



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 18.....Bowling at Boutwell's
- Aug 19.....Grill & Chill
- Aug 24.....New London Bog Hike
- Sep 2.....Grill & Chill
- Sep 1.....Christmas Tree Shops / Uno / Trader Joe's in Nashua
- Sep 7.....A Day at Great Island Common
- Sep 15.....Miniature Golf at Chuckster's
- Sep 16.....Glendi 2022 - A Greek Festival
- Sep 21.....Greeley Ponds Trail Hike
- Sep 23.....Grill & Chill
- Sep 29.....A Day in Ogunquit
- Oct 6.....Mount Washington Cog Railway
- Oct 12.....Granite VNA Flu Clinic
- Oct 20.....Conway Scenic Railroad
- Nov 17.....Vermont Country Store
- Dec 15.....*It's A Wonderful Life* at Red River Theater

Interesting Story?

Do you have an exceptionally interesting human interest story that could fit into a proposed speaker series? Let's say that you and your spouse took to a tandem bicycle to ride 3755 miles from coast to coast? (...a little nod to our own Peggy Herbert...) or maybe you flew a stealth bomber, worked on a movie set, saw Mt. St. Helens blow, swam with a pod of wild dolphins? Contact Rusty Gage at 603-428-3077 and/or rustyg@whitebirchcc.org.

Grill & Chill - Aug 19 & Sept 2

Join us on Fridays, August 19 & September 2. 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!**



Weekly Wellness: Healthy Foods & Drinks To Help You Stay Hydrated

Reach for a glass of water...or milk

Dehydration can hit much faster during the hot summer months. When it's hot, our bodies lose fluid more quickly. The good news? There are lots of options to help regain adequate fluid.

Foods that help you stay hydrated

A number of fruits contain a lot of water. Watermelon, grapes, oranges, apples and grapefruit all contain a substantial amount of water. Although vegetables don't contain as much water as fruits, some of the better choices are lettuce, celery, cucumbers, cabbage, broccoli, spinach and green beans.

Can caffeine make you dehydrated?

Though coffee, tea, and other drinks containing caffeine are considered diuretics, these drinks rarely contain enough caffeine to offset the water in the beverage.

Best hydrating drinks for the summer

Water is a no-calorie drink that's readily available, so you don't have to worry about your intake. If drinking plain water gets boring, try adding a few slices of lemon, lime or cucumber to add a touch of flavor. Surprisingly, milk can also help to rehydrate you, though it may not be the most appealing beverage if you're hot and sweaty, but maybe an 8-ounce fruit and milk smoothie would be satisfying. Milk contains electrolytes as well as nutrients like sodium and potassium that help you hydrate. Milk is absorbed slowly into the bloodstream, which means it helps your body retain fluid longer than other beverages. Remember to choose low-fat and non-flavored options to avoid excess calories.

Source: Geisinger.org

Bowling at Boutwells

Just a few weeks ago, twelve aspiring bowling professionals had a great time at Boutwell's Bowling Center in Concord. While all of our outings are primarily about the fun factor, **June Fitzpatrick**, pictured here, walked away with the highest score of the day. We also enjoyed a delicious lunch at Olive Garden before heading back to Henniker.



If you'd like to be included in the next bowling excursion, you're in luck! There's one coming up on **Thursday, August 18**. The cost is \$11.50 for two games and shoe rental. There is a suggested donation of \$5 to help cover the costs associated with the White Birch Bus. Lunch at Longhorn Steakhouse is at your own expense. You can register by placing your name on the bowling roster in the Welcome Room or you can contact Rusty Gage at rustyg@whitebirchcc.org and / or 603-428-3077.

Survey Results

On August 2, we distributed an informal survey to the Active Living folks whose email addresses we have on file. The survey read, "I primarily read the White Birch Center Weekly Newsletter..." We've received 58 responses as of the time this article was written. The results appear below.

- ...on my smartphone.....32.8%
- ...on my tablet.....10.3%
- ...on my laptop.....15.5%
- ...on my desktop.....19.0%
- ...in my hands. I prefer a hard copy.....22.4%

Active Living Activities

The Wizard of Oz

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

MELTING
JUDY
BALLOON
MUNCHKINS
SCARECROW
MONKEYS
WATER
DOROTHY
GLINDA
UNCLE HENRY
AUNT EM
COWARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO

Play this puzzle online at : <https://thewordsearch.com/puzzle/147/>

Can you figure it out without looking at the answers?

1. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

2. What is special about these words: job, polish, herb?

From The White Birch Cookbook

Meat Filled Mushroom Caps by Brenda Connor

24 large mushrooms	1 egg yolk
1/2 c. soy sauce	1 T. minced onion
1/2 lb. ground beef	1/2 clove minced garlic
1/4 c. minced green pepper	1/4 tsp. salt
2 T. bread crumbs	1/4 tsp. pepper

Wash and drain mushroom caps; remove stems. Marinate caps for one hour in soy sauce. Finely chop stems and mix with remaining ingredients. Drain caps reserving soy sauce. Stuff with meat mixture, mounding high. Brush tops with reserved soy sauce. Broil until browned on top. May be served immediately after broiling. If you wish to do ahead, broil, refrigerate or freeze. When ready to serve, defrost and bake at 350° for 8-10 minutes.

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

Answers

2. They are pronounced differently when the first letter is capitalized.

1. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

Fun Fact

The first person to be charged with speeding was going eight miles per hour.

SELA Premium Benefits for White Birch Center Participants

The State Early Learning Alliance of New Hampshire (SELA) makes available to its partnering organizations several benefits that can be helpful money savers. These benefits are also extended to those who participate in White Birch Center's Active Living program. Some families have saved \$500 to \$1000 every year. The benefits are already yours. All you have to do is take advantage of them.

Simply scan the QR codes to the right to learn more about the discounts available to you as a White Birch Center participant. If QR codes are new to you, Rusty will be happy to help. Contact him at rustyg@whitebirchcc.org and/or 603-428-3077.

Questions? Contact SELA at SELA@earlylearningnh.org and/or 603-226-7900.



SEVIGNEY LYONS
Insurance Agency



Potential discounts on **home and renter's insurance**. Annual savings of \$250 to \$600 are common.
Contact Lucas@Sevigney-Lyons.com.



SEVIGNEY LYONS
Insurance Agency



Potential discounts on **auto insurance**. Annual savings of \$250 to \$600 are common.
Contact Lucas@Sevigney-Lyons.com.



Some **AT&T plans** are eligible for an 8% savings. Visit www.att.com/wireless/greatnorth and click "shop now" for new customers, or "enroll here" for current AT&T customers.



Many SELA members have reduced their **home heating costs** by half and are saving \$1000+ every year. The price of oil may also be better in some parts of the state. 603-673-2903.



FOR IMMEDIATE RELEASE
Contact Information

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NHAHA Volunteer Driver Initiative Encourages Volunteers to Make a Difference

(New Hampshire | July 12, 2022) The New Hampshire Alliance for Healthy Aging (NHAHA) is proud to announce our Volunteer Driver Initiative, a collaboration with non-profit Volunteer Driver Programs (VDPs) across New Hampshire, as part of an effort to ensure essential transportation options are available and accessible to enable NH residents of all ages. VDPs serve a critical role in providing transportation across NH communities. The Volunteer Driver Initiative will help VDPs recruit the volunteers that they need to serve their clients.

Volunteer Driver Programs (VDPs) help people maintain the health and independence of older people and individuals with disabilities by improving their access to essential services. VDPs often provide transportation to critical appointments, vaccine and booster access, or basic needs. Individuals accessing these services may not have family members, friends, or neighbors who are able to transport them as often as needed and therefore rely on volunteer drivers.

There are over twenty VDPs utilizing hundreds of volunteer drivers to help out thousands of New Hampshire's residents. Local VDPs are always looking for volunteer drivers, and with about 20% of the NH population being over 65, the demand for drivers is increasing. The NHAHA Volunteer Driver Initiative connects volunteers with their local volunteer driver program where they can begin making a difference in the lives of their neighbors.

When you volunteer with your local volunteer driver program, not only are you making a positive impact by helping your community neighbors get to their appointments and errands, you are also helping them stay independent within their community. Volunteering is an incredibly meaningful way to show support and appreciation for others and can make a significant difference in the lives of those in your community. The NHAHA Volunteer Driver Initiative strives to promote communities that support all of us as we age, and volunteering can help make this a reality in your own community. If you or someone you know is interested in becoming a volunteer driver for their local volunteer driver program, visit nhvdp.org to learn more.

