



WHITE BIRCH CENTER *for* ACTIVE LIVING

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Message from the Executive Director

Hello Everyone,,

March and April are the windy months. Wind is a real thing. We forget that. We talk about wind in ways that describe what it does or its intensity. We say things like “can you believe how windy it was last night?” We hear each other’s stories about wind damage and focus on the damage and its affects. “My tree came down or “My roof was damaged.”

Wind is almost always discussed and thought of in the abstract. What is amazing about wind is that it is the movement of trillions of molecules reacting to pressure and temperature. These molecules are real things. We can’t see them, but we can feel them. They are the same kinds of molecules that are bumping against our bodies and being inhaled into our lungs, but we don’t notice them – not until they are set in motion.

Wind can be a reminder of how precious our lives are. Our experience in this life, on this planet, is so dominated by material pursuits that the real

material, those gust molecules being swept cross our faces, many times go unnoticed in light of what the wind itself is doing to other things, our things.

It is, in fact, the moving air, and other molecules like water, that make our lives possible. There should be joy in just that. There should be joy that we exist, and that our existence is precious.

March and April are the windy months. Wind is a real thing it is an authentic reminder of how lucky we are to be alive and with each other.

Sincerely,

Marc McMurphy

Executive Director



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Spotlight - Bridge

White Birch Active Living has a very friendly and enthusiastic bridge group that meets on Monday and Wednesday at White Birch. On Mondays the group meets to play bridge from 12:30 PM to 3:00 PM. On Wednesdays the group meets from 3:30 PM - 5:00 PM for instruction with Becky Helme. Becky has a passion for teaching bridge and has volunteered her time and skills at White Birch for over 6 years. The program has grown from one table of four players to as many as 5 tables when everyone is in town. Whether you are an experienced player or looking to learn the game, please feel free to come by.



Quote for March

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

~anonymous”



Silly Dog

Keeping it Local – Intervale Pancake House

On Thursday March 19th it's time for our annual brunch visit to Intervale Pancake House. For over thirty years Intervale Pancake House has been serving pancakes, waffles, eggs, and coffee from the same place on Flanders Road since that first day. If the weather cooperates, maple sugaring might be in progress with the evaporator fired up

boiling sap.

We will meet at the restaurant at 10:30 AM and transportation and brunch are on your own.

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

Day Trips in March

Shopping Nashua

On Thursday March 12th we are off to Nashua for a day of shopping at our favorite places. The first stop will be the Christmas Tree plaza, followed by lunch at UNO's and a last stop at Trader Joe's. Pick up at Rush Square at 9:00 AM, Gould Street lot at 9:05 AM, and Weare Legion 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 stop by White Birch and see Marie or Beth Ann.

Exploring Laconia

On Thursday March 26th we are off to explore Laconia. Our first stop is the Laconia Antique Center followed by lunch at Fratello's. We will

finish the day visiting Chaos and Kindness. Chaos & Kindness is an innovative brand established by Justin Spencer, the founder of rock band Recycled Percussion, in 2016. Chaos & Kindness was created to inspire people to be kind and to live life to its fullest in this often-chaotic world. Their products are the highest quality, the creative ideas are aimed at inspiring individuals and a percentage of all sales go to helping the world become a kinder place. Pick up at Rush Square at 9:30 AM and Gould Street lot at 9:35 AM.

Cost for the trip is \$5 due when you sign up and lunch and shopping are on your own. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann

Tax Deductions for Seniors

One of the biggest changes the 2017 tax reform law brought was a near doubling of the standard deduction. It's up to \$12,200 on single returns for 2019 (\$12,400 for 2020).

When you turn 65, the IRS offers you a gift in the form of a bigger standard deduction. For 2019 returns, for example, a single 64-year-old gets a standard deduction of \$12,200 (it will be \$12,400 for 2020). A single 65-year-old gets \$13,850 in 2019 (and \$14,050 in 2020).

The extra \$1,650 will make it more likely that you'll take the standard deduction rather than itemizing, and if you do, the additional amount will save you almost \$400 if you're in the 24% bracket. Couples in which one or both spouses are age 65 or older also get bigger standard deductions than younger taxpayers. If only one spouse is 65 or older, the

extra amount is \$1,300...\$2,600 if both spouses are 65 or older. Be sure to take advantage of your age.

Bulking up the standard deduction has let millions of taxpayers avoid the hassle of itemizing write-offs on their tax return because the bigger standard deduction would exceed their qualifying expenses.

