



# WHITE BIRCH CENTER *for* ACTIVE LIVING

603-428-3077

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[www.whitebirchcc.org](http://www.whitebirchcc.org)

## October 6: Ride the Mount Washington Cog Railway

Yes, it does seem a bit early to be discussing leaf peeping, but judging from the rate at which the Mount Washington Cog Railway seats are being snapped up ahead of fall, time is clearly of the essence! Ride to the 6288' summit of Mount Washington– the highest mountain peak in the Northeast– powered by one of Mount Washington's custom-built biodiesel locomotives. The approximately three-hour round trip is an exhilarating journey through history, technology and nature, and includes plenty of time to explore the State Park at the summit. Seasonal and weather-related restrictions apply. (See more about the Mount Washington Cog Railway by scanning the accompanying QR code. If QR codes are new to you, Rusty will be most happy to help you learn. It's very easy!)



**Because early booking enhances our chances of getting some of the available seats, you're urged to contact Rusty directly (603-428-3077 / [rustyg@whitebirchcc.org](mailto:rustyg@whitebirchcc.org)) so he can purchase your ticket for you. He'll seek reimbursement after the purchase. Tickets are \$86. There is also a suggested donation of \$7.50 to White Birch Center to help cover fuel costs for the bus.** This excursion is available for the first ten guests, limited only by available seating on the White Birch Center bus.

We'll meet in the gravel parking lot on Gould Street at 8:00 a.m. in time for an 8:15 a.m. departure to Mount Washington. Estimated arrival time at Mount Washington is 11:30 a.m.

## October 20: Conway Scenic Railroad Sawyer River Excursion

While we're on the subject of riding a train in the fall: Enjoy another old-fashioned railroading experience. Travel back in time on this heritage rail excursion, enjoying riding along this historic rail route in vintage passenger cars from the 1874 train station in North Conway Village to Sawyer River and back again. This journey is about a 2 hour, 10 minute round trip crossing over several bridges with picturesque river views.

All excursions depart from the 1874-built Victorian station in North Conway Village. See more about the Conway Scenic Railroad Sawyer River Excursion by scanning the accompanying QR code. If QR codes are new to you, Rusty will be most happy to help you learn. It's very easy!

**Because early booking enhances our chances of getting some of the available seats, you're urged to contact Rusty directly (603-428-3077 / [rustyg@whitebirchcc.org](mailto:rustyg@whitebirchcc.org)) so he can purchase your ticket for you. He'll seek reimbursement after the purchase. Tickets in coach class are \$47. There is also a suggested donation of \$7.50 to White Birch Center to help cover fuel costs for the bus.** This excursion is available for the first ten guests, limited only by available seating on the White Birch Center bus.

We'll meet in the gravel parking lot on Gould Street at 9:45 a.m. in time for a 9:55 a.m. departure to Conway. Estimated arrival time at the rail station is 11:55 a.m., getting us there in plenty of time for the 12:30 departure.



TOWN OF HENNIKER PRESENTS

# 2022 SUMMER

## HENNIKER CONCERT SERIES

**FREE**  
Donations  
Accepted

**TUESDAY  
EVENINGS**  
6:30 PM

MUSIC + RAFFLES + PICNIC + FAMILY FUN + MUSIC + RAFFLES + PICNIC + FAMILY FUN + MUSIC

**JUNE 14**

### PEABODY'S COAL TRAIN

Harmony-rich, acoustic Americana  
Co-sponsors: Henniker Area Rotary  
Club & SuperScoops

**JUNE 21**

### DOWNTOWN HORNS

"Little big band" mixing jazz,  
blues, R&B and Latin  
Sponsor: Colby Hill Inn &  
The Grazing Room

**JUNE 28**

### REGGIE HARRIS

Internationally-acclaimed  
folk-musician and educator.  
Sponsor: Friends of Henniker  
Concerts

**JULY 5**

Independence Day Celebration

### FREESE BROTHERS BIG BAND COMBO

Celebrating Swing Era & Great  
American Songbook

Co-sponsors: Henniker Historical  
Society, White Birch Center

**JULY 12**

### COLD CHOCOLATE

Boston-based band fusing folk,  
funk, and bluegrass.

**JULY 19**

### MINK HILLS BAND

NH acoustic Bluegrass,  
Swing and Folk blend  
Sponsor: Henniker Septic Systems

**JULY 26**

### MS. VEE AND A BADASS BAND

2019 Granite State Blues Challenge  
winner, Soulful blues and witty  
comedic timing  
Sponsor: Henniker House Bed &  
Breakfast

**AUGUST 2**

### NOT FADE AWAY

NH's premier Grateful Dead  
Tribute Band  
Co-sponsors: Edmunds Ace Hardware  
& Country Spirit Restaurant

**AUGUST 9**

### QUEEN CITY SOUL

R&B, soul and funk are hallmarks  
of this Manchester band  
Co-sponsors: Ciardelli Oil Co. and  
Friends of Henniker Concerts

**AUGUST 16**

### GROOVE ALLIANCE

Motown classics and R&B from  
award winning show band  
Sponsor: Davis & Towle

**AUGUST 23**

### KOTOKO BRASS

Propulsive, infectious party music  
with a global flair  
Sponsor: Pats Peak

**AUGUST 30**

### NICK'S OTHER BAND

End of summer bash with our  
favorite party band  
Sponsor: Henniker Family Dentistry

### ANGELA ROBINSON BANDSTAND

Community Park, 57 Main Street, Henniker  
TUESDAYS AT 6:30 - 8:00 PM



In the event of rain, concert will be held on Wednesday night or in the  
Community Center TBD. Follow us on facebook page for updates:  
[Facebook.com/HennikerConcert](https://www.facebook.com/HennikerConcert)

Observing CDC and state guidelines regarding social distancing and mask wearing.

