



WHITE BIRCH CENTER for ACTIVE LIVING

For everyone age 50 & better who feels way too young to be old

603-428-3077

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www.whitebirchcc.org

A Quick Rundown of Confirmed Adventures

There are quite a few 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 email or phone: rustyg@whitebirchcc.org or 603-428-3077.

- Jul 21.....Bowling at Boutwell's
- Jul 22.....Grill & Chill
- Jul 27.....*Mamma Mia!*
- Aug 4.....Mount Washington Cog Railway
- Aug 5.....Grill & Chill
- Aug 19.....Grill & Chill
- Sep 2.....Grill & Chill
- Sep 1.....Christmas Tree Shops / Uno / Trader Joe's in Nashua
- Sep 16.....Glendi 2022 - A Greek Festival
- Sep 23.....Grill & Chill
- Sep 29.....A Day in Ogunquit
- Sep 29.....Granite VNA Flu Clinic
- 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

Gentle Yoga Testimonial

"Gentle Yoga is definitely worth trying. I started attending the classes many years ago. I found out that just the gentle movements seated in your chair or beside it are very beneficial. Our instructor Tom Sherman will guide all new people through the easy movements. It is amazing how good you feel after a class.

Because it is a program paid for by White Birch Center for Active Living, there is a suggested donation of \$5.00. It is well worth it and your body will say thank you. Come check it out and I think you will find it worthwhile.

We hope you will decide to join our friendly group. During the warm weather, our classes are held under the tent on Thursday mornings at 8:45 a.m."

---Louise French

Grill & Chill - July 22 & August 5

Join us for a good ol' American cookout, complete with a selection of chips and all the expected toppings you can handle. Be sure to mark your calendar for Friday, July 22 and Friday, August 5. Remember - if you **bring a friend** who has never attended a White Birch Center for Active Living event and you both write your names on the July 22 roster, you're automatically entered in a random drawing to win two tickets to the October 20 Conway Railroad trip.





*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

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FOR ACTIVE LIVING

Survey Results

On July 5, we distributed an informal survey to the Active Living folks whose email addresses we have on file. The question was, "Do you find the emailed version of the Weekly Newsletter to be useful?" We've received 30 responses as of the time this article was written. The results appear below, in no particular order. It appears that, in most cases, the newsletter is useful to those who responded to the survey.

Useful.....90.0%
Somewhat useful.....10.0%
Not useful..... 0%

The opportunity to provide a followup response immediately followed the introductory question: "What changes could make the emailed version of the Weekly Newsletter more useful?"

- It's great!
- Fine as is.
- It's fine.
- None at this time.
- I think it is fine like it is.
- Looking great the way it is!!
- I have no problem with it now.
- I believe it's fine just the way it is.
- I see no need to change anything.
- I like having the copy in my hand.
- Hmm I will have to think about it.
- You have improved it to be very useful.
- I think it's great! Thank you for doing it.
- I like the way you have it set up. Nice job!!!!
- More words of inspiration and / or humorous.
- I just like paper so I pick mine up on Tuesdays.
- It is perfect. I like the format the newsletter brings.
- I think you are doing a bang up job with communicating.
- Good for now. Can't think of any more to change or add.
- I also like having the printed newsletter to pick up at W.B.
- Since my eyesight and perhaps others, are not so good, might the writing be a bit larger?
- I look forward to Fridays as I know the newsletter will be emailed. Receiving it early and consistently on Friday is perfect.
- I think you do a nice job with the newsletter. Perhaps you could include health / wellbeing tips / articles in the newsletter.
- Not sure.
- It's good as is.
- Good the way it is.
- None
- No changes.
- No change suggestion.



Tai Chi for Balance & Strength: Personal Stories

"I began practicing tai chi about 20 years ago as a way to help manage anxiety. And I have stayed with it because it works, not just for that but for maintaining strength and flexibility as I age. But this class isn't really about learning tai chi. It's about using a few moves from tai chi to develop improved balance and strength, good for all ages and levels of mobility. Come give it a try!" --- Anne McCausland

"I wish more people would try the new Tai Chi for Balance and Strength" that Jim is offering. As a regular practitioner of Tai Chi, I find it to be immensely helpful to my body and mind. It seems like every time I read about ways to keep mind and body sharp, Tai Chi is mentioned." --- Sylvia Lennox

Tai Chi for Balance and Strength meets on Wednesday mornings at 8:30 a.m. **Bringing a friend** can help you to strengthen your level of commitment, as you now have someone counting on you - PLUS you'll both automatically be enrolled in the **Bring A Friend** random drawing, awarding to the winners two tickets on the October 20 Conway Scenic Train! Hope to see you under the tent soon!

If you would like to participate in future surveys, please make sure Rusty has your email address. For those whose email addresses we have on file and are not receiving the weekly surveys, please check your junk box, as there is a chance the surveys could end up there. Rusty can be reached via email at rustyg@whitebirchcc.org and/or telephone at 603-428-3077. Your input helps to shape the future of Active Living at White Birch Center.

