



WHITE BIRCH CENTER for ACTIVE LIVING

603-428-3077

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www.whitebirchcc.org

Last Week's Hike

On Wednesday, May 11, 2021, eight enthusiastic hikers took to the trail, venturing from The Fells near Lake Sunapee to the top of Sunset Hill. While the trek itself was quite beautiful, the summit revealed the ultimate reward: breathtaking views high above Lake Sunapee and the Sunapee ski area. A refreshing lunch at Bubba's Bar and Grille topped off a memorable trip. More hikes are in the works, and we'd love to have you join us. Keep an eye on the latest weekly newsletters for more information.



Wanna go Fishing?

Please note that this is NOT yet a scheduled event. Read on, and let us know if you're interested in making this fishing outing happen as a group event for White Birch members.

With so many rivers, ponds, and lakes surrounding our beautiful little town, there **must** be a number of people who would be interested in scheduling a nearby group fishing trip. One member even expressed interest in a deep sea fishing excursion. If either or both of these adventures appeal to you and you would like to be a part of a group trip, please place your name on the appropriate signup sheet in the Welcome Room, drop a line to Rusty (rustyg@whitebirchcc.org), or phone Rusty at 603-428-3077.

Lake Sunapee Cruise - July 7

The Lake Sunapee Scenic Cruise is a go! The signup sheet will soon be posted in the Welcome Room at White Birch Center. Please note that placing your name indicates a commitment, and Rusty will purchase your ticket(s) for you. Reimbursement is \$22. You can also contact Rusty directly, and he'll purchase your ticket and seek reimbursement after the purchase: 603-428-3077; rustyg@whitebirchcc.org. There is a suggested donation of \$5.00 to help cover the costs associated with the White Birch Center bus.

We'll meet in the gravel parking lot on Gould Street at 12:50 p.m. in time for a 1:00 p.m. departure to Lake Sunapee. Estimated arrival time at Sunapee Cruises is 1:30 p.m. There is a suggested donation of \$5.00 to White Birch to help cover costs associated with the bus. For more confirmation and/or more information, please let Rusty know; his contact information is in the top paragraph of this article.



Active Living Activities

Star Trek

F	R	V	O	Y	A	G	E	R	E	R	O	O	Y
E	A	E	D	N	O	L	S	E	L	S	R	L	R
R	S	B	S	I	S	K	O	O	O	N	S	E	R
E	U	O	A	S	E	R	K	N	H	A	P	S	E
N	L	R	E	J	R	I	I	L	M	I	O	E	B
G	U	I	K	S	O	K	S	N	R	S	C	L	N
I	I	A	B	C	L	R	S	R	O	S	K	L	E
C	N	A	L	U	M	O	R	W	W	A	P	E	D
A	O	K	E	L	T	T	U	H	S	D	O	C	D
P	I	C	A	R	D	B	O	R	G	R	R	A	O
L	E	U	H	U	R	A	A	A	T	A	J	N	R
P	H	K	L	I	N	G	O	N	I	C	N	Y	G
U	A	T	R	A	N	S	P	O	R	T	E	R	R
A	R	C	H	E	R	Y	N	I	A	T	P	A	C

CARDASSIANS
TRANSPORTER
SPOCK
FERENGI
KIRK
ROMULAN
VOYAGER
CAPTAIN
NACELLES
ARCHER
BAJOR
PICARD
SHUTTLE
RODDENBERRY
SULU
BORG
UHURA
KLINGON
WORMHOLE
SISKO

Play this puzzle online at : <https://thewordsearch.com/puzzle/46/>

Join Us for Miniature Golf • June 9

Voted Best Miniature Golf in New Hampshire by WMUR viewers, Chuckster's Miniature Golf is sure to be a hit on Thursday, June 9. Golfers should meet in the Gould Street gravel parking lot at 10:15 a.m. on Thursday, June 9. We'll depart by 10:30 so we can arrive at Chuckster's Hooksett location (53 Hackett Hill Road; Hooksett; 03106) around their 11:00 opening time. The cost for seniors is \$10 per 18-hole round. There is a suggested donation of \$5.00 to White Birch to help cover costs associated with the bus. Due to limited seating on the White Birch Center bus, participation is limited to the first ten golfers.

After golfing, we'll have a late lunch at Tucker's, 1328 Hooksett Road; 603-206-5757. After lunch, we estimate a return time to White Birch of 3:15.

If you decide to participate, please remember to indicate your commitment by placing your name on the signup sheet in the Welcome Room at White Birch Center (please note that placing your name on the signup sheet indicates a commitment, and Rusty will purchase your ticket[s] for you and seek reimbursement after the purchase), or you can contact Rusty Gage directly:

603-428-3077; rustyg@whitebirchcc.org.



Schedule Highlights

Bowling at Lakeside Lanes

Whether you're a beginner, a weekend warrior, or a stealthy five-bagger, you're sure to have a good time and maybe even make some new friends by joining us on Friday, May 27 for our bowling trip to Lakeside Lanes (2171 Candia Road in Manchester). We're headed to Lakeside because Boutwell's in Concord is closed



Linda Connor prepares for a strike

that day due having their lanes refinished.

You'll have plenty of time to bowl two full games before we stop for lunch at

nearby MoeJoe's Family Restaurant.

Bowlers are asked to meet at the gravel parking lot on Gould street across from Congregational Church of Henniker in time for a 10:30 a.m. departure. We anticipate arriving at Lakeside Lanes around 11:20, give or take a few minutes, in time for our 11:30 reservation.

The cost for seniors is \$3.50 for shoe rental and two games. There is a suggested donation of \$5.00 to White Birch to help cover costs associated with the bus.

If you decide to participate, please remember to indicate your commitment by placing your name on the sign-up sheet in the Welcome Room at White Birch Center, or you can contact Rusty Gage directly:

603-428-3077; rustyg@whitebirchcc.org.

Happy Bowling!

Active Living Schedule

Monday, May 23

- 10:00 a.m. - Bonebuilders
- 1:00 p.m. - Bridge

Tuesday, May 24

- 9:30 a.m. - Bonebuilders
- 1:00 p.m. - Mah Jongg

Wednesday, May 25

- 8:45 a.m. - Breakfast at Intervale Farm Pancake House
- 10:00 a.m. - KnitWits
- 2:00 p.m. - Bridge

Thursday, May 26

- **8:45 a.m. - Gentle Yoga NOT meeting today**
- 10:00 a.m. - Bonebuilders

Friday, May 27

- 9:30 a.m. - Bonebuilders
- **10:30 a.m. - Bowling (see article on left side of page)**
- 1:00 p.m. - Cribbage