



COLONY NEWS

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

#56

October 21, 2011

KING JAZZ AND COMPANY DELIGHTS THE CROWD!



This past Tuesday we were host to 'King Jazz & Co' who delighted Members and Friends gathered in The Bistro. Little did we know that our own Diane – who was transformed into a blonde for the occasion—is such a great vocalist! Together they treated us to a wonderful variety of stylized old Jazz and Swing standards. I certainly hope that we will be hearing a lot more of Diane's music in the near future!

Diane brings in a great variety of musical guests and all are encouraged to attend these free performances. I suspect that we have more than a few musicians hiding among us -- with the Holidays soon coming our way this could be a great time to bring you all together! Let Diane know if you would like to be part of a MBCC Ensemble!



CLUB MEMBER BIRTHDAYS COMING OUR WAY:

October 27th Rudy Laport
November 14th John Dole

Don't worry I'm not going to tell anyone how old you are! For ages you are just going to have to guess --- or ask!

Average Age of Club Members: Just in case you were wondering --- the average age of a Club Member is 82.2 I'm not going to name names but we have a 34.9 year spread between our most senior and our most junior Members.

NOT JUST THE POOL.....

1. **Arthritis Aquatics**
2. **Walk With Ease**
3. **Tai Chi**
4. **Take Control with Exercise**

Lu-Ann has something for everyone! New Sessions Start November 1st. Classes are limited to not more than 10. MBCC

Members have first choice and also receive a big discount. Lu-Ann doesn't just bring her skill and training --- she brings a wonderful attitude with a commitment towards making it fun and laughing a lot! I can't think of a better way of investing in yourself than by taking one or more of these programs. We can't control the fact that we age --- but we can certainly influence how we choose to age. Exercise and diet are the two things that we have greatest control over and the choices we select make a big difference. To get all the details the best thing to do is to speak with Lu-Ann. Just leave a message with Naella!





KURT'S KORNER ----

THANKSGIVING PLANNING TIME IS NOW!

Now is the time to start making your plans!

Kurt has put together a tremendous Dinner Menu that at just \$22 is a truly unequaled value! Thanksgiving Dinner will be served from 12:30 to 2:30 and reservations are required. The Bistro will

be closed on Thanksgiving Day and the Terrace Dining Room will be closed Thanksgiving Evening. Of course by prior arrangement we can still provide you with In-Residence Dining at those times.

Don't wait until the last minute! Small groups are welcome ---- if you plan ahead.

MEN'S BREAKFAST.....

Every Thursday morning at 8:30 the Men of MBCC meet for food and fellowship and all Men are welcome and encouraged to attend. No reservations are needed --- just feel free to stop on by.

MOVIE TONIGHT: I AM SAM

Friday at 7:30 p in the First Floor Community Room

After fathering a child with a homeless widow Sam (Sean Penn) – a man with the capacity of a 7 year old – raises the baby himself until an incident finds the child protection services deeming him an unfit guardian. With the help of many Sam attempts to regain custody and prove himself – despite his handicap – that he is a truly loving father. Sounds interesting.....

FIELDTRIP ANYONE? WHERE DO JIG SAW PUZZLES COME FROM?



A Fieldtrip down the road to Northwood (located a little to the east of Concord) has been suggested and this announcement is our way of testing the waters to see how much interest there would be in going to a puzzle factory and Store. No date has been set but for discussion we are talking about November 2, 3 or 4th. Please let Naella know by this Tuesday if you are interested!

MBCC MEMBERS SUPPORT LOCAL FOOD PANTRY

At the request of Members a basket will soon appear to receive your donations of non-perishable items for donation to the local Food Pantry. The Meredith Rotary Club has agreed to take responsibility for transporting the collected items to the Pantry. This is an ongoing type of project that gives us a very handy way to help others who are less fortunate.

CHRISTMAS NATIVITY DISPLAY

Once again our own John Eaton will share with us his collection of over 80 Creches representing 30 nations. December 9 through the 11th. Friday from 12 to 5, Saturday from 9 to 5 and Sunday from 12 to 3. Free Admission

Many sets are handcrafted in native styles by folk artists using native materials.

NEW HAMPSHIRE CHRONICLE IN REVIEW!



Special Thanks to Diane, Jean and Kurt for making today's gathering in The Fireside Tavern to watch the video of the NH Chronicle's profile of Kid's Jazz that was filmed here this past summer. A little wine, a little cheese, and a lot of laughter meant for a great time being had by all



CLOSING NOTES.....

ICE CREAM SOCIAL COMING! Save the date! Friday October 28th at 2p.

More details will be forthcoming but this much is definite: This is a free even made possible through the generous and thoughtful donation of Ben & Jerry's Ice Cream and supplies by Member Irma Cohen's daughter (who owns the local Ben & Jerry's) Jayne Cohen!

"Getting Back on Your Feet Again After a Hospitalization – How We Can Help"

will be the topic of a presentation by Mary Ellen McCormack, Executive Director of the Pemi Baker Community Health Agency and as part of the The Retreat at Golden View's 2011 Fall Community Education Series. Please RSVP to Golden View at 279-8111 if you are interested in attending.

Christmas Wreaths: Bonnie Carbary is again selling wreaths (\$15) to benefit charity and if interested you can make arrangements through Naella.

More Pool Rails? You asked for them and Mike got them! They are not yet installed – but they are here!

Christmas Party December 9th: Save the date for an afternoon Party in the Bistro! Details to follow.

Have a Great Weekend!

Howie

