



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 8.....Grill & Chill
- Jul 12.....Book Signing with Peg Herbert
- 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
- 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

Amazon Shopper?

Each month, more than 197 million people all across the world visit and shop Amazon.com. Chances are you're among them.

Shop Amazon as you normally would, and your purchases can benefit White Birch Center. Simply scan the QR code below or



enter this URL into your web browser to see how you can effortlessly have Amazon donate directly to WBC: <https://tinyurl.com/4rdde2pb>

If QR codes are new to you or if you need other help, Rusty will be happy to assist. Contact Rusty at 603-428-3077 / rustyg@whitebirchcc.org.



More Survey Results

On June 21, we distributed an informal single-question survey to the Active Living folks whose email addresses we have on file. The question was, "Which of the following social media platforms do you use on a regular basis?" We've received 43 responses so far. The results are posted in the column directly to the right.

If you would like to participate in future surveys, please make sure Rusty has your email address. He can be reached via phone or email at 603-428-3077 / rustyg@whitebirchcc.org.

- Facebook.....65.1%
- None.....30.2%
- YouTube.....18.6%
- Pinterest.....7.0%
- Twitter.....2.3%
- Instagram.....2.3%
- Reddit.....0%

What would YOU like?

What are YOUR special interests - ones around which White Birch Center for Active Living could dedicate an hour or two each week? Maybe chess, checkers, Scrabble, Boggle, technology/computer classes, pinochle? Let us know! rustyg@whitebirchcc.org and/or 603-428-3077.



Bonebuilders

Bonebuilders is a low-intensity exercise program for men and women age 50 and better who are interested in improving balance and enhancing energy and wellbeing. The Bonebuilders program is designed to prevent and even reverse the negative effects of osteoporosis (a potentially debilitating condition that causes bones to become weak



and brittle). The risk of osteoporosis increases as we age, particularly if you're female.

Not sure how to start? Simply show up! Everything you need is here at White Birch Center for Active Living. There's plenty of room in the Monday / Thursday 10:00 to 11:00 group, and we'd love to have you. Better yet, **bring a friend**, and you can both start to improve your physical wellbeing together!

If you would like more information, please contact Rusty Gage, Director of Active Living via phone or email:

Grill & Chill - July 8 & 22

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 8 and Friday, July 22. 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 roster, you're automatically entered in a random drawing to win two tickets to the October 20 Conway Railroad trip.

Express Gratitude

One of the best ways to stave off those bluesy days is to verbally express gratitude, even for the smallest things generally taken for granted. Start the day by **expressing gratitude aloud**. You might be pleasantly surprised how the commitment to this ritual can positively influence your outlook. Some examples:

- I have safe water unlike 2.2 billion others.
- The brakes on my car work when I ask them to.
- My lungs take in air without my asking them to.
- I have a roof over my head.
- I have safe food to eat.
- My eyes can read this newsletter.
- I have freedoms others will never have.
- I comprehend and am capable of forgiveness.
- I have fulfilling relationships all around me.

Correction: Book Signing

In 2001, Hopkinton residents Tom and Peg Herbert set off from San Diego on a tandem bike to ride across the country. They had maps, camping gear, a trailer and each other. This is the story of their 3,755-mile journey back home to New Hampshire.

Peg is a retired 3/4 grade teacher at the Henniker Community School. Mrs. Spaulding's 5th grade class followed their daily journals and kept track of their journey.

Bring a friend and join Peg at White Birch Center for Active Living for a fun discussion and a book signing at **3:00 on Tuesday, July 12**. (*An earlier newsletter mistakenly printed the date as July 13*).





*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

United States Cities

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

MIAMI
DETROIT
AUSTIN
CINCINNATI
WASHINGTON
PHOENIX
PHILADELPHIA
TOLEDO
CHICAGO
DALLAS
DENVER
SAVANNAH
MILWAUKEE
PHOENIX
BOSTON

Play this puzzle online at : <https://thewordsearch.com/puzzle/2486/>

From the White Birch Cookbook

Cheeseburger Dip by Deb LaPierre

1/2 lb. ground beef
8 oz. pkg. cream cheese softened
1/2 cup shredded American cheese
1/4 cup ketchup

1/4 cup mayonnaise
2 T. yellow mustard
2 T. dill pickle relish

Brown meat in skillet; drain and set aside. Combine all other ingredients in a deep pie dish. Fold in meat. Heat in 350° oven for 15 minutes or until hot and bubbly. Garnish with bacon crumbs and French's crispy onions if desired. Serve with pita chips. Personal notes: I've never made this recipe but have eaten it at a Christmas party. It's delicious and different.

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.

Even More Survey Results

On June 28, we distributed an informal single-question survey to the Active Living folks whose email addresses we have on file. The issue was, "Pickleball. Discuss. ...and 3, 2, 1, go!" We've received 24 responses as of the time this article was written. Each response is below, in no particular order. It certainly appears that the subject of pickleball warrants more research, even if just to satisfy curiosity.

