



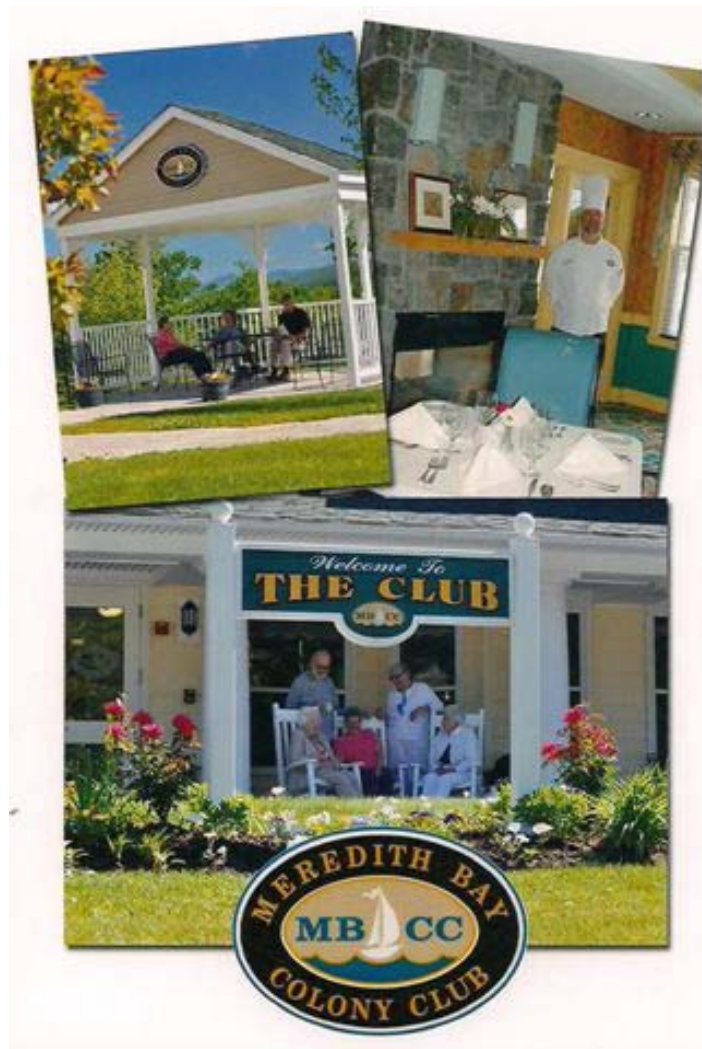
COLONY NEWS

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

#69

January 20, 2012

WINTER 2012



I was looking for another photograph when I came across this and thought that we could all use a reminder of the Summer still to come. Even though I really enjoy Winter – especially after a fresh snowfall – the more ‘simple’ times of Summer can be very appealing!

Even though this week has been relatively quiet the phones have been very busy with more and more people calling with questions and to set up tours to see the place --- The INN, The GARDENS and The CLUB.

Thank you again for your help and hospitality as we take our Visitors and potential new neighbors on the tour!

NO GRUMPY CATS!



The photo to the left is of my 17 Year Old Furry Friend 'Harley'. Harley has asked me to remind those of you with Furry Friends to be sure to put them on a little leash if you take them outside your Apartment. We don't want them to 'escape' or to be stepped on! Cats sleep 18 hours a day and are very likely to curl up for a nap anywhere – including places where they shouldn't be. Thank you for helping to keep our feline population happy and safe!

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 BENNY GOODMAN STORY

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

The King of Swing was a Clarinetist and Band Leader extraordinaire! I bet some of you saw him as you danced the night away at some dance hall. Does anyone know if he ever played at Irwin's Gardens in the Weirs?

Come on down for the show and to refresh some memories!

'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.



THIS 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 was my guest and we talked about a number of things including how fortunate we all are to have a local community based VNA available to us. Cheryl encouraged everyone who has a planned hospitalization coming up to feel free to call her to begin making plans for your discharge from the hospital. The planning is free and all you have to do is to

give them a call at 279-6611. They are a great resource for the community! Cheryl noted how each morning the public is welcome to stop in at their new offices on Route 104 for a free blood pressure check. It was interesting to learn that the Visiting Nurses of Meredith and Center Harbor have invested in Telehealth technology that allows them to monitor a clients critical information remotely. Thank you Cheryl!

