



WHITE BIRCH CENTER for ACTIVE LIVING

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

603-428-3077

Issue No. 24 | 08/05/2022

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 5.....Grill & Chill
- 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

Flu Vaccine Date Change

We recently reported that Granite VNA would be at White Birch Center to conduct a flu clinic on September 29. **The date has changed** to October 12 (1:30pm to 3:30pm). 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 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!**



Weekly Wellness

It's not uncommon for us to sometimes feel overwhelmed and/or out of balance. The simple fact of being human means that we lead multi-faceted lives. Are you mindful about pondering all the parts that make up your life, your outlook and your well-being? Consider the following eight aspects of well-being. Be **mindful** and **purposeful** of managing them instead of having them manage you by addressing each of them on a regular basis. You might find your life coming back into a balance that works for you.

- **Emotional** – Cultivating an emotional capacity that encompasses optimism, self-esteem, self-acceptance and the ability to form healthy relationships
- **Environmental** – Encouraging a way of life that maximizes harmony with the earth and minimizes harm to the environment
- **Financial** – Safeguarding the ability to effectively manage your current and future economic life
- **Intellectual** – Exercising the mind through creative and stimulating mental activities to expand knowledge and improve skills
- **Occupational** – Using your gifts, skills, and talents in order to gain purpose, happiness, and enrichment as part of a balanced life
- **Physical** – Making a habit of healthy behaviors including adequate exercise, proper nutrition, and abstaining from harmful habits
- **Social** – Developing the ability to interact successfully in our local and global community and creating networks of support
- **Spiritual** – Possessing a set of guiding beliefs, principles, or values that help give direction to one's life

Source: University of Wisconsin System

Bring A Friend Winner

July was “Bring A Friend” month, encouraging all White Birch participants to bring a friend to any White Birch program. Participants signed in to their respective activities, recording the name of the friend who attended as well. A blind random drawing was held on August 1, selecting from among all who recorded their Bring a Friend status. With four members of the White Birch staff present for the drawing, the first name drawn was **Louise French**. Congratulations to Louise and her friend for winning a free trip on the Conway Scenic Railroad. They'll join other White Birch Center for Active Living participants on the October 20 Sawyer River Railroad Tour. Thank you to all who participated in the Bring a Friend campaign. Your efforts to spread the word about White Birch Center for Active Living helps to keep your home away from home healthy and viable.

Survey Results

On July 26, we distributed an informal survey to the Active Living folks whose email addresses we have on file. The questions were, “Do you do the puzzle that appears in the Weekly Newsletter?” and “Would you enjoy seeing the Weekly Newsletter offer more puzzles / brain teasers / similar challenges?” We've received fifty-six responses as of the time this article was written. The results appear below.

First Question

Yes.....35.7%

No.....64.3%

Second Question

Yes.....62.5%

No.....37.5%



THURSDAY
September 7

A lazy lounging picnic day
at Great Island Common
in New Castle, NH

Contact Rusty to reserve your space.
428-3077 / rustyg@whitebirchcc.org

WHITE BIRCH CENTER

Join us for a lazy day at Great Island Common in New Castle. Bring a book, a picnic blanket, a pillow - whatever your fancy for a lazy day beside the water. You'll select your own picnic lunch from a menu provided by Abby's Cafe, and you'll enjoy some of the best ice cream you'll have ever had at Johnson's in Northwood as we make our way back to Henniker. Hurry to secure one of twelve available spaces on the White Birch Center for Active Living bus.

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

Henniker Police Seasonal Position

The Town of Henniker Police Department is accepting applications for Parking Enforcement. This part-time position is Monday-Friday, 20 flexible business hours total a week, from September through May.

Applicants are required to have basic computer skills, customer service experience, a valid driver's license and use of a registered vehicle.

Minimum qualifications: High school diploma or GED from an accredited institution, 21 years of age, US citizen, and a complete background check.

Salary is \$14.00 an hour.
Holiday pay pro-rated.
Mileage reimbursement.

Send completed application, resume and cover letter to Chief Matthew French, Henniker Police Dept., 340 Western Avenue, Henniker, NH 03242. Application available on town website or at station, and will be accepted until the position is filled.

The Town of Henniker is an Equal Opportunity Employer.

Active Living Activities

Kitchen Utensils

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

TONGS
 NUT CRACKER
 BOTTLE OPENER
 BEATER
 POTATO PEELER
 LADLE
 WHISK
 MIXER
 SPATULA
 THERMOMETER
 CHOPPER
 BLENDER
 GRATER
 SCISSORS
 MASHER
 CLEAVER

Play this puzzle online at : <https://thewordsearch.com/puzzle/36/>

Can you figure it out without looking at the answers?

1. A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

2. I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

From The White Birch Cookbook

Blueberry Muffins by Pauline Marcotte

1/3 c. butter	2 c. flour
3/4 c. sugar	4 level tsp. baking powder
1 egg, lightly beaten	1/2 tsp. salt
1 c. milk	1 c. blueberries, frozen or fresh

Cream butter and sugar. Add fruit and egg, then milk. Sift flour, baking powder and salt and add to wet ingredients. Bake at 400° for about 15-20 minutes. *Personal note: Best muffin recipe I have ever had. It comes from a Pennsylvania Dutch booklet that I picked up on a trip in 1977.*

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 Pauline. The suggested donation price is \$10.

ANSWERS

2. White, since the only place you can do that is the North Pole and polar bears are the only kind of bears that live there.

1. An apple a day keeps the doctor away!

Schedule Highlights

Two Hikes Coming Up

Wednesday, August 24

Join other active people for a gentle walk through nature on the Philbrick-Cricenti Bog near New London. Rated as easy, the trails and boardwalks floating over several bogs will take hikers on a trek that runs eight tenths of a mile. (Read more about the bog by scanning the QR code to the right). Upon completion, we'll have a delicious lunch at The Flying Goose near New London. We leave at 10:00 a.m. and expect to be back around 1:55 p.m. While there is no fee associated with the hike itself, there is a suggested donation of \$5 to help cover the costs associated with the White Birch bus.



Wednesday, September 21

More challenging than the bog hike, Greeley Ponds Trail off the Kancamagus Highway near Lincoln, NH is approximately 2.2 miles each way, is rated moderate and will take us to two ponds in Mad River Notch. The ponds are the headwaters of the Mad River which flows through Waterville Valley. The ponds are nestled between some high peaks, providing great mountain views and, hopefully, **breathhtaking early fall colors**. (Read more about the trail by scanning the QR code to the right). Upon completion, we'll have a delicious lunch at The Woodstock Inn near Lincoln. We leave at 9:00 a.m. and expect to return by 5:00 p.m. While there is no fee associated with the hike itself, there is a suggested donation of \$8 to help cover the costs associated with the White Birch bus.



Active Living Near-Term Schedule

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

Friday, August 12

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

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 - KnitWits
- 2:00 - Bridge

Thursday, August 18

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

Friday, August 19

- 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			