However, once you reach age 70½, there's a tax-friendly way to make charitable donations even if you don't itemize. **You can transfer up to \$100,000 each year from your traditional IRAs directly to a charity or charities.** If you're married, your spouse can transfer an additional \$100,000 to charity from his or her IRAs. The transfer is excluded from taxable income, and it counts toward your required minimum distribution. That's a win-win! But you can't also claim the tax-free transfer as a charitable deduction on Schedule A if you do itemize.

Banner Tours and White Birch Center Travel Opportunities

Banner Tours and White Birch Center are pleased to offer the following day trips. If you have any questions or would like more details, please call 428-3077. Registration forms are available at White Birch.

Peabody Essex Museum in Salem, MA

Saturday, March 28, 2020

Experience their new \$16M expansion!

Beginning in 1799, New England visionaries began collecting works of art and culture for PEM from around the world. Today PEM's collections exceed 1.8 million works spanning more than 12,000 years of human creativity. The extremely diverse collections of American Art, Maritime, American Decorative Art, Chinese, Japanese, Korean, Indian, African, Oceanic, Native American, Photography, Asian Export and Fashion and Design collections are not to be missed.

The PEM is the oldest museum in the country and the new expansion project added 40,000 square feet to the main facility and reveals exceptional beauty of East India Marine Hall, the museum's first building and a National Historic Landmark. The expansion includes a light-filled atrium and a beautiful 5,000 square foot garden. Experience a guided tour of the museum and plenty of time on your own to view collections in depth.

After the museum, lunch is Diner's Choice. You are given a \$15 credit

towards lunch to eat wherever you choose. Outside of the museum is the beautiful Pedestrian Walkway with easy access to cafés and restaurants. Don't miss this extraordinary museum expansion and collection.

Price: \$129.00 per person includes: Deluxe motorcoach transportation, Guided tour of Museum, \$15 credit towards Diner's Choice Lunch, and Professional Banner Tours Director. Bus Driver and Banner Tours Tour Director Gratuity not included.

Depart: 9:15 AM at 30 Stickney Ave. across from Concord Trailways. Return approximately 5:00 PM.



A Taste of “Little Italy” in Providence, RI

Wednesday, April 29, 2020

Get a “taste” of the city’s Italian heritage as you enjoy a tour, tasting, and demonstration at Scialo Brothers delicious bakery on Historic Federal Hill, Providence’s own “Little Italy”. We’ll have time to purchase some of their fantastic bread and pastries. Family owned over 100 years. Bring a small cooler for filled pastries.

Next, a delicious lunch will be at Cassarino’s, an authentic Italian Restaurant on Providence’s Federal Hill. There are more Italian restaurants on this mile-long stretch than Manhattan’s Little Italy!

After lunch we have a personalized bus tour of the city of Providence. Our personal step-on guide will give us an in-depth look at this fascinating city. You’ll find the most authentically restored 18th century homes in America on Providence’s East Side, The Arcade, built in 1828 is the nation’s oldest indoor shopping center, historic landmarks, Providence’s renowned Riverwalk and so much more! After our day of tasting Rhode Island’s Italian heritage, we head home sharing our experiences.

Price: \$132 per person includes: Deluxe motor-coach transportation, Italian bakery tour, tasting and demonstration; guided historic city tour, authentic Italian luncheon and taxes and fees, and Professional Banner Tours Director. The Bus Driver and Banner Tours Director gratuity, and City Tour Guide gratuity is not included.

Depart: 7:45AM at Concord Trailways Return approximately 6:30 – 7:00PM

Questions? Call 603-428-3077 or email: bethannp@whitebirchcc.org



Estate Planning Workshop with Deb Urbatis

On Wednesday March 25th at 1:00 PM, you are invited to an estate planning workshop given by Henniker Attorney Deb Urbatis. She will cover the benefits of having a will or a trust and the difference between the two. She will also discuss powers of attorney for health care and finances, and why everyone should have these documents.

Bring your questions, and she will do her best to answer them.

There is no fee for this workshop, but registration is requested. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

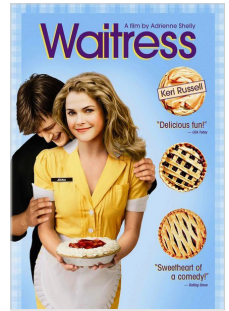
Tuesday Movies in March

Waitress

Tuesday, March 3rd at 1:00 PM

Rated PG-13

Keri Russell stars as Jenna, a waitress whose fabulous pies are about the only sweet ingredient in an otherwise dreary existence. That is, until an unwanted pregnancy breeds unexpected romance between Jenna and an attractive doctor. Written by director and co-star Adrienne Shelly (who was murdered shortly before the film's selection for Sundance), this charmer is a frank and funny examination of the fears brought on by impending motherhood.