Next Week: We welcome Joshua Brooks of Granite State Physical Therapy to the show and will learn about how a free standing physical therapy practice works.

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

*Don't miss this magical fairy tale for the whole family to enjoy together!
See your friends and neighbors onstage with Broadway performer, Josh Walden!*

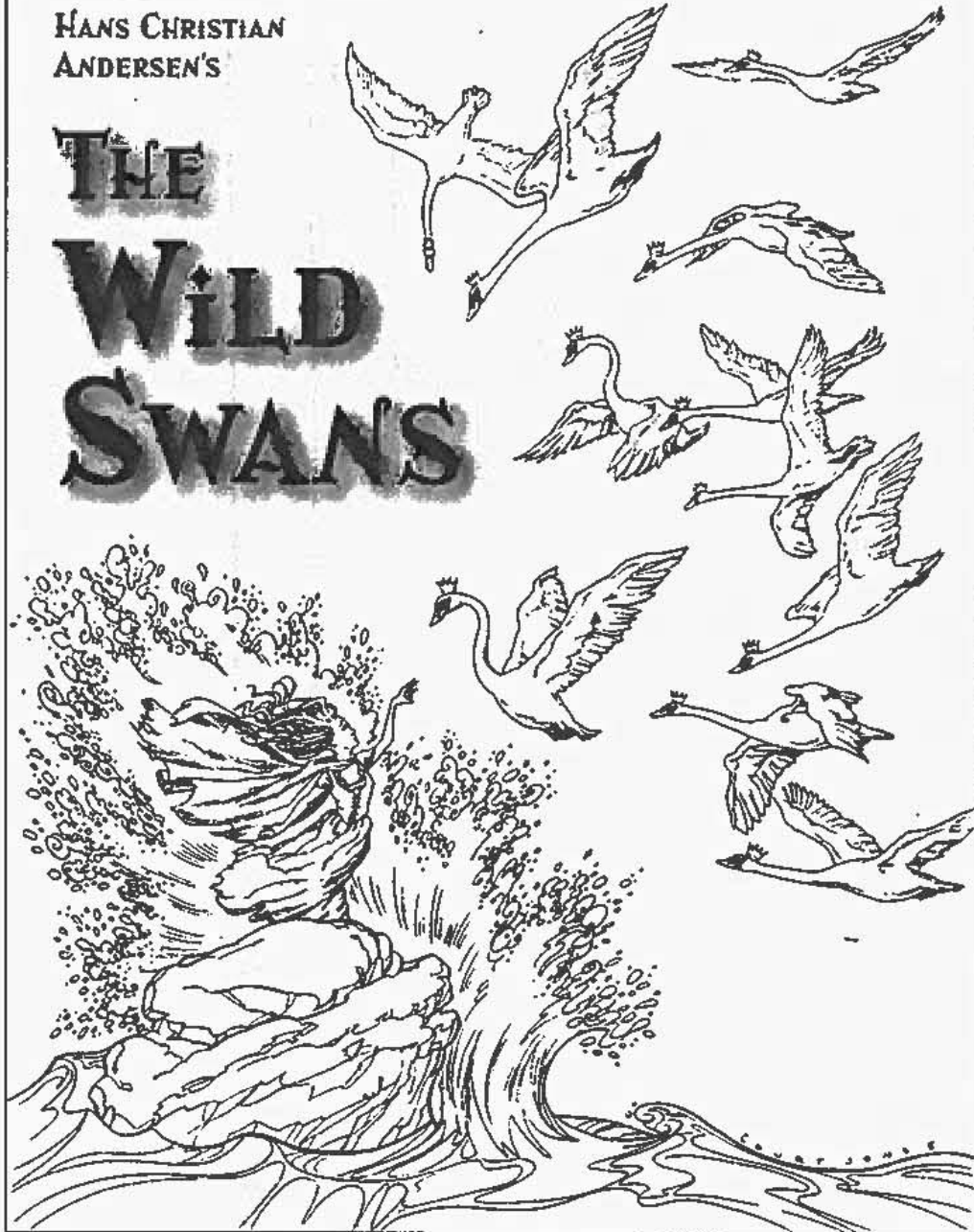
THE EDUCATIONAL THEATRE COLLABORATIVE

Plymouth State University • Plymouth Elementary School • Friends of the Arts

proudly presents the World Premiere of

HANS CHRISTIAN
ANDERSEN'S

THE WILD SWANS



ADAPTED AND DIRECTED BY TRISH LINDBERG

MUSIC BY WILL ØGMUNDSON • CHOREOGRAPHY BY AMANDA WHITWORTH AND JOSH WALDEN

THE WILD SWANS: NEXT SAT JAN 28th at 2p in PLYMOUTH!

The Bus will leave at 1p for the Hanaway Theatre at the Silver Center for the Arts at Plymouth State University. No cost for transportation and the ticket prices are \$22 and \$18 (depending on location) and assume that you look old enough to qualify as a Senior Citizen. We only have 12 Seats on the Bus and we need to reserve the tickets as soon as possible – so please make your reservations with Naella no later than Monday.

I am told that this is part of an annual series of such performances and that they are very well received. For more details about what to expect please see Jean Stephens. There has already been a lot of interest so don't miss out!

A CUT ABOVE.....



Just in case you haven't noticed: Our own Beauty Salon and Barber Shop has some of the best prices around and no other place could be more convenient! Located on the 3rd Floor right across from Diane's office ---- check it out!



IT'S COLD AND FLU SEASON.....

If you got it, don't give it and if you don't have it, don't get it! We call it 'Infection Control' and it begins with being sure that you wash your hands frequently and use the Hand Sanitizer (Purell) that we have located all around and about the place. If you don't feel well – then this isn't the time to engage in group activities. Did you know that with a simple telephone call you can arrange for 'In Residence Dining'? Yes – it is the same as Room Service!

AN APOLOGY TO MAX.....AND TO ELLIE!