About NHAHA

The NH Alliance for Healthy Aging (NHAHA) is a statewide coalition of stakeholders focused on the health and well-being of older adults in New Hampshire. NHAHA works to promote its shared vision to create communities in New Hampshire that advance culture, policies and services which support older adults and their families. Visit nhaha.info or nhvdp.org or follow us on [Facebook](#) and [Twitter](#) to learn more.

Schedule Highlights

Movie: *The Greatest Showman*

“No one ever made a difference by being like everyone else.” - P. T. Barnum

Orphaned, penniless, but ambitious and with a mind crammed with imagination and fresh ideas, the American entertainer, Phineas Taylor Barnum, will always be remembered as the man with the gift to blur the line between reality and fiction. Thirsty



for innovation and hungry for success, the son of a tailor manages to open a wax museum. However, he soon shifts focus to the unique and the peculiar, introducing extraordinary, never-seen-before live acts on the circus stage. Now, some people call Barnum's rich collection of oddities, an outright freak

show; but, when Phineas, obsessed for cheers and respectability, gambles everything on the opera singer, Jenny Lind, to appeal to a high-brow audience, he will lose sight of the most crucial aspect of his life: his family. Will Barnum, the greatest showman, risk it all to be accepted? - article by Nick Riganas

“The noblest art is that of making people happy.” - P. T. Barnum

See the official trailer by scanning the QR code to the right. If QR codes are new to you, Rusty is happy to help!



Active Living Near-Term Schedule

Monday, August 15

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

Tuesday, August 16

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

Wednesday, August 17

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

Thursday, August 18

- 8:45 - Gentle Yoga
- **9:40 - Bowling at Boutwell's**
- 10:00 - Bonebuilders

Friday, August 19

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

Monday, August 22

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

Tuesday, August 23

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

Wednesday, August 24

- 8:30 - Tai Chi for Balance & Strength
- 10:00 - KnitWits
- **10:00 - Philbrick-Crecenti Bog Hike**
- 2:00 - Bridge

Thursday, August 25

- 8:45 - Gentle Yoga
- 10:00 - Bonebuilders
- **1:00 - Movie: *The Greatest Showman***

Friday, August 26

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



WHITE BIRCH CENTER

Active Living

51 Hall Ave. Henniker, NH 03242
(603) 428-3077

August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Bonebuilders 1:00 Bridge	2 9:30 Bonebuilders 1-3 Mah Jongg	3 8:30 Tai Chi 10-12 KnitWits 2:00 Bridge	4 8:00 Mt. Washington 8:45 Gentle Yoga 10:00 Bonebuilders	5 9:30 Bonebuilders 12:00 Grill & Chill 1:00 Cribbage	6
7	8 10:00 Bonebuilders 1:00 Bridge	9 9:30 Bonebuilders 1-3 Mah Jongg	10 8:30 Tai Chi 10-12 KnitWits 2:00 Bridge	11 8:45 Gentle Yoga 10:00 Bonebuilders 1:00 Movie "Mrs. Doubtfire" 	12 9:30 Bonebuilders 1:00 Cribbage	13
14	15 10:00 Bonebuilders 1:00 Bridge	16 9:30 Bonebuilders 1-3 Mah Jongg	17  8:30 Tai Chi 10-3 GVNA Health Clinic 10-12 KnitWits 2:00 Bridge	18 8:45 Gentle Yoga 9:45 Bowling 10:00 Bonebuilders	19 9:30 Bonebuilders 12:00 Grill & Chill 1:00 Cribbage	20
21	22 10:00 Bonebuilders 1:00 Bridge	23 9:30 Bonebuilders 1-3 Mah Jongg	24 8:30 Tai Chi 10:00 Hike 10-12 KnitWits 2:00 Bridge	25 8:45 Gentle Yoga 10:00 Bonebuilders 1:00 Movie "The Greatest Showman" 	26 9:30 Bonebuilders 1:00 Cribbage	27
28	29 10:00 Bonebuilders 1:00 Bridge	30 9:30 Bonebuilders 1-3 Mah Jongg	31 8:30 Tai Chi 8:45 Breakfast at Intervale 10-12 KnitWits 2:00 Bridge			