



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 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

Flu Season is Right Around the Corner

Mark your calendars for Thursday, September 29, 12:00 p.m. to 2:00 p.m. Granite VNA will be at White Birch Center for Active Living to conduct a flu clinic. Those wishing to receive the flu vaccine can arrive at any time during the clinic hours. All that's needed is a current insurance card with Anthem, Harvard Pilgrim, Tufts, Medicare Part B, Medicaid and Medicare Advantage. Those who do not have coverage through one of these providers can pay the \$30 fee with cash or check. More information will be provided as the clinic date draws near.



Grill & Chill - August 5 & 19

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, August 5 and Friday, August 19. While the event is free to all, there is a donation jar provided if you feel led to donate any amount to help cover the costs. Please let us know you're coming so we can be properly prepared. You can sign up in the Welcome Room or you can contact Rusty: 603-428-3077; rustyg@whitebirchcc.org. Be sure to **bring a friend!**



*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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Survey Results

On July 12, we distributed an informal survey to the Active Living folks whose email addresses we have on file. The question was, “Do you read the free weekly newspaper known as *The Messenger*?” We’ve received 63 responses as of the time this article was written. The results appear below. It appears that *The Messenger* may be a viable medium through which to spread the WBC message.



- Every single week without fail.....34.9%
- Sometimes, but it’s not a huge priority.....50.8%
- Never..... 14.3%

Just So You Know What We See With Survey Results

Below is a screen shot of what we see when we receive the survey results from MailChimp, the online tool used to create the informal surveys many White Birch participants receive. While I’m sure there are ways to reveal a respondent’s identity, I make the conscious choice to keep respondent identities anonymous. I believe that respondent anonymity is an important part of the process of reviewing the rather simple responses I seek. When responses are anonymous, the risk of bias - conscious or otherwise - is significantly reduced. As is clearly shown via the red ovals encircling the phrase “unknown contact,” anonymity is indeed a part of my process. Of course, that anonymity is lost when the respondent places his or her name within the response (a rare occurrence, but it does happen) or offers some other form of readily and unmistakably identifiable data. Please know that my intentions are indeed solely about seeking honest and useful feedback. That feedback is used for one thing only: as a guide through which to constantly evolve and improve everyone’s experiences at White Birch Center. I sincerely hope the overwhelming majority of the surveys are seen that way. *patry*

The screenshot shows a MailChimp survey results page. The survey question is: "Now that the Lake Sunapee excursion is complete, is there anything you wish you had known beforehand that was not clearly conveyed prior to departure?".

On the left, several responses are listed, each starting with "Unknown contact said:". The responses are: "I thought you couldn't tell who has already responded to a survey????", "Nope!", "No", "No", and "no".

On the right, a "Contacts" list is shown. Each entry in the list is "Unknown contact" and includes a response time. Red ovals are drawn around the "Unknown contact" text in both the responses and the contact list. Red arrows point from the "Unknown contact" text in the responses to the corresponding "Unknown contact" entries in the contact list.

Active Living Activities

Titanic

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

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/>

Kathi and Fred

This incredibly handsome guy is Fred, a gentle 135-lb Great Pyrenees. His mom, Kathi Weir, shares a funny involving Fred to which we can all relate:

“A kid in the campground was petting Fred and said, ‘The first time I saw him I thought he was a polar bear and I wondered how an old lady like you can even hold onto him!’

I know I’m old, but people don’t usually say it right to my face!”

What’s Your Funny?

Do you have a little funny like Kathi’s that you’d like to share? Let Rusty know about it. You can drop a line to rustyg@whitebirchcc.org or you can phone him at 603-428-3077. Keep it family-friendly so everyone can enjoy.



Schedule Highlights

Mount Washington Cog Railway

“The Second Greatest Show on Earth!” That’s what showman P.T. Barnum proclaimed in 1869 as he stepped down off the train and marveled at the view from Mount Washington’s rocky summit. High praise indeed from the man whose



grand circus occupied the primary spot. Today, more than 150 years later, the Mount Washington Cog Railway continues to thrill passengers

from all over the world with its dramatic ascent to the summit of the highest peak in the Northeast.

The Cog is the first mountain-climbing cog railway in the world. With an average grade of 25% (some sections approach nearly 38%), it’s also the second steepest! Motive power is primarily provided by a fleet of seven powerful biodiesel locomotives, each custom designed, built and maintained on site. And with a nod to its steam heritage, the railway also continues to operate a pair of coal-fired steam engines in the warmer months, both well over a century old.

Located in the heart of the majestic White Mountains region of northern New Hampshire, Marshfield Base Station is 6 miles east of Route 302 on the western face of Mount Washington. Even the drive along Base Station Road is beautiful— every twist and turn reveals new perspectives on the Presidential Range. Make sure to stop for some pictures at Upper Ammonoosuc Falls, an impressive rocky cascade and popular swimming hole just a few yards off the road. And keep your eyes open for wildlife- moose and bear sightings are not uncommon along the Base road!

Active Living Schedule

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
- 1:00 - Cribbage

Monday, August 1

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

Tuesday, August 2

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

Wednesday, August 3

- 8:30 - Tai Chi for Balance & Strength
- 10:00 - KnitWits
- 2:00 - Bridge

Thursday, August 4

- **8:00 - Depart for Mt. Washington Cog Railway**
- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders

Friday, August 5

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