It was my fault and not Max's that I failed to let you know in last week's newsletter that the Scottish Dinner that I described is not a public event but a Masonic event. To add a little insult to the injury we also found out the hard way that our telephone directory has a problem and that the number given goes to The Starkses. I understand that Ellie has been an equally good sport about my self inflicted confusion!

FROM THE SUGGESTION BOX.....



One new item: That we have a Suggestion Box for The INN & GARDENS as well ----- It is a good one too --- I see a trip to Staples in my future this weekend.....

Followups:

1. Thermometer ---- It's coming
2. Trial Balloon regarding whether we should invite a Dietician in: We had 6 favorable responses which is a good start.
3. Trial Balloon regarding removing the Pool Table to make more room for seating: Two people have voiced their support for the initiative -- not exactly an early groundswell of support for the idea.
4. Replace the Pool Table with a Ping Pong Table: One person liked the idea but was not sure that the room is large enough.
5. Adding a dance floor in the Community Rom: One Member questioned whether that would create a fall hazard.

A trial balloon is the same as a 'straw poll' designed to help us know where to focus our energy. It is not too late to share your opinion --- just stop by and let Naella know!

A WINEY CHOCOLATE FRIDAY??????????????

Next Friday January 27th at 3p in the Bistro --- Diane has a surprise for us all. In addition to the music of Red Gallagher there will be Wine and Chocolate --- two things that I would never have thought to put together..... What kind of wine goes with chocolate? You will just have to attend to find out (because I have no idea!)

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!

The photo of the phone to the left was sent to me by my older friend Pat who longs for the days when life was simple. I don't know that my kids even know what a rotary dial phone is – or how it works.

If you want a copy of my Citizen Newspaper Column (it will run tomorrow) you can find it on our website, on our Facebook page or you can just let me know.....

Patriots this Sunday at 3p.

Have a Great Weekend!

Howie