



COLONY NEWS

A Weekly Newsletter for Members and Staff of Meredith Bay Colony Club

#25

March 6, 2011

SNOW-B-GONE CONTEST.....



It is a little understood theory that the arrival of Spring can be accelerated by participation in certain events that bring people together for a little collective wishful thinking. To that end we can thank none other than our own John Eaton who has created **'SNOW-B-GONE'** a contest to determine when **'Mount Snowmore'** located

immediately outside the Main Entrance on and about the traffic island will lose it's last hint of snow. Here are the Rules:

1. Each participant can make up to 3 'predictions' Official 'Prediction Sheets' are available at the front desk.
2. The Winner is the person closest. The decision of the Judges is final. The Winner will get to select the Ice Cream Flavor of the Month.
3. All Predictions need to be submitted to a deposit box in the Club Hub by the Ides of March.
4. Anyone caught adding to or taking away snow from Mt. Snowmore will be disqualified.

TRIVIA AWARDS ON TUESDAY AT 10 IN THE BISTRO!

Be sure to stop in to find out the Answers and to Congratulate the Winners!
We can all discover together what some of the Award Categories are!
And if Fun and Laughter are not enough – Rumor has it that Kurt is making available some free goodies for us to take part in!

RUSTY MCLEAR HERE ON WED AT 1:30



This Wednesday March 9th at 1:30 in the sitting area next to the Library our first guest of our Lecture Series will be none other than Mr. Rusty McLearn of Meredith who is the lead developer of the Mills Falls and Church Landing's properties. Meet the man who has been very instrumental in helping make Meredith the primary visitor destination of the Lakes Region!

This is a great way to meet and find out more about the people making 'News'!

Special Thanks are due to Jean Stephens for making all the arrangements with Rusty!

NEWSLETTERS ARE NOW AVAILABLE ON OUR WEBSITE!

'NEWS FROM THE BAY' can now be found on our Website. NFTB is our marketing newsletter that has not been all the frequent lately --- But as we finish some other projects up will get back to a monthly issue. We are also thinking about adding this newsletter as way of letting you families have easy access to what we have going on around and about the place.

WOMEN'S LUNCHEON!



What a great group you are! Last Friday saw a 'Full House' in the Terrace Dining Room as The Women of Meredith Bay gathered to hear one of our own –

Marjorie Maher --- share some of her stories --- and from what I am told – with at very special accent. I wish that I could have got back in time to have heard! It is wonderful to see so many people come together for such a nice time together!



PLYMOUTH STATE UNIVERSITY WANTS YOU!

The Center for Active Living and Healthy Community would like for MBCC to become a 'Test Site' to evaluate balance in older adults. We need at least 5 people who are willing to meet 3 times in one week for just an hour each time in order for them to come to us. Attached is a sheet with all the details. You can take pride in knowing that you helped take part in a study funded by the National Institute of Health. As a reward to participants, PSU returns later with a special balance workshop.

It all sounds interesting to me ----- Just let Naella know if you would like to receive even more information.....P.S. *Those who consider themselves 'unbalanced' are especially encouraged to participate!.*

THE GIFT OF HEARING.....



MBCC Members are wonderfully unique because when they a need they also see an opportunity to make an improvement. Carolyn realized that our sound system required the speaker to hold the microphone in a way that would be problematic for some presentations. Using amplification is of course very important to ensure that everyone can hear – and making it easy to use is essential!

Her solution: To donate a floor stand that saw its first use at last week's Women's Luncheon. Thank you Carolyn!

IN MEMORIUM: Mr. George Dobbins

It is with sadness that I report to you that George Dobbins, originally a Member of The Club who later moved to The GARDENS, passed away last weekend. I apologize for not having given you notice before now. With special thanks to Members who asked – we now will take an organized approach to letting everyone know more timely. Eileen Dobbins (George's wife) has just recently moved down to The GARDENS in Apartment 2.

