



# WHITE BIRCH CENTER for ACTIVE LIVING

*For anyone over 50 who feels way too young to be old*

603-428-3077

Issue No. 18 | 6/24/2022

www.whitebirchcc.org

## A Quick Rundown of Confirmed Adventures

There are quite a few off-campus adventures on the docket. Although they've all been previously published, here's a quick rundown of everything that's currently on the extended calendar, 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.

- Jul 7.....Lake Sunapee Scenic Cruise
- Jul 13.....Book signing with Peg Herbert
- Jul 21.....Bowling at Boutwell's
- Jul 27.....*Mamma Mia!*
- Aug 4.....Mount Washington Cog Railway
- Sep 1.....Christmas Tree Shops / Uno / Trader Joe's in Nashua
- Sep 16.....Glendi 2022 - A Greek Festival
- Sep 29.....A Day in Ogunquit
- Oct 6.....Mount Washington Cog Railway
- Oct 20.....Conway Scenic Railroad
- Nov 17.....Vermont Country Store
- Dec 15.....*It's A Wonderful Life* at Red River Theater

## Book Signing with Local Author

In 2001, Hopkinton residents Tom and Peg Herbert set off from San Diego on a tandem bike to ride across the country. They had maps, camping gear, a trailer and each other. This is the story of their 3,755-mile journey back home to New Hampshire.

Join Peg at White Birch Center for Active Living for a fun discussion and a book signing at **3:00 on Tuesday, July 12.**

*Peg is a retired 3/4 grade teacher at the Henniker Community School. Mrs. Spaulding's 5th grade class followed their daily journals and kept track of where they were.*



## *Mamma Mia!* July 27

There is still available space if you and a friend or two would like to attend the Wednesday, July 27 matinee of *Mamma Mia!* at the New London Barn Playhouse (84 Main Street; New London, NH; 03257). 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.



*Bring a friend  
Win a trip*

- Attend any White Birch Center for Active Living event starting July 1, 2022.
- Bring a friend who has never attended a White Birch event.
- Record your names and contact information on the attendance sheet.
- We'll enter you in a random drawing to win two tickets on the October 20, 2022 Conway Scenic Railroad Tour.
- Last date to be eligible - July 29, 2022.
- Random drawing takes place on Monday, August 1, 2022.
- Questions? Ask Rusty Gage: 603-428-3077 / [rustyg@whitebirchcc.org](mailto:rustyg@whitebirchcc.org)

WHITE BIRCH CENTER  
FOR ACTIVE LIVING

# Active Living Activities

## Fourth of July

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

STRIPES  
FRIENDS  
FREEDOM  
HEROES  
WHITE  
PARADE  
LIBERTY  
BLUE  
FIREWORKS  
DECLARATION  
FAMILY  
UNCLE SAM  
INDEPENDENCE  
UNITED STATES  
FLAG  
STARS  
AMERICA  
RED

## Retired and Looking?

**Here's the perfect opportunity to share your gifts with the next generations.** White Birch Center is currently searching for that special person who enjoys being in the kitchen. The Kitchen Manager is responsible for preparing the monthly meal calendar, the daily meals, transport of the daily meals to children's classrooms within walking distance, and preparing the kitchen for the same routine for the next business day. Candidates should demonstrate a documented history of being able to work independently and should be able to lift and carry up to fifteen pounds. While a current ServSafe food handling certification is preferred, White Birch Center will support the right candidate in obtaining certification. This position is a Monday through Friday position, starting at 7:00 a.m., ending at 4:00 p.m. Contact Leanna Lorden: [leannal@whitebirchcc.org](mailto:leannal@whitebirchcc.org).

## A Fun Caprese-Style Dish for Your July 4 Celebration

### Ingredients

- 18 small purple potatoes (about 1 pound)
- kosher salt
- 1 pound herbed cheese spread, at room temperature
- 1/4 cup extra-virgin olive oil
- 1/3 cup fresh basil leaves, roughly chopped
- 26 cherry tomatoes, halved (about 2 pounds)
- 24 1-inch mozzarella balls in brine, drained and halved

### Special equipment

- 12 by 17.5-inch wooden cutting board
- Pastry bag fitted with a small star tip

### Instructions

- Cook the potatoes in generously salted boiling water until fork-tender but not falling apart, about 20 minutes. Drain well and allow to cool completely. Cut in half crosswise.
- Fill a pastry bag, fitted with a small star tip, with the herbed cheese spread. Cut a piece of parchment large enough to fit a 12 by 17.5-inch wooden cutting board. Put a dab of cheese spread on the underside of each corner of the parchment to help it adhere to the cutting board.

- Pipe and spread a thin layer of cheese spread in to a 6 1/2- by -9 1/2-inch rectangle in the upper left corner of the parchment. Arrange the potatoes in rows, cut-side-up, on top of the cheese. Pipe the remaining cheese in between the potatoes to make stars for the flag.
- Drizzle the remaining empty portion of parchment with half of the oil then sprinkle all over with the basil. Starting from the top, make a line of tomato halves, cut-side-up, followed by a line of mozzarella halves, cut-side-down. Repeat with the remaining tomatoes and mozzarella. Drizzle everything with the remaining olive oil and sprinkle with salt.
- Chef, take note: you'll likely have some ingredients left over. Toss them together and have a fun, patriotic, brightly colored bonus dish for yourself!



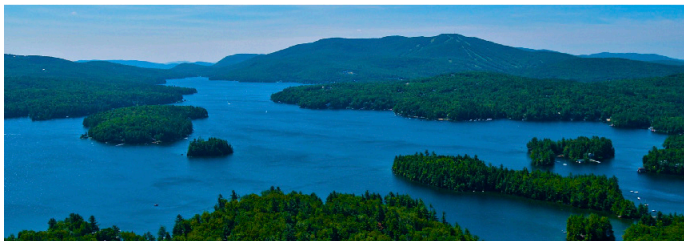
# Schedule Highlight

## Fall Lake Sunapee Cruise?

We're very excited about the upcoming scenic **Lake Sunapee tour taking place on July 7**. While that particular cruise is strictly about experiencing the scenery, we're looking into a charter cruise that also provides a nice lunch. That, of course, would cost a bit more, with the total cost of the charter being divided evenly amongst the passengers.

The entire charter is \$1,260.00. With 20 participants, the cost for the meal and the cruise would be \$63.00 per person. For comparison purposes, that cost drops to \$41.99 per person if we have 30 participants. **We're considering October 13 as the lunch cruise date.**

If this appeals to you, please let Rusty know as soon as possible: 603-428-3077 / rustyg@whitebirchcc.org.



## Grill & Chill - July 8

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, July 8 at noon. Hope to see you **and a friend** under the tent!



# Active Living Schedule

## 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

## Monday, July 4

**White Birch Center closed in observance of Independence Day**

## Tuesday, July 5

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

## Wednesday, July 6

- 8:30 - Tai Chi
- 10:00 - KnitWits
- 2:00 - Bridge

## Thursday, July 7

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Depart for Lake Sunapee Cruise**

## Friday, July 8

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