



WHITE BIRCH CENTER *for* ACTIVE LIVING

603-428-3077

Issue No. 15 | 6/3/2022

www.whitebirchcc.org

August 4: Ride the Mount Washington Cog Railway

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)!



The signup sheet is now posted in the Welcome Room at White Birch Center, available for the first ten guests (limited to available space on the White Birch Center bus). **Please note that placing your name indicates a commitment, and Rusty will purchase your ticket(s) for you. Reimbursement is \$72. There is also a suggested donation of \$7.50 to White Birch to help cover fuel costs for the bus.** (This is more than the usual \$5.00 suggested donation because, at 230 miles round trip, this is considerably farther than our local outings, obviously expending more gasoline). You can also contact Rusty directly, and he'll purchase your ticket and seek reimbursement after the purchase: 603-428-3077; rustyg@whitebirchcc.org.

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.

September 16: "Glendi" - A Greek Festival

Come celebrate and enjoy the fun with many features such as Greek foods & pastries, jewelry booth showcasing beautiful Grecian imports/jewelry, Greek cafe serving Greek demitasse, and an Aegean Market featuring foodstuffs and clothing.

The signup sheet is now posted in the Welcome Room, available for the first ten guests (limited to space available on the White Birch Center bus). **Please note that placing your name indicate sa commitment, as you are reserving a seat on the bus. There is a suggested donation of \$5.00 to White Birch Center to help cover fuel costs for the bus.** Other fees and purchases are managed directly by the event organizers, and you pay for each desired service / product as you would at any large vendor-dependent festival.



We'll meet in the gravel parking lot on Gould Street at 10:00 a.m. in time for a 10:15 departure to Manchester. Estimated arrival at St. George's Cathedral (the host site) is 11:00 a.m.

Active Living Activities

Most Common Pets

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

BIRD
GUINEA PIG
IGUANA
DOG
RAT
HAMSTER
CHINCHILLA
TURTLE
LIZARD
GERBIL
SNAKE
CAT
FISH
CHICKEN
FERRET
MOUSE

Play this puzzle online at : <https://thewordsearch.com/puzzle/8/>

June 8: Tai-Chi for Balance & Strength

Participants will learn movements from the Yang style Tai-Chi slow set, an ancient martial art form also used to strengthen the body, improve balance and facilitate Chi (life energy) flow.

The traditional Yang family form is characterized by generous circles, dynamic postures and smooth, graceful movement.

Tai-Chi has been proven to be helpful in maintaining flexibility and balance for many, and people of all ages can benefit from these exercises.

Your instructor will be Jim Broas, with over 25 years of study and practice in the arts. \$5 donation suggested, please.

Differing Viewpoints? Mutual Respect is Key

“Tomato” or “tomahto.” Whatever your pronunciation, chances are pretty good that you’re going to stick with what you know. You may even go so far as to vehemently defend it. But in the end, does it really matter?

As our society emerges from covid hibernation and as White Birch Center moves toward ensuring that everyone for miles around is aware we’re up and running, we’ll be welcoming new people to the fold, bringing diverse viewpoints. If someone’s views differ from yours, please take a brief moment to keep forefront that we’re all here for one main reason: to be purposeful about enjoying our lives.

The best viewpoint: no matter the difference of opinion, mutual respect is always the best route not just for the directly involved parties, but for the general health of the group. When you are kind to others, it not only changes you; it changes the world.

Schedule Highlights

Join us for *Sunset Boulevard*

This classic is just as compelling today as it was when Gloria Swanson declared that her character, Norma Desmond, was ready for her closeup back in 1950. Winning an Oscar for Best Writing, Story and Screenplay, another for Best Art Direction and Best Set Direction, and yet another for Best Music, *Sunset Boulevard* is still ranked among the greatest movies ever made.

An aging silent film queen refuses to accept that her stardom has ended. She hires a young screenwriter to help set up her movie comeback. The screenwriter



believes he can manipulate her, but he soon finds out he is wrong, not realizing she is drawing him into her demented fantasy world. The screenwriter's ambivalence about their relationship and her

unwillingness to let go leads to a situation of violence, madness, and death.

We'd love to have you join us for *Sunset Boulevard* on Thursday, June 16 at 1:00. Enjoy the movie even more by inviting a friend who either hasn't been to White Birch Center in a while or who has never experienced the camaraderie that typically accompanies every gathering. Let us know you're coming through one of these means:

- Place your name on the sign-up sheet in the Welcome Room
- Drop a line to Rusty: rustyg@whitebirchcc.org
- Phone Rusty at 603-428-3077

Active Living Schedule

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 - **Chuckster's Miniature Golf**

Friday, June 10

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

Monday, June 13

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

Tuesday, June 14

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

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 10

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