DANCE?

An old prospector shuffled into the town of Ennis, Montana leading an old tired mule. The old man headed straight for the only saloon in town, to clear his parched throat. He walked up to the saloon and tied his old mule to the hitch rail. As he stood there, brushing some of the dust from his face and clothes, a young gunslinger stepped out of the saloon with a gun in one hand and a bottle of whiskey in the other. The young gunslinger looked at the old man and laughed, saying, "Hey old man, have you ever danced?" The old man looked up at the gunslinger and said, "No, I never did dance ... never really wanted to." A crowd had gathered as the gunslinger grinned and said, "Well, you old fool, you're gonna dance now," and started shooting at the old man's feet. The old prospector, not wanting to get a toe blown off, started hopping around like a flea on a hot skillet. Everybody was laughing, fit to be tied. When his last bullet had been fired, the young gunslinger, still laughing, holstered his gun and turned around to go back into the saloon. The old man turned to his pack mule, pulled out a double barreled shotgun, and cocked both hammers. The loud clicks carried clearly through the desert air. The crowd stopped laughing immediately. The young gunslinger heard the sounds too, and he turned around very slowly. The silence was almost deafening. The crowd watched as the young gunman stared at the old timer and the large gaping holes of those twin 10 gauge barrels. The barrels of the shotgun never wavered in the old man's hands, as he quietly said, "Son, have you ever kissed a mule's butt?" The gunslinger swallowed hard and said, "No sir ... but... I've always wanted to."

There is a lesson for us all here:

Don't mess with old folks, they didn't get old by being stupid.

(borrowed from the Engaging NH News)

That's it for this week ----- Sorry to be late!

Howie

Next Week at Meredith Bay Colony Club

Monday March 7th

9:15	Water Exercise with Jackie
10:30 - 11:15	Arthritis Association Aquatics with LuAnn Martin

Tuesday March 8th

9 - 10a	Supervised Pool Time with Christine Buhrman
10 - 10:30	MBCC Trivia Award Ceremony in the Bistro
10:30 - 11:30	Arthritis Association Aquatics with LuAnn Martin

Wednesday March 9th Ash Wednesday

8:30 - 9:30	Supervised Pool Time with Judy Boquist
9:15	Fitness Center Class
9:30 - 10:30	Supervised Pool Time with Marie Kelly
10	Art Class with Larry Frates
1:30	Speaker Rusty McLear at the Library Sitting Room

Thursday March 10th

8:30	Men's Club Breakfast in Private Dining
9:15 - 10:00	Water Exercise with Tammy
10:30 - 11:15	Arthritis Association Aquatics with LuAnn Martin
2p	Mah Jongg -- Beginner's Welcome

Friday March 11th

8:30a	Men's Exercise Group
9a	Tai Chi with Russ Jones
10:30 - 11:30	Arthritis Association Aquatics with LuAnn Martin
7:30p	Movie Night



Plymouth State UNIVERSITY



The Center for Active Living and Healthy Community Community Outreach Research Project: *Reliability of Balance Testing in Older Adults*

The purpose of this study is to establish a reliability of an instrument known as the Sway Analysis Module (SAM), as a part of the *Matscan System*® with an older adult population.

Testing Procedures:

You will be asked to perform a series of balance stances on the system including: two feet eyes open, two feet eyes closed, right foot eyes open, right foot eyes closed, left foot eyes open, and left foot eyes closed. These will be done on 3 different days within one week (Monday, Wednesday, Friday). You must be able to come to all three testing dates in that week to be eligible for the research study.

Eligibility:

1. Age between 65-79 years old
2. Live independently: This may be alone or with a spouse/partner/roommate
3. Able to perform activities of daily living (walking, climbing stairs, cleaning, grocery shopping etc.) without any assistance
4. Use no assistive devices (canes, crutches, walkers, etc.) to walk
5. Must not have fallen in the last 3 months