# Active Living Activities

## Little House on the Prairie

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

ALBERT  
ALMANZO  
LARS  
MARY  
ROSE  
REVEREND ALDE  
HARRIET  
LAURA  
GRACE  
JACK  
CARRIE  
NELLIE  
WILLIE  
CHARLES  
NELS  
DR BAKER  
CAROLINE

Play this puzzle online at : <https://thewordsearch.com/puzzle/3253/>

## Rescheduled Excursions

Earlier this month, we had to reschedule a couple of off-campus excursions.

- **Lincoln Woods Hike** is now Wednesday, June 22. This is a level hike that follows the river. Lunch afterward. Contact Rusty to reserve a seat.

- **Chuckster's Miniature Golf** outing is now Thursday, June 23. There may be a few extra seats available on the bus if you weren't previously scheduled but would like to go. Lunch afterward. Contact Rusty to reserve a seat.

## Rewind: A Message from the Executive Director

In looking through previous newsletters from years back, I found this article in the September 2016 issue. It's a timeless reminder for us all, written by Executive Director Marc McMurphy. Enjoy! *rusty*

*Since 1979, the National Council on Aging has celebrated National Senior Center Month in September. Recently, themes have also made their way into the celebration and this year's theme is "Masters of Aging." The idea is that every senior center should show their community how they are "Masters of Aging."*

*Let's keep to the lighter side of this issue. Most seniors get quite good at aging. They have no choice. For example, aches and pains are not just a bother when lying in bed in the morning, they are a memory exercise. "What did I do yesterday that would cause my knee to hurt?" Then, seconds later the recollection "Oh yah, my grandchildren are staying with us this week."*

*Mastering aging is nothing more than accepting it as a part of life. Aging is not a battle to be won or a problem to be solved. It has its challenges, but so does being a teen, a young mother, or a middle-aged person struggling to make ends meet.*

*Masters of aging are just older people who, in living their lives, find happiness in the moment. They see opportunity at senior centers to stay connected, enjoy conversation, share their own joy as well as experience the joy of others. They stay active and engaged.*

*The White Birch Center foier Active Living is nothing more than a vehicle to enhance the energy and spirit that already exists in seniors. It is a place of joy and happiness because our Masters of Aging make it that way. And, we have Ibuprofen for when the grandchildren come to visit.*

# Schedule Highlights

## Book Club: *Anxious People*

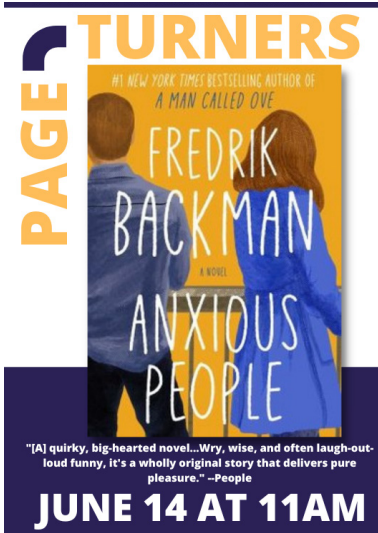
Looking at real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can't fix their own marriage. There's a wealthy bank director who has been too busy to care about anyone else and a young couple who are about to have their first child but can't seem to agree on anything. Add to the mix an eighty-seven-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face, a flustered but still-ready-

to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world.

Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. None of them are entirely who they

appear to be. And all of them - the bank robber included - desperately crave some sort of rescue. As the authorities and the media surround the premises, these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next.

Proving once again that Backman is "a master of writing delightful, insightful, soulful, character-driven narratives" (USA Today), *Anxious People* "captures the messy essence of being human... It's clever and affecting, as likely to make you laugh out loud as it is to make you cry" (The Washington Post). This "endlessly entertaining mood-booster" (Real Simple) is proof that the enduring power of friendship, forgiveness, and hope can save us - even in the most anxious of times.



# Active Living Schedule

## Monday, June 13

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

## Tuesday, June 14

- 9:30 - Bonebuilders
- **11:00 - Book Club at Tucker Free Library**
- 1:00 - Mah Jongg

## Wednesday, June 15

- **10-3 - GVNA Health Clinic**
- 10:00 - KnitWits
- 2:00 - Bridge

## Thursday, June 16

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: Sunset Boulevard (Rated PG)**

## Friday, June 17

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

## Monday, June 20

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

## Tuesday, June 21

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

## Wednesday, June 22

- 8:30 - Tai Chi
- **8:50 - Depart for Lincoln Woods Hike**
- 10:00 - KnitWits

## Thursday, June 23

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

## Friday, June 24

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