



WHITE BIRCH CENTER for ACTIVE LIVING


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

603-428-3077

Issue No. 19 | 07/01/2022

www.whitebirchcc.org

The Man on the Subway by Steven Covey

One of my favorite books - one that I have read over and over and continue to refer to on a regular basis is Steven Covey's *The 7 Habits of Highly Effective People*. I'm going to guess it was well over thirty years ago when I read it for the first time. All it took was one read of one particular passage in order for me to change my life's **entire** outlook. Yes, that might sound hyperbolic, but once you read the passage and truly take the time to understand its power, you might agree with its inherent perspective-changing empathic power. I can still almost quote the passage by heart all these years later. As we emerge from covid hibernation and continue to welcome new people into the White Birch Center fold - new people with viewpoints that may be new to each of us individually - I hope Dr. Covey's words affect you in the same positive manner in which they still guide me today. Enjoy! 



"I remember a mini-paradigm shift I experienced one Sunday morning on a subway in New York. People were sitting quietly – some reading newspapers, some lost in thought, some resting with their eyes closed. It was a calm, peaceful scene.

Then suddenly, a man and his children entered the subway car. The children were so loud and rambunctious that instantly the whole climate changed.

The man sat down next to me and closed his eyes, apparently oblivious to the situation. The children were yelling back and forth, throwing things, even grabbing people's papers. It was very disturbing. And yet, the man sitting next to me did nothing. It was difficult not to feel irritated. I could not believe that he could be so insensitive as to let his children run wild like that and do nothing about it, taking no responsibility at all. It was easy to see that everyone else on the subway felt irritated, too. So finally, with what I felt like was unusual patience and restraint, I turned to him and said, 'Sir, your children are really disturbing a lot of people. I wonder if you couldn't control them a little more?'

The man lifted his gaze as if to come to a consciousness of the situation for the first time and said softly, 'Oh, you're right. I guess I should do something about it. We just came from the hospital where their mother died about an hour ago. I don't know what to think, and I guess they don't know how to handle it either.'

Can you imagine what I felt at that moment? My paradigm shifted. Suddenly I saw things differently, and because I saw differently, I thought differently, I felt differently, I behaved differently. My irritation vanished. I didn't have to worry about controlling my attitude or my behavior; my heart was filled with the man's pain. Feelings of sympathy and compassion flowed freely. 'Your wife just died? Oh I'm so sorry! Can you tell me about it? What can I do to help?' Everything changed in an instant."



*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

WHITE BIRCH CENTER
FOR ACTIVE LIVING

Active Living Activities

Sea and Beach

R	E	E	T	N	Y	L	H	G	U	O	R	S	C
W	E	S	T	E	R	N	P	I	E	R	E	E	A
T	O	L	S	U	R	R	O	U	N	D	U	O	N
E	H	E	R	N	O	R	T	H	E	R	N	E	O
N	S	R	E	R	E	T	T	A	C	S	G	S	P
G	E	A	G	U	G	E	P	W	N	R	O	S	Y
N	S	W	N	S	R	H	A	H	V	U	E	E	S
I	R	H	U	A	R	A	R	S	T	T	W	E	E
L	O	C	O	N	R	P	R	H	H	N	R	H	V
W	H	T	L	D	O	E	E	T	C	N	N	L	O
A	S	E	N	Y	N	R	T	S	H	C	E	P	C
R	N	R	U	U	N	T	C	A	R	W	N	N	A
T	T	T	S	G	W	W	N	S	O	P	O	N	G
S	C	S	N	R	E	A	S	T	E	R	N	T	N

SURROUND
NORTHERN
HORSESHOE
ROUGHLY
SANDY
SCATTER
STRETCH
TRAWLING NET
TOWEL
WESTERN
CANOPY
SOUTHERN
SUN LOUNGER
PIER
COVE
EASTERN

A Day in Ogunquit - Sept 29

We're headed back to the charming village of Ogunquit, Maine, starting the day at the Ogunquit Museum of American Art.

The rest of the trip will be "free form," giving you time to wander the shops, galleries and restaurants, time to walk the shoreline, and time to just sit and watch the ocean.

Admission to the museum is \$10. There is also a suggested donation of \$8.00 to help cover the costs associated with the White Birch bus. Lunch & shopping are at each participant's own expense.

Registration is limited to the first twelve participants. Sign up in the Welcome Room or contact Rusty: rustyg@whitebirchcc.org or 603-428-3077

Chess Anyone?

Are there any chessmasters out there who would be interested in teaching a weekly or biweekly "I've always wanted to learn, but never took the time" group? We're keeping a list of all who are interested in bringing chess back to life at White Birch Center for Active Living.

If it's in your nature to patiently teach the basics and nuances of the game, we'd love to hear from you. We can't do it without you.

If you're one of the hopefuls who wants to learn, we'd love to hear from you, too!

Contact Rusty Gage at 603-428-3077 or via email: rustyg@whitebirchcc.org.

Wednesday Walkers

Walking can improve health even if the goal is not weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Just an extra ten minutes per day could possibly add years to your life. (Source: Centers for Disease Control and Prevention).

While we're in the midst of these warmer summer months, let's get outside! If you'd like to lead or co-lead a Wednesday Walkers group starting at 9:30 on Wednesday mornings (immediately following Tai Chi for Balance and Strength), please contact Rusty Gage at 603-428-3077 or via email: rustyg@whitebirchcc.org.



On Wednesday, June 22, a group of enthusiastic White Birch hikers took to the Lincoln Brook Trail just on the outskirts of the White Mountain National Forest. The Lincoln Brook Trail is absolutely gorgeous, and is highly recommended for anyone who simply would like to take a well-marked, easily navigated walk through the woods along a rushing river.

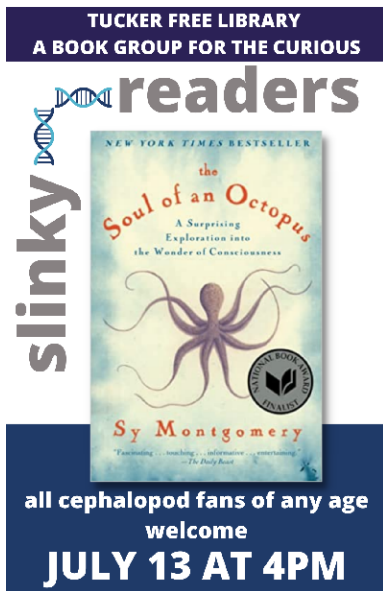
The weather was undoubtedly on their side, and the mosquitos must have been called to a more delicious smorgasbord elsewhere,

as they were essentially nonexistent. A restorative lunch at the Woodstock Inn and Brewery topped off a memorable trip. As Horace stated, “That was a perfect day.”

More hikes are in the works, and we’d love to have you join us. Take charge of upping the enjoyment level by bringing a friend. Keep an eye on the latest weekly newsletter for updates. Better yet, contact Rusty, and he’ll place you on the hiking interest roster. He’ll keep you apprised of the latest developments: 603-428-3077 / rustyg@whitebirchcc.org

Schedule Highlights

Page Turners Book Club Wednesday, July 13



In pursuit of the wild, solitary, predatory octopus, popular naturalist Sy Montgomery has practiced true immersion journalism. From New England aquarium tanks to the reefs of French Polynesia and the Gulf of Mexico, she has befriended octopuses with strikingly different personalities—

gentle Athena, assertive Octavia, curious Kali, and joyful Karma. Each creature shows her cleverness in myriad ways: escaping enclosures like an orangutan; jetting water to bounce balls; and endlessly tricking companions with multiple “sleights of hand” to get food.

Scientists have only recently accepted the intelligence of dogs, birds, and chimpanzees but now are watching octopuses solve problems and are trying to decipher the meaning of the animal’s color-changing techniques. With her “joyful passion for these intelligent and fascinating creatures” (Library Journal Editors’ Spring Pick), Montgomery chronicles the growing appreciation of this mollusk as she tells a unique love story. Sy turns funny, entertaining, touching, and profound, *The Soul of an Octopus* reveals what octopuses can teach us about the meeting of two very different minds.

Join us at Tucker Free Library at 4:00 p.m. on Wednesday, July 13.

Active Living Quick Schedule

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
- **12:50 - Depart for Lake Sunapee Scenic Cruise**

Friday, July 8

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

Monday, July 11

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

Tuesday, July 12

- 9:30 - Bonebuilders
- 1:00 - Mah Jongg
- **3:00 - Tandem USA book signing & discussion**

Wednesday, July 13

- 10:00 - KnitWits
- 1:00 - Team Trivia
- 2:00 - Bridge
- **4:00 - Book Club at Tucker Free Library**

Thursday, July 14

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: Forrest Gump**

Friday, July 15

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