



# Active, Alive and Over 55 Club 2013-2014

10 Central Road  
Rye, NH 03870  
Phone: 603-964-6281  
Fax: 603-964-1516  
[www.town.rye.nh.us](http://www.town.rye.nh.us)



## 2013-2014 ACTIVE, ALIVE AND OVER 55 CLUB LUNCH PROGRAMS *SAVE THE DATES*

Friday, September 13, 2013, All Aboard the Titanic  
Thursday, October 10, 2013, Senior Moments  
Thursday, November 14, 2013, Crime and Punishment on the Isles of Shoals  
Thursday, December 12, 2013, History of Weather in New Hampshire  
Thursday, January 9, 2014, History of Rye  
Thursday, February 13, 2014, Love Songs  
Thursday, March 13, 2014, Container and Raised Bed Gardening  
