.ORG
OR MSKROTZER@YAHOO.COM

Rotary
Club of Heniker

Shopping Manchester/Bedford

On Thursday July 25th, we will head out for a shopping day in Manchester and Bedford with stops at Outfitters, Home Goods, and Trader Joe's. We will have lunch at the Outback.

Pick up at the at Rush Square at 9:00 AM, Gould St parking lot at 9:05 AM, and Weare Legion at 9:25 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.

Summer Potluck

On Friday July 26th at 11:30 AM it's time for a summer potluck. Over the years one thing that has proven to be true is that there are many great cooks at White Birch. Due to space restrictions, we

are limited to 20 participants. Stop by White Birch to sign up and let us know what dish you will be bringing.

Tuesday Movies in July

Boy Erased

Tuesday, July 2nd at 1:00 PM

Rated R

Boy Erased tells the courageous story of Jared Eamons, the son of a Baptist pastor in a small American town, who must overcome the fallout of being outed to his parents. His parents struggle with reconciling their love for their son with their beliefs. Fearing a loss of family, friends, and community, Jared is pressured into attending a conversion therapy program. While there, Jared comes into conflict with its leader and begins his journey to finding his own voice and accepting his true self.



Saving Grace

Tuesday, July 9th at 1:00 PM

Rated R

In this Sundance Audience Award-winning comedy from director Nigel Cole, newly widowed Grace (Brenda Blethyn) finds herself in financial ruin when she discovers that her dearly departed husband has left her deep in debt. With the help of her gardener, Matt (Craig Ferguson), Grace applies her green thumb to ganja plants – and soon, everyone in her small English town is getting high on more than life.

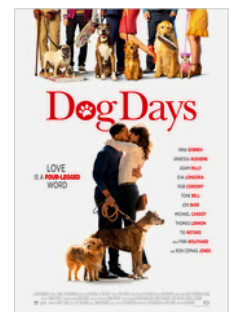


Dog Days

Tuesday, July 16th at 1:00 PM

Rated PG

In this ensemble comedy, dogs are not only man's best friend, they're his best matchmaker as a disparate group of Los Angelenos – including a mom, an athlete turned TV host and a barista – connects through their canine companions.



“ A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.”

—James Dent

The Bookshop

Tuesday, July 23th at 1:00 PM

Rated PG

England, 1959. Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.



The Upside

Tuesday, July 30th at 1:00 PM

Rated PG-13

A recently paroled ex-convict, Dell, strikes up an unusual and unlikely friendship with a quadriplegic billionaire, Philip Lacasse. From worlds apart, Dell and Philip form an unlikely bond, bridging their differences and gaining invaluable wisdom in the process, giving each man a renewed sense of passion for all of life's possibilities.



9 Question Quiz for People Who Know Everything

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

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Picnic in Azalea Park

In early June the town of Henniker had a ribbon cutting ceremony at Azalea Park. For the past several years many volunteers have shared their time and talents to restore this hidden treasure along the Contoocook River. On Thursday July 18th at 11:30 AM, we will meet for a picnic in the park. Transportation is on your own and you can park behind the Tucker Free Library. Cost for the picnic is \$10 (due when you sign up) and will include wraps from St Georges, chips, and beverage. If you would like to sign up stop by White Birch and see Marie or Beth Ann.

“Azalea Park was formally founded when Leander A. Cogswell gave a five acre parcel land to be ‘forever owned, held and controlled by the town of Henniker as a public park...’ in his last will and testament in 1928. Initial construction of the park, however, began in 1902, when the Henniker Woman’s Village Improvement Society arranged for a ten-year lease of land known then as Rice’s Grove. The park was earlier known as River Park, Rice Park, and then Emerson Park before Mr. Cogswell named the park for the wild azalea bushes that lined the Contoocook River banks during his time. “

Willing Walkers

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:

- increased cardiovascular and pulmonary (heart and lung) fitness
- reduced risk of heart disease and stroke
- improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes

stronger bones and improved balance

- increased muscle strength and endurance
- reduced body fat.

The saying goes that its more fun to exercise with a friend. On Monday and Wednesday afternoons at 3:30 PM join your friends at the Village Green in Henniker and get in a few laps on a flat paved surface in a pretty neighborhood.

Answers to 9 Question Quiz for People Who Know Everything

1. Boxing.
2. Niagara Falls.
(The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. Asparagus and rhubarb.
4. Strawberry.
5. It grew inside the bottle. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Dwarf, dwell and dwindle...
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

Fun-filled Spring at White Birch



The Buddy Holly show at the Palace Theater.



Outstanding meal for the first Cookbook Book Club dinner.



A very moving Memorial Day ceremony at the NH Veterans Cemetery.



Ice Cream stop after a busy day of shopping.



Romie loves summer and being out on the porch.



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

www.whitebirchcc.org

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WHITE BIRCH CENTER *for* ACTIVE LIVING

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