



COLONY NEWS

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

#60

November 18, 2011

THE OLD MAN OF THE MOUNTAIN!



This afternoon the 'Old Man' himself in the person of Dick Hamilton spoke to a full house in the Bistro about the history of New Hampshire's Old Man of the Mountain along



with sharing with us the plans to build a Monument in Franconia Notch State Park. Special thanks are due to Martha Federspiel for making all the arrangements!



MORE IMPROVEMENTS.....



Mary Morrill shows off the piece of granite that was

just installed by your 'Cubby's"



And on the outside we just paved a new walkway from the Assisted Living Dining Room in anticipation of construction of a



new covered walkway to the Assisted Living Entrance. During construction we will temporarily need to use the Dining Room as a temporary entrance.

And Kathy was in to be sure



that the front flower boxes were prepared with some greens in anticipation of Thanksgiving. A busy week around MBCC!



Dining Services



and the Sap House Meadery

present

A Four Course Mead Dinner

Thursday December 8, 2011 At 6pm

Only \$25/ per person

Reservations Required



Featuring

Autumn Salad

*Baby Greens with Sliced Pear, Candied Pecans and Great Hill Blue Cheese
Tossed in a Hopped Blueberry Mead Vinaigrette*

Pan Seared Atlantic Salmon

With Sweet Potato and Sea Scallop Hash and a Maple Mead Hollandaise

Slow Braised Lamb Shank

*Tender Lamb Shanks with Fall Vegetables and a Cranberry Sage Mead Demi Glace
Served with Sun Dried Cranberry and Goat Cheese Risotto*

Bananas Foster

*Caramelized Bananas with Brown Sugar and Vanilla Bean Mead Served with
Pumpkin Raisin French Toast*

A Sample of all Meads Will Be Served With Each Course!

KURT'S KORNER ----



THANKSGIVING PLANNING TIME IS NOW!

Don't Wait Until It Is Too Late!

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.

20th ANNUAL MEREDITH ROTARY CLUB SENIOR CITIZEN CHRISTMAS DINNER

Sunday December 4th, 2011 at 12 Noon @ Inter-Lakes Elementary School

Reservations are Necessary and Should Be Made ASAP but no later than Thursday December 1, 2011

This event routinely 'sells out' so don't delay in calling 279-7600 to make your reservation.

Did I tell you that the Dinner is prepared by HARTS and that there is NO CHARGE?



This year we are hoping to share our holiday joys with the youth-boys and girls- at Spaulding Youth Center in Northfield. Spaulding has been active in helping boys- and more recently girls- who have troubles adjusting to life due to autism and other related learning problems.

Now we have an opportunity to bring Christmas happiness to them in the way of gifts of hats, scarves, and gloves.

Also, gifts of money are appreciated so that the staff can buy that special gift for that special student.

Gifts can be left with Naella or given to Carolyn for safe keeping until Dec. 9th when they will be received with joy by Spaulding staff. Thank you one and all for helping MBCC with its Christmas Sharing.

Lu-Ann's Fitness Corner

Let's talk a little about strength and flexibility this week. We actually exercise everyday in our own ways. One big one is dressing ourselves each day. Picture your arms going up and coming down and then sideways putting on shirts, blouses, sweaters and now coats. Then the pants or



skirt, your legs come up and go down and sometimes we even wiggle to get them on, which is equivalent to the class move "now shake it out". Even putting on your footwear, socks, shoes, and boots are stretching exercises.

Putting on a necklace and earrings is also quite a workout for our upper body. What a hold position and challenge all those can be.

Try taking a few minutes to do some flexibility and strengthening moves during your morning; even before you get out of bed. Bring your legs up and down a few times, then take a nice stretch by moving your arms out to your side, touch your shoulders and then reach up and down and give yourself a big hug. Congratulations! You have just warmed and loosened up those very important muscles that are going to be a big help throughout your day and all this has been accomplished even before you get out of bed.

Then we walk, sit down, stand up and for those who have a pet to feed here we go again. We squat down and say "Good Morning Fluffy", we stand up, reach up or across to get and give him his food and fresh water. Now it's our turn for juice, coffee and breakfast.

Just ten or fifteen minutes walking your pet or just taking a nice stroll filling your lungs with some clean fresh outside air, can give us a great start to the day.

What fun the Walk With Ease Class had walking the halls at Meredith Bay Colony Club when it was inclement weather and we were not able to walk outside. Many members have decorated their entryways and doors for the seasons and holidays and the halls have beautiful paintings and portraits hanging on the walls which we enjoyed as we strolled by. You might even meet up with a walking buddy or a friend you haven't seen for awhile.

Flexing and strengthening can be done anywhere, anytime and our muscles and body will thank us each and every time we move.

Finally don't forget to drink your water for cleansing inside your body.

Enjoy your week!

Live, Love and Laugh Often!

Lu-Ann

CLUB MEMBER BIRTHDAYS COMING OUR WAY:

November 26 th	Marjorie Maher
November 30 th	Vince Durnan
November 30 th	Ann Thomsen

MOVIE TONIGHT: THE AL JOLSON STORY

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

A wonderful story filled with wonderful music! Stop on by!

COCKTAIL & DANCE PARTY ON THURSDAY DECEMBER 1ST



Kurt and Diane have joined forces to bring to you a MBCC First --- Cocktail/Dance Party in the Bistro and beginning at 7p featuring that Dynamic New Musical Duo called 'LANI TUNES'. You can bring the beverage of your choice and Kurt will provide the mixes. This will only be an hour or so event so be sure to plan on getting there early!

Raffle Tickets



50 cents 3 for a dollar

Snowman Raffle

Raffle tickets are ready for sale for the Howard Chandler Special.

Howie has made a wonderful snowman to hang in your window, in your living room, or anyplace to give special unusual decoration for the holidays.

Raffle tickets are available at Naella's desk or you can buy them when a neighbor comes to your door.

They are 50 cents a piece or three for a dollar.

The winning ticket will be pulled on December 9th during the party.

Money from the raffle will be given to Spaulding Youth Center to share with the boys and girls there at Christmas.

CLOSING NOTES.....

Logo Wear? Recently we have had a number of inquiries about making available for sale assorted LL Bean clothing embroidered with our MBCC Logo. Getting our name out there is a wonderful thing and we want to do everything we can to make it easy and inexpensive by passing on to you whatever discount we can arrange. In addition to Jackets, Vests and Hats there are any number of articles that LLBean offers including Chamois Cloth Shirts (which have been requested) If you are interested in looking through the LLBean Business catalog just stop by the front desk. Please let Naella know what you are interested in.

Wii Instructor Needed: Do you know anyone who would like to teach Bowling with the Wii? We need a Volunteer to help introduce Club Members to a wonderful new way to 'compete'.

Knitting Class Anyone? We have a great teacher willing to come here and provide everything you need to learn how to make some great Holiday projects. Just let Naella know.....

Radio Shows are Now Available! Now you can go to our website or our Facebook page to listen to our Weekly Radio Show that broadcasts Wednesday mornings at 8:30 on WEZS 1350 AM.

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

Special thanks are due to all who have so generously contributed food items to the local food pantry via our collection basket located at the entrance to the Bistro.

Have a Great Weekend!



Howie