



COLONY NEWS

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

#68

January 13, 2012

KATE CHRUSCIEL TEACHES AED TO A FULL HOUSE!



Yesterday our very own Katie did a truly masterful job of teaching over 20



Members and Staff the proper use of our Automatic External Defibrillators (we have two!) She gave us all an

increased level of confidence that in the event of a cardiac emergency we would know where the AED's are and how to use them. Thank You Katie!



CLUB MEMBERS WITH UPCOMING BIRTHDAYS

January 23 rd	Ann Stevenson
February 6	Bob Barach
February 11 th	Joyce Mabey
February 23 rd	Carolyn Suttcliffe
February 27 th	Mary Morrill

TONIGHT'S MOVIE: THE GUARDIAN

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

This is one that I have seen and enjoyed. There is enough action to keep you awake and enough plot to keep you interested. The setting is a special Coast Guard training center for elite rescue swimmers. These are people who are not afraid of cold water!

KURTS KORNER.....



**Bistro Breakfast Buffet Tomorrow,
Saturday January 14th**

And

Pizza Night this Wednesday January 18th.

'AGING WELL' ON THE RADIO

Each Wednesday at 8:35 on WEZS 1350 AM MBCC Sponsors 'Aging Well' a talk show that invites a special guest to talk about issues of special interest to Senior or that showcases the special of work of Seniors.

CATHERINE TURGEON --- COMMUNITY CAREGIVERS!



This week my guest on our Aging Well Radio Show was Catherine Turgeon the new Executive Director of the Center Harbor, Meredith and Moultonboro Community Caregivers. The Caregivers are a volunteer organization providing supportive services and information and who are best known for providing transportation to those who otherwise would not be able to get to medical appointments or do their grocery shopping. If you are need of service you can call them at 253-9100 and if you

would like to volunteer or donate you can reach tem at 253-9275 along with finding them on the web at: ChmmCommunityCaregivers.org



NEXT WEEK.....Cheryl Anne Gonzalo the new Executive Director of the Visiting Nurses of Meredith and Center Harbor, formerly known as the Meredith Public Health Nursing Association. If you have any questions that you want to be sure that I ask --- just let me know ahead of time.

Also – Suggestions for who would make good Radio Show Guests are always welcome and always appreciated!

SHAKE AND TASTE PARTY ENJOYED BY ALL!



Last night we had another 'Full House' in the Terrace Dining Room as Kurt and Christy educated those in attendance as to the finer points of making tropical drinks --- including the history of how they came to be originally created. A different drink (or two!) was introduced between each of the Three Courses of the dinner. Not only was this affair educational, entertaining and complete with great dining selection and great

beverages – it is also truly a great value that cannot be matched anywhere! Special Thanks are in order to Christy, Kurt and all of our Dining Staff for creating these wonderful opportunities to bring people together! Please let us know what other kinds of 'Culinary Events' that you would like to see.



Kurt enjoys a good challenge so don't hold back on your suggestions! It looked like it was a great night to bring people together!

BOOK CLUB NEWS.....

Coming up on February 12th at 2p will be a Sunday Matinee Performance of “To Kill a Mockingbird” at the Winnepesaukee Playhouse. Save the date! For more information and to make reservations please call Marjorie Maher at 279-1567

FROM THE SUGGESTION BOX.....



I haven't forgotten about the outdoor thermometer – I just haven't found the 'right' one yet! I tend to avoid shopping and don't get out that often. New this week:

- Suggestion made to bring in a Dietician to meet with Kurt and his Cooks along with also meeting with Members as well. Seeing how popular the AED Training session with Kate was yesterday (20 Attendees!) another educational session could prove to be popular. To give us some idea – please let Naella know if you would be interested in attending a presentation by a Dietician/Nutritionist.

- Suggestion made that every dinner meal should have both yellow and green vegetables and that frozen vegetables would be more than satisfactory.

- Community Room Questions Raised:

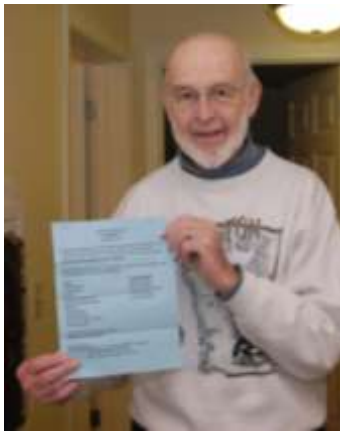
1. Should we consider trading the pool table for a ping-pong table that could be folded up and moved to the side when not in use?

2. Should the room have a dance floor instead of carpet?

To help us get a sense of whether there is any widespread interest in either of these ideas --- please let Naella know your thoughts.



A NOTE FROM MAX.....



Are you Scottish? Our own Max Jenness has given us notice of what looks to be a very interesting Masonic sponsored dinner that is open to all but includes items that I don't recognize but that you are sure to enjoy including: Cock-a-Leekie Soup, Aberdeen Roast Beef, Skirlie, Sweet Haggis, Ayrshire Shortbread and Apple Frushie. And for those who love Bag Pipe music --- there will also be a Piper present. This will be held in Franklin on Saturday January 28th and Max has all the details. You can reach him at: 279-1589

CLOSING NOTES.....

Sadie Hawkins Day! Save the date --- it only happens every 4 years! If you don't know when it is you will need to check. It is too early to know exactly what to expect --- but I hear that great things are in the making! Hint: The end of February!

LOST & FOUND: In the Club Hub (our Store) you will find our Lost & Found Collection. Because we cannot hold onto all things for all time we are going to start to pare things down to just one Tub of lost items keeping the most recent addition and the most valuable and donating the rest. If you haven't taken a look in a while --- please do so soon! All the better if we can get items back to their rightful owners!

This and That: Sorry for the internet connection problems that we had --- I'm still not sure what the 'cause' was -- but I'm glad that we have everyone up and running again!

Be careful anywhere you are walking outside! Patriots tomorrow at 8p! Have a Great Weekend!

Howie