



WHITE BIRCH CENTER for ACTIVE LIVING

603-428-3077

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www.whitebirchcc.org

Invite a Friend

As you may know, nonprofit entities such as White Birch Center for Active Living are largely dependent on the numbers of active participants. Without those participants, the entity has no defensible reason for existing.

While society continues to slowly emerge from these two-plus years of hibernation, it is more



important than ever to actively participate in as many of the offered programs as possible. We keep a record of attendance and, when it's time to renew requests for

funding, the level of attendance plays a huge role in that funding.

If you're happy with the programming at White Birch Center for Active Living, of course you're encouraged to attend as often as possible. Better yet, you can play one small but equally important role in White Birch Center's continued strength and health: invite a friend. Doing so should be an easy process, as your friends likely are already aware that the programming here plays an important part in your life.

A great and quite natural ice-breaker for inviting a friend is to bring him or her along on one of the upcoming off-campus adventures. Take a look at the article to the upper right, select one or more excursions, and start the invitation. We'd love to have you both...or all three, four, or five!

A Quick Rundown of Confirmed Adventures

There are quite a few off-campus adventures on the docket, with others likely to be added. If you would like to participate, it's best to register now rather than run the risk of disappointment later. Register by placing your name on the appropriate signup sheet in the Welcome Room or by contacting Rusty Gage via phone or email: 603-428-3077 or rustyg@whitebirchcc.org.

- July 7.....Lake Sunapee Scenic Cruise
- July 21.....Bowling at Boutwell's
- July 27.....*Mamma Mia!*
- August 4.....Mount Washington Cog Railway
- September 1.....Christmas Tree Shops / Trader Joe's
- September 16.....Glendi 2022 - A Greek Festival
- September 29.....A Day in Ogunquit, Maine
- October 6.....Mount Washington Cog Railway
- October 20.....Conway Scenic Railroad
- November 17.....Vermont Country Store
- December 15.....Theater Movie: *It's A Wonderful Life*

Grill & Chill - June 24

The beloved hot dog is back with a vengeance! Join us every other Friday at noon for a good ol' American cookout, complete with toasted buns, a selection of chips, and all the expected toppings you can handle. Be sure to mark your calendar for Friday, June 24 at noon. Hope to see you **and a friend** under the tent!



Active Living Activities

Popular American Foods

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

WAFFLES
FRENCH FRIES
HAMBURGER
SAUSAGE
CHOCOLATE
FRIED CHICKEN
PANCAKES
BACON
FRAPPICCHINO
PIZZA
BURGERS
ICED COFFEE
DONUTS
SALAD
HOTDOG

Play this puzzle online at : <https://thewordsearch.com/puzzle/9619/>

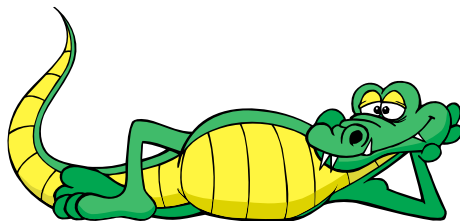
Old - Not Stupid

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening, he decided to go down to the pond and took a five-gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer, he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence, and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!"

The old man thought for a second and said, "I didn't come down here to watch you ladies swim or to make you get out of the pond naked."

Holding the bucket up, he said, "I'm here to feed the alligator!"



Survey Results

On June 14, 2022, we distributed an informal single-question survey to the Active Living folks whose email addresses we have on file. The question was, "At what age can someone first be considered to be a senior citizen?" We've received 41 responses so far. Here are the results:

50 - 14.6%	55 - 29.3%
60 - 14.6%	<u>65 - 31.7%</u>
70 - 7.3%	75 - 0%
80 - 0%	85 - 0%
90 - 2.4%	95 - 0%
100 - 0%	

Welcome the Stranger

- Recognize and respect the right to have differences
- Discuss differences in person
- Influence with kindness and civility
- Simply be welcoming

Schedule Highlights

Movie: *Florence Foster Jenkins*

Florence Foster Jenkins was an American socialite and amateur soprano who became known and mocked for her flamboyant performance costumes and notably poor singing ability. Stephen Pile ranked her “the world’s worst opera singer ... No one, before or since, has succeeded in liberating themselves quite so completely from the shackles of musical notation.”

Despite – or perhaps because of – her technical incompetence she became a prominent musical cult-figure in New York City during the 1920s, 1930s, and 1940s. Cole Porter, Gian Carlo Menotti,



Lily Pons, Sir Thomas Beecham, and other celebrities were fans. Enrico Caruso reportedly “regarded her with affection and respect”. The poet William Meredith wrote that a Jenkins recital “was never exactly an aesthetic experience, or only to the degree that an early Christian among the lions provided

aesthetic experience; it was chiefly immolatory, and Madame Jenkins was always eaten, in the end.” Inasmuch as her blissfully ignorant hubris is as hypnotizing as a slow-motion train wreck, it’s also quite inspiring, challenging all of us to realize our dreams.

If you’re a Meryl Streep fan, this movie is a must-see. In fact, her portrayal of Florence Foster Jenkins saw her twentieth Oscar nomination. Streep showed up fully prepared on the London set after working with a singing coach in New York, said director Stephen Frears. “You can only sing badly if you are good singer, and Meryl is a very good singer, she has a head start. When she came to London she knew how to do it, we did not have hours of discussion.” Somehow, Streep manages to pull off the comedic element of singing off-key opera arias without making fun of her character, who is blissfully unaware of how she really sounds. “Meryl was very insistent on that,” said Frears. “That was the job, really.”

Active Living Schedule

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
- 10:00 - KnitWits
- 2:00 - Bridge

Thursday, June 23

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders

Friday, June 24

- 9:30 - Bonebuilders
- **12:00 - Grill & Chill**
- 1:00 - Cribbage

Monday, June 27

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

Tuesday, June 28

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

Wednesday, June 29

- 8:30 - Tai Chi
- **8:45 - Breakfast at Intervale Pancake house**
- 10:00 - KnitWits
- 2:00 - Bridge

Thursday, June 30

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: Florence Foster Jenkins**

Friday, July 1

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