Active Living Activities

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| C | A | P | T | A | I | N | S | M | I | T | H | S | E |
| E | P | R | U | I | G | R | E | B | E | C | I | F | Y |
| F | C | F | L | D | I | S | A | S | T | E | R | T | I |
| A | O | R | C | H | E | S | T | R | A | E | R | P | C |
| C | R | E | C | D | E | P | P | A | R | T | O | I | M |
| A | P | M | D | I | N | I | N | G | R | O | O | M | U |
| R | B | A | L | I | F | E | B | O | A | T | P | R | S |
| P | T | S | F | I | R | S | T | C | L | A | S | S | I |
| A | T | T | D | T | S | T | E | W | A | R | D | R | C |
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| H | B | E | L | F | A | S | T | L | B | C | M | C | A |
| I | A | H | W | H | I | T | E | S | T | A | R | H | N |
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FIRST CLASS
ORCHESTRA
CAPTAIN SMITH
CARPATHIA
MUSICIAN
OLYMPIC
STEWARD
DISASTER
TRAPPED
LIFEBOAT
ICEBERG
CABIN
DINING ROOM
CREW
RICH
WHITE STAR
BELFAST
SUITE
POOR

Play this puzzle online at : <https://thewordsearch.com/puzzle/23746/>

From the White Birch Cookbook

Swiss Vegetable Medley by Marc / Michele McMurphy

| | |
|--|--|
| 16 oz. pkg. frozen vegetable medley (carrots, broccoli, and cauliflower), thawed and drained | 1/3 c. sour cream |
| 11 oz. can cream of mushroom soup | 1/4 tsp. pepper |
| 1 c. shredded Swiss cheese, divided | 1 6 oz. can French's Fried Onions, divided |

Mix soup, 1/2 c. Swiss cheese, sour cream, and 1/2 can of French's Fried Onions. Add thawed mixed vegetable medley. Pour into a casserole dish. Bake covered at 350° for 30 minutes. Uncover and sprinkle over the top the remaining Swiss cheese, followed by remaining fried onions. Bake 10 minutes more until cheese starts to brown.

If you find this recipe inspiring, you can further support White Birch Center by buying your own White Birch Cookbook full of recipes submitted by White Birch Center members like Deb. The suggested donation price is \$10.

Hiking: A Personal Success Story

White Birch Center for Active Living member June Fitzpatrick shares her personal success story about how joining the hiking / walking group has positively impacted her life.

“As a participant at White Birch Center for Active Living, I recently joined the hiking / walking group. After only two excursions, my fellow friend and I walked around the track at Greenfield State Park, which we enjoy often, and were surprised to do it in a shorter time and not feel tired. We feel our previous group walks were very beneficial as well as giving us the opportunity for sharing time with other seniors. Thank you, White Birch.”

If you feel so led, we'd love to hear from you as to how White Birch Center has impacted your life. Think your story is small? There just may be another person out there who needs to hear it in its unapologetic form. Testimonials are being collected and will be used at a later date, with your direct permission, of course. Contact Rusty Gage at 603-428-3077 / rustyg@whitebirchcc.org.

The Mater Imitator

How can you not love this little guy? Kudos to Peggy Arney for her incredible patience and creativity.

If you enjoy knitting and socializing with like-minded individuals, come be a part of the KnitWits who get together on Wednesdays from 10 a.m. to noon. Don't let their name fool you. This close-knit (sorry - couldn't resist) group of creatives who puts on two annual craft fairs (dates TBA) is a ton of saucy and intelligent fun.

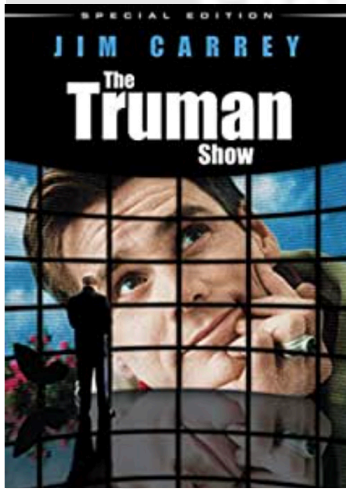


Schedule Highlights

Movie: *The Truman Show*

Truman Burbank is the unsuspecting star of *The Truman Show*, a reality television program filmed 24/7 through thousands of hidden cameras and broadcast to a worldwide audience. Christof, the show's creator and executive producer, seeks to capture Truman's authentic emotions and give audiences a relatable everyman.

As Truman was selected from birth following an unwanted pregnancy, Christof claims that Truman came to be adopted not just by the show, but by the whole "world." Truman's hometown of Seahaven Island is a complete set built within an enormous dome, populated by crew members and actors who highlight the product placements that generate revenue for the show. The elaborate set allows Christof to control almost every aspect of Truman's life, including the weather.



To prevent Truman from discovering his false reality, Christof manufactures scenarios that dissuade

Truman's desire for exploration, such as the "death" of his father in a sea storm to instill aquaphobia, and by constantly broadcasting and printing messages of the dangers of traveling and the virtues of staying home. However, Christof cannot predict all of Truman's actions. During his college years, Truman was intended to fall in love with and marry co-student Meryl, but fell for Sylvia, an extra...

...and it all goes dramatic from there.

Forget any preconceived perceptions of Jim Carrey. His performance in *The Truman Show* goes well beyond his elastic face and physical comedy, showcasing his true talent as a considerably more diverse actor. Kleenex will be provided.

Join us on Thursday, July 28 at 1:00. Be sure to let us know you're coming either by contacting Rusty or by placing your name on the sign-up sheet in the Welcome Room.

Active Living Schedule

Monday, July 18

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

Tuesday, July 19

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

Wednesday, July 20

- 8:30 - Tai Chi for Balance & Strength
- 10:00 - KnitWits
- **10:00 - GVNA Health Clinic**
- 2:00 - Bridge

Thursday, July 21

- 8:45 - Gentle Yoga
- **9:30 - Depart for bowling at Boutwell's**
- 10:00 - Bonebuilders

Friday, July 22

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

Monday, July 25

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

Tuesday, July 26

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

Wednesday, July 27

- 8:30 - Tai Chi for Balance and Strength
- **8:45 - Breakfast at Intervale Pancake House**
- 10:00 - KnitWits
- 2:00 - Bridge

Thursday, July 28

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: *The Truman Show***

Friday, July 29

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