



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: rustyg@whitebirchcc.org / 603-428-3077.

- Aug 4.....Mount Washington Cog Railway
- Aug 5.....Grill & Chill
- **Aug 18.....Bowling at Boutwell's --- NEWLY ADDED**
- Aug 19.....Grill & Chill
- **Aug 24.....New London Hike --- NEWLY ADDED**
- Sep 2.....Grill & Chill
- Sep 1.....Christmas Tree Shops / Uno / Trader Joe's in Nashua
- **Sep 15.....Miniature Golf at Chuckster's --- NEWLY ADDED**
- Sep 16.....Glendi 2022 - A Greek Festival
- **Sep 21.....Greeley Ponds Trail Hike --- NEWLY ADDED**
- Sep 23.....Grill & Chill
- Sep 29.....A Day in Ogunquit
- Sep 29.....Granite VNA Flu Clinic - new date TBA
- **Oct 1.....KnitWits Craft Fair --- NEWLY ADDED**
- 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

New Larger Print

Thanks go out to those who take the time to respond to our informal surveys that are ideally emailed out every Tuesday. Your responses are already helping to shape the future of Active Living at WBC.

A recent survey asked for opinions about how this newsletter could improve. Several respondents requested larger print. We hope you'll notice the larger 14-point font serving as the new standard. Thank you for your suggestions, and enjoy in good health!

Grill & Chill - August 5 & 19

Join us on Fridays, August 5 & 19. While this hot dog cookout 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: rustyg@whitebirchcc.org / 428-3077. Be sure to **bring a friend!**



Survey Results

On July 19, we distributed an informal survey to the Active Living folks whose email addresses we have on file. The question was, *“Is two-way communication with White Birch Center timely, open, free, and easy?”* The option to provide supporting commentary was also made available to those who chose to do so: *“If you feel so led, please explain your position on why you answered as you did in question 1.”* Forty-seven people responded to the survey as of the time of this article’s writing. The results appear below, in no particular order.

Yes.....100%
No.....0%

- Always.
- It’s personable.
- Timely information.
- I don’t know really...
- Because you are awesome. As is Marc.
- Very responsive to questions and requests.
- Easy, open, friendly communications between staff and seniors.
- The weekly newsletter and the follow up emails as needed do a nice job of keeping us informed.
- What is two-way communication...a few examples would have been helpful.
- There is very consistent communication via emails.
- Don’t think my input has any value to make any difference. I live in California. I signed up with White Birch when I visited my daughter two years ago. During my stay, I totally enjoyed the programs and made a lot of friendly, lovely people. Loved it.
- If I have a question or concern or want to share a feeling or thought, I will seek out an appropriate someone.

Volunteer Drivers Needed

If you have a valid driver’s license, a reliable car and a desire to give back, chances are pretty good that someone here in Henniker could benefit from your generous volunteer spirit.

Fellow local seniors need rides to various appointments, most often medical and most often located in Concord. As you can imagine, transportation to and from Concord can be tricky at best for a Henniker resident who does not drive.

While the timing for driving opportunities varies, there are typically one or two requests per month that go out to a current roster of six volunteers. If you’d like to spread the love and be the seventh, eighth, or ninth please contact Rusty: rgage@whitebirchcc.org / 603-428-3077.



- I correspond via email and it is always done timely and my questions are always answered.
- I don’t leave [sic] close so this way I know what’s going on with White Birch.
- Rusty keeps in communication each week and info is clear and concise. He answers messages sent ASAP.
- Although when the director of active living is absent, his voice mail should indicate that + his line forwarded to another person. Thank you!
- I have been kept up to date on emerging [sic] on at White Birch when I am in Florida.
- I’ve found it to be very easy to communicate with White Birch. I have always received responses in an efficient and timely manner.
- Rusty is available and prompt with call backs if he is out of the office. In person, he is very approachable!!!

Active Living Activities

The King Of Rock & Roll

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

HOLLYWOOD STAR
ROCK'N'ROLL
ELVIS
PRESLEY
LISA MARIE
MEMPHIS
BLUE HAWAII
GRACELAND
GUITAR
VIVA LAS VEGAS
BANANA
HOUND DOG
ALL SHOOK UP

Play this puzzle online at : <https://thewordsearch.com/puzzle/4290/>

Life Can Wait

I just found our 5-year old grandson sitting on a chair in our garage. The door was open, and he was sitting, staring at the pounding rain outside. So now I am too. Life can wait. I'm watching the rain with my boy.

Stand up to your obstacles and do something about them. You'll find that they haven't half the strength you think they have.
-Norman Vincent Peale

Back-to-basics wellness tips

1. Get some activity every day



2. Up your fruits and veggies



3. Get more sleep



4. Prioritize your mental health



5. Ditch sugary drinks and opt for water



From The White Birch Cookbook

Peanut Butter Fudge
by Kathleen Skinner

2 c. sugar 1 tsp. vanilla extract
1/2 c. milk 3/4 c. creamy peanut butter

Slowly bring milk and sugar to a boil over medium / low heat. Boil for exactly 2 1/2 minutes, stirring constantly to prevent burning. Remove from heat, stir in peanut butter and vanilla. Mix until smooth. Pour into a greased 8 x 8 pan. Cool before cutting.

Schedule Highlights

Everything!

If you take a look at the offerings that appear on the two-week calendar in the right-hand column, you'll likely see activities whose names look familiar. If there's any given activity that you've always wanted to try, now just may be the time to stop thinking and start doing! Previous experience is not required for any of these offerings, and newcomers are always welcome. Make the transition from curiosity to participation even easier by **bringing a friend!**

- **Bonebuilders** - An effective combination of balance, weight training and stretching exercises to increase both muscular strength and bone density
- **Bridge** - Learn the basics and enjoy peer camaraderie along with an incredibly patient and supportive instructor
- **Cribbage** - Learn the classic card game and sharpen your mind on Fridays at 1:00
- **Gentle Yoga** - Lift up your outlook through easy, gentle chair-based movements
- **Knit Wits** - Enjoy knitting and social time with a group of high-spirited, saucy creatives
- **Mah jongg** - Challenge your brain by learning this game of skill, strategy and luck that began in 19th century China
- **Tai Chi for Balance & Strength** - Develop improved balance and strength through a program that is by no means intense or intimidating. According to one recent review: "immensely helpful to my body and mind."

Active Living Schedule

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**
- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders

Friday, August 5

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

Monday, August 8

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

Tuesday, August 9

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

Wednesday, August 10

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

Thursday, August 11

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: Mrs. Doubtfire**

Friday, August 12

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