



WHITE BIRCH CENTER for ACTIVE LIVING

603-428-3077

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www.whitebirchcc.org

A Word of Thanks

“Find a job you enjoy doing, and you’ll never have to work a day in your life.” I’m not sure to whom this quote should ultimately be attributed, but I must say that I do indeed subscribe to its simple tenet. I remember being eight years old, pulling my pristinely-shined lawn mower behind me, gas can in tow and having enough gumption to knock on neighborhood doors until I had built a business steady enough to buy that new red, white and blue 10-speed bicycle from Sears. Following that self-employment experience, I vowed that I would only put myself in positions that filled me rather than drained me. I am blessed / lucky enough to say that I have indeed held to that vow. Having started two successful, award-winning gymnastics training centers from scratch, I look back on those forty years and can still say that I’ve never had to work a day in my life. As I exit my first full month as Director of Active Living at White Birch Center, I’ve met so many people who have warmly welcomed the new guy. I’ve witnessed the camaraderie that takes place here, bringing joy to so many, and I can once again say that I have found a position that fills me rather than drains me. Fate or whatever force has once again placed me in a position to never work a day in my life. Thank you to all who have been so welcoming. *Rusty*



**SAVE
THE DATE**

SUPPORT US AND
GIVE ON JUNE 7-8TH

**NH
GIVES**

NHGIVES.ORG #NHGIVES

Keep White Birch’s programming healthy by participating in NHGives. Visit the website and/or contact WBC’s Development Manager Will Chambers: williamc@whitebirchcc.org or 603-428-7860.

Free Fishing Day

Although we’ve not yet scheduled an official White Birch Center fishing outing just yet, we thought you’d like to know that state residents and nonresidents alike can fish any inland water - or saltwater - in New Hampshire on June 5 without a fishing license. Note that season dates, bag limits and all other fishing regulations must be followed on Free Fishing Day. To find out more, scan the accompanying QR code. If QR codes are new to you, Rusty will be most happy to help you learn. It’s very easy!



Active Living Activities

The Golden Girls

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

ITALY
FLORIDA
GOLDEN
MIAMI
BEA ARTHUR
MINNESOTA
KITCHEN
BLANCHE
STAN
DOROTHY
LOVE
FRIENDSHIP
SOUTHERN
SHADY PINES
PETRILLO
ST. OLAF
GIRLS
SOPHIA
MILES
ROSE

Play this puzzle online at : <https://thewordsearch.com/puzzle/18195/>

Mamma Mia! - July 27 at the New London Barn Playhouse

Let's take a trip back to the '70s, back when ABBA ruled the airwaves. *MAMMA MIA!* is the mega-hit Broadway show about a daughter's dream, a mother's secret, and a trip down the aisle you will never forget! *MAMMA MIA!* is packed with 22 ABBA hits, including "Dancing Queen," "Super Trouper," "Take A Chance on Me," and "The Winner Takes It All" that will have you dancing in the aisles.

We'll be attending the Wednesday, July 27 matinee at the New London Barn Playhouse (84 Main Street; New

London, NH; 03257). Up to ten ticketed guests will meet in the Gould Street parking lot in time for a 12:45 p.m. departure via the White Birch Center bus. (We suggest you have lunch on your own before meeting at Gould Street). The show starts at 2:00 p.m., and we anticipate a 5:00 p.m. departure.

The signup sheet is currently 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 \$44.50 (\$42.50 ticket price and \$2.50 NLBP fees). 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.

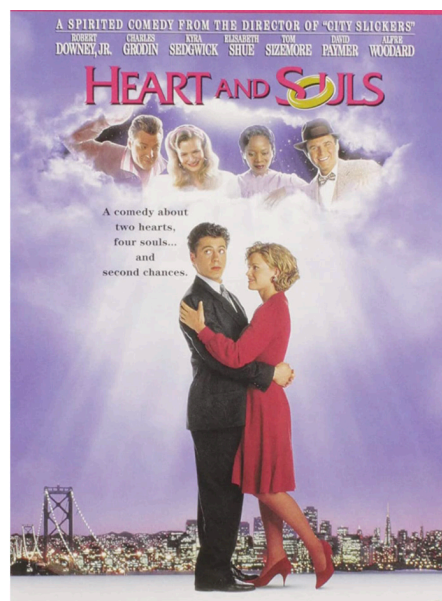


Schedule Highlights

Movie: *Heart and Souls*

If you're a normal human, chances are you've had a dream that, for whatever reasons, you've never pursued. Whether deep down inside or brightly glowing on your surface, you might feel a tinge of regret for not having pursued that dream. This heartwarming film will undoubtedly inspire you to reconsider that pursuit.

Harrison (Charles Grodin), Penny (Alfre Woodard), Julia (Kyra Sedgwick) and Milo (Tom Sizemore) die in 1959 when the bus in which they are riding crashes. The four continue as benevolent ghosts, guardians to the child born at the moment of their deaths. Baby



Thomas grows up to be a businessman (Robert Downey Jr.) who has memories of his playmates, but assumes they are products of his youthful imagination. When the ghosts realize they need Thomas' help to move on, they

decide to make an appearance once more.

Here's our chance to revisit and rethink your dreams. Join us on Thursday, June 2 for the 1:00 showing of *Heart and Souls*. Be sure to place your name on the signup sheet in the Welcome Room so we know to expect you.



Active Living Schedule

Monday, May 30

- **White Birch Center for Active Living is closed in honor of Memorial Day**

Tuesday, May 31

- 9:30 - Bonebuilders
- 1:00 - Mah Jongg

Wednesday, June 1

- **9:00 - Depart for Lincoln Brook Trail hike**
- 10:00 - KnitWits
- 2:00 - Bridge

Thursday, June 2

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: *Heart and Souls* (Rated PG-13)**

Friday, June 3

- 9:30 - Bonebuilders
- 1:00 - Cribbage

Monday, June 6

- 10:30 - Bonebuilders
- 1:00 - Bridge

Tuesday, June 7

- 9:30 - Bonebuilders
- 1:00 - Mah Jongg

Wednesday, June 8

- 8:30 - Tai Chi
- 10:00 - KnitWits
- **1:00 - Team Trivia with Marc**
- 2:00 - Bridge

Thursday, June 9

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **10:30 - Depart for Chuckster's Miniature Golf**

Friday, June 10

- 9:30 - Bonebuilders
- 1:00 - Cribbage