



# WHITE BIRCH CENTER *for* ACTIVE LIVING

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## We're Back in Business

Warmer weather is finally here, flowers are blooming, trees are budding, and we're beginning to rouse, going places and doing things that jolt us into remembering that we're healthy and alive. Don't you just love the promising sense of rejuvenation that accompanies the dawn of springtime in New England?

To welcome the warmer weather, the White Birch Center's activity tent is now up and abuzz with activity. **Bonebuilders** kicked this season off by hosting their first training session under the tent last week, strengthening body and mind while enjoying the company of like-minded friends.



Also accompanying the launch of the warmer weather are outdoor activities that go well beyond the White Birch Center tent. A small group enjoyed a **challenging but doable 3.5 mile hike** in the Sunapee ski area, finishing with a satisfied sense of time well-spent and vista views that will undoubtedly be long-remembered. We are currently in the midst of planning additional hikes throughout the duration of the warmer weather.

Another group is exploring the possibility of a **relaxing scenic cruise**, taking in the sights and sounds of Lake Sunapee aboard the M.V.MT. Sunapee II, which features an open-air top deck and a fully enclosed lower deck. "Exploring" might be a quickly-fading

word, as the interest list continues to grow. We'd love for you, your friends and neighbors to add your names to that interest list.

We're also exploring the possibility of a **nearby fishing trip**. You don't need to be a pro angler to participate. You just have to want to be outdoors enjoying nature and the company of good friends. We'll share more information about the fishing excursion as it begins to take on a more recognizable shape.

To add your name to any or all of these interest lists, place your name on the appropriate signup sheet in the Welcome Room at White Birch Center, drop a line to Rusty ([rustyg@whitebirchcc.org](mailto:rustyg@whitebirchcc.org)), or phone Rusty at 603-428-3077.

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## Mah Jongg



Here's another chance to keep your brain active and healthy. Even if you're new to mah jongg, your fellow players will help you to learn this fun and challenging game. Join us at White Birch Center on Tuesdays from 1:00 to 3:00. There's no need to pre-register. Simply show up, and we'll welcome you to the fun!

# Active Living Activities

## Human Bones

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

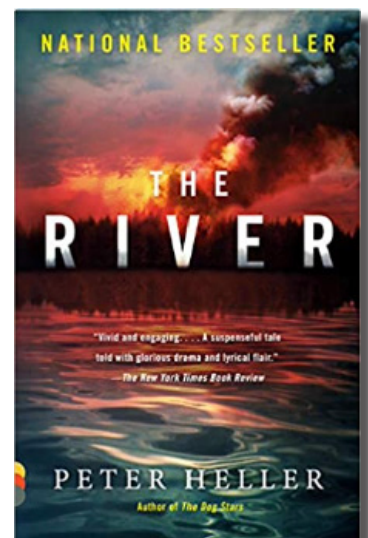
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 FEMUR  
 SCAPHOID  
 TALUS  
 STAPES  
 HAMATE  
 TRAPEZIUM  
 TIBIA  
 PATELLA  
 TEMPORAL  
 ULNA  
 CLAVICLE  
 COCCYX  
 STERNUM  
 MALLEUS  
 HUMERUS  
 FIBULA

Play this puzzle online at : <https://thewordsearch.com/puzzle/48/>

## Page Turners Book Club This Coming Tuesday, May 17

Wynn and Jack have been best friends since college orientation, bonded by their shared love of mountains, books, and fishing. Wynn is a gentle giant, a Vermont kid never happier than when his feet are in the water. Jack is more rugged, raised on a ranch in Colorado where sleeping under the stars and cooking on a fire came as naturally to him as breathing. When they decide to canoe the Maskwa River in northern Canada, they anticipate long days of leisurely paddling and picking blueberries. But a wildfire making its way across the forest adds unexpected urgency to the journey. One night, with the fire advancing, they hear a man and woman arguing on the fog-shrouded riverbank; the next day, a man appears on the river, paddling alone. Is this the same man they heard? And if he is, where is the woman? From this charged beginning, master storyteller Peter Heller unspools a headlong, heart-pounding story of desperate wilderness survival.

Join other White Birch members and fans of *The River* at Tucker Free Library on Thursday, May 17 at 11:00 a.m. If you decide to join, please remember to indicate your commitment by placing your name on the signup sheet in the Welcome Room at White Birch Center.



# Schedule Highlights

## Join us for *Titanic*

On Dec. 19, 1997, James Cameron's *Titanic* set sail in theaters nationwide. The 193-minute blockbuster epic went on to dominate the 70th Academy Awards, nabbing 11 wins including best picture.

This beloved icon is an action-packed romance set against the ill-fated maiden voyage of the R.M.S. Titanic; the pride and joy of the White Star Line and, at the time, the largest moving object ever built. She was the most luxurious liner of her era. Touted as unsinkable, the "ship of dreams" ultimately carried over 1,500 people to their deaths in the ice cold waters of the North Atlantic in the early hours of April 15, 1912.



Even if you've already experienced *Titanic*, we'd love to have you join us on Thursday, May 19 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 three means:

- Place your name on the signup sheet in the Welcome Room
- Drop a line to Rusty: [rustyg@whitebirchcc.org](mailto:rustyg@whitebirchcc.org)
- Phone Rusty at 603-428-3077

# Active Living Schedule

## Monday, May 16

- 10:00 a.m. - Bonebuilders
- 1:00 p.m. - Bridge

## Tuesday, May 17

- 9:30 a.m. - Bonebuilders
- 11:00 a.m. - Book club at Tucker Free Library
- 1:00 p.m. - Mah Jongg

## Wednesday, May 18

- 10:00 a.m. - KnitWits
- 10:00 a.m. to 3:00 p.m. - GVNA Health Clinic
- 2:00 p.m. - Bridge

## Thursday, May 19

- 8:45 a.m. - Gentle Yoga
- 10:00 a.m. - Bonebuilders
- **1:00 p.m. - Movie: "Titanic"**

## Friday, May 20

- 9:30 a.m. - Bonebuilders
- 1:00 p.m. - Cribbage