After the Wedding

Tuesday, March 10th at 1:00 PM

Rated PG-13

Theresa is a media mogul who seemingly has it all; a thriving business, a handsome artist husband, a charming family and an idyllic home. When Theresa invites Isabel, an American living in India who has devoted her life to helping orphans, to meet her in New York, they are supposed to be discussing a generous donation that Theresa has agreed to. While Isabel thinks she'll immediately be returning to her beloved orphanage, Theresa has other plans, insisting Isabel attend her daughter's wedding at the family's estate. The joyful event becomes a catalyst for a revelation that upends the lives of both women.



The Public

Tuesday, March 17th at 1:00 PM

Rated PG-13

As Cincinnati endures a blast of Arctic cold, the public library serves as a refuge for all. But as closing time nears – and with emergency shelters already full – a group of homeless patrons refuses to leave, leading to a clash with authorities



The Peanut Butter Falcon

Tuesday, March 24th at 1:00 PM

Rated PG-13

Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing-home employee charged with bringing Zak back, to join them.



Harriet

Tuesday, March 31st at 1:00 PM

Rated PG-13

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.



Delicious lunch at Pat's Peak Sled Pub!

Student Sales Force in Full Action

Allison Palmer, Director of Extended Education at White Birch, devised a wonderful lesson for some of her students in the afterschool program.

Here Allison describes the lesson:

The Extended Education children love engaging in imaginary play, forming store fronts and retail exchanges, and selling their paper crafted goodies once they have created them. So naturally, when the opportunity arose to sell something real, with actual money, the children put on their sales hats and got to work. The White Birch Cookbook: Recipes from Cooks and Kids, served as a great opportunity to harness the children's interests.

First, we conducted "job" interviews where children were asked why they wanted to sell cookbooks and what their sales pitch would be. All applicants were hired for the job, but we used their individual strengths to determine which part of the sales process they would be involved in. After the interview process, the children got to work within the marketing department. They created flyers and posters that were hung up in the classroom, high-



lighting the information in the cookbooks. Our sales team then went to work, establishing ways on how they could politely ask people to buy the cookbooks. Then the sales began! The children set up a table with their flyers and a copy of the cookbook. They took turns greeting people when they entered the building, talking to them about the cookbooks, showing them examples of their own recipes, and taking money and recording cookbook sales.

The cookbook sale has been a great opportunity for the children's individual skills, knowledge, and interests to emerge and grow through a multi-step, multi-day project.

As of this printing, the children have raised \$220 with cookbook sales!!!

Always something to learn about our town at the Henniker Historical Society.





Dinner at Olive Garden following the performance of "The Odd Couple-Female Version."



Exploring Newport with lunch at the Salt Hill Pub – BEST onion rings ever!!!



Page Turners Book Club

March is women's history month and the Page-Turners are reading 'Tubman Commands' by Elizabeth Cobbs. Copies of the book are available to borrow at Tucker Free Library. The Page-Turners will meet at Tucker Free Library at 11:00 AM on Tuesday March 10th.

If you loved the movie HARRIET, you will love THE TUBMAN COMMAND. From the bestselling author of The Hamilton Affair, a novel based on a thrilling chapter of Civil War history and African American history, how Harriet Tubman lead a Union raid to free 750 slaves. It's May 1863. Outgeneraled and outgunned, a demoralized Union Army has pulled back with massive losses at the Battle of Chancellorsville. Fort Sumter, hated symbol of the Rebellion, taunts the American navy with its artillery and underwater mines. In Beaufort, South Carolina, one very special woman, code named

Moses, is hatching a spectacular plan. Hunted by Confederates, revered by slaves, Harriet Tubman plots an expedition behind enemy lines to liberate hundreds of bondsmen and recruit them as soldiers. A bounty on her head, she has given up husband and home for the noblest cause: a nation of, by, and for the people. The Tubman Command tells the story of Tubman at the height of her powers, when she devises the largest plantation raid of the Civil War. General David Hunter places her in charge of a team of black scouts even though skeptical of what one woman can accomplish. For her gamble to succeed, "Moses" must outwit alligators, overseers, slave catchers, sharpshooters, and even hostile Union soldiers to lead gunships up the Combahee River. Men stand in her way at every turn--though one reminds her that love shouldn't have to be the price of freedom.



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