- Don't know how to play!
- What is it?
- I am not familiar with it.
- Not for me, but others.
- Old tennis player, not a fan of pickleball.
- No comment.
- I don't know what it is.
- Don't know enough about it to comment.
- What is pickleball and how do you play?
- I would love to learn how to play and would come to a weekly session if WB offered.
- I have always wanted to play pickleball and prefer physically active activities.
- Looks like fun. Have watched folks play it, but not for my knees. Running and twisting not for me.
- I started playing pickleball this year. It is lots of fun, and great exercise! I wish Henniker had pickleball courts. I usually drive to Concord or Manchester to play. I've been told that there are courts in Weare, but I haven't checked them out. I play with a friend from Bedford so we usually meet up in Manchester or Concord.
- If pickleball worked into my schedule, I would definitely participate. There are two bridge players who have offered to instruct me and might help out with instruction. There are courts in Warner, Hillsboro, Weare that I am aware.
- Loved it 45 years ago when I played in the Pacific Peninsula. Tried it here once with Beth Ann and it had lost its appeal. Too many rules...But those that get into it sure love it. Beth Ann has already found a group in Maine to play with.
- I would like to try pickleball.
- I would play if location is close by.
- I would if I was younger lol.
- Might bring more seniors to WB.
- I have never played, but I am willing to try.
- Good idea to get us seniors moving.
- I would like to learn pickleball.
- Heard of it, but have no clue how to play!
- I have heard of pickleball but know nothing about it.

Retail Therapy in Vermont

On Thursday, November 17, we will take a scenic ride to the Vermont Country Store in Rockingham, Vermont. The store is stocked to the rafters with personal care items and remedies, household



problem solvers, plus a wide variety of locally-made award-winning Vermont cheeses, penny candy

favorites, Vermont maple syrup products, and hundreds more items that will bring back fond memories. At lunchtime, we'll grab a bite to eat at Mildred's Market, located inside the store. **Be sure to bring a big tote bag or shopping bag!**

Contact Rusty (rustyg@whitebirchcc.org / 603-428-3077 /) to reserve one of the twelve seats available on the White Birch Center bus. There is a suggested donation of \$5.00 to help cover the costs associated with the bus. We'll meet in the Gould Street gravel parking lot at 8:50 a.m. in time for a 9:00 a.m. departure to Rockingham. The estimated arrival time is a little after 10:00 a.m. After all shopping and eating are complete, we expect to depart Vermont Country Store around 1:00ish, putting us back in Henniker sometime around 2:30 p.m.

A Day in Ogunquit

On Thursday, September 29, our adventures will take us to the charming seaside village of Ogunquit, Maine. We will start the day with a stop at the Ogunquit Museum of American Art. The rest of the day will be "free form," as you will have time to wander the shops, galleries, and restaurants, walk on the shore, or just sit and watch the ocean.

Senior admission (ages 60 and better) to the museum is \$10 per guest. Each participant manages and pays for his or her own lunch, shopping and activities beyond the museum. **Be sure to bring a big tote bag or shopping bag!**

Departure time from Henniker is 8:00 a.m. Arrival in Ogunquit is expected to be 10:00 a.m. Departure time from Ogunquit is 3:00 p.m. Arrival back in Henniker is expected to be 5:00 p.m.

Contact Rusty (603-428-3077 / rustyg@whitebirchcc.org) to reserve one of the twelve seats available on the White Birch Center bus and to reserve your ticket to the museum. There is a suggested donation of \$8.00 to help cover the costs associated with the bus.

Retail Therapy in Nashua

Join us on September 1 for a trip to Christmas Tree Shops (44 Gusabel Avenue) in Nashua. Afterward, we'll stop at Uno (304 Daniel Webster Highway) for its vast and diverse lunch menu. Lastly, we'll make a final stop at Trader Joe's (262 Daniel Webster Highway). Contact Rusty (603-428-3077 / rustyg@whitebirchcc.org) to reserve one of the twelve seats available on the White



Birch Center bus. There is a suggested donation of \$5.00 to help cover the costs associated with the bus. **Be sure to bring a big tote bag or shopping bag!**

We'll meet in the gravel parking lot on Gould Street at 8:50 a.m. in time for a 9:00 a.m.

departure to Nashua. The estimated arrival time at Christmas Tree shops is around 10:00 a.m. From there, we'll play the rest of the schedule by ear, with the goal of returning to Henniker's Gould Street parking lot no later than 4:00 p.m.

Testimonial?

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.



Chuckster's Miniature Golf

June 23, 2022



Watch out Tiger Woods! With Mary's hole-in-one (*photo upper left*) and Louise's cool confidence (*photo upper right*), our White Birch Center group had a wonderful time playing miniature golf in Hooksett, NH.

Athletes displayed some creative techniques when it came to facing some rather challenging greens with all kinds of water traps, an astrofurf sand trap and a hot sun on their bodies.

Everyone completed the fun-filled early afternoon with a delicious late lunch at Tucker's. (If you've not eaten at Tucker's, you're missing out).

If your schedule didn't permit you to join this particular outing - or if you'd like to go again this season - let Rusty know, and he'll see if we can get Chuckster's on the docket again. Phone: 603-428-3077; email: rustyg@whitebirchcc.org.

Lastly, if you've got the miniature golf bug and you're ready to crank things up a few notches - **including purses of thousands of dollars** - check out the US Pro Mini Golf Association by scanning the QR code or by visiting prominigolf.com.



Schedule Highlights

Opening Bids Welcome

Come play bridge at White Birch, Mondays 1-3 or Wednesdays 2-4. We have a friendly, low-key group of players who are helpful, fun, and welcoming to newcomers. All levels of play are welcome...questions are encouraged.



While you and a friend or two are welcome to simply walk in the door for play, it would be most helpful to let

us know beforehand that you are coming, so we can plan appropriately. Questions? Contact Rusty Gage: 603-428-3077 / rustyg@whitebirchcc.org.

Tai Chi for Balance & Strength: A Personal Story

"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

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!

Active Living Schedule

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

- 8:30 - Tai Chi
- 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

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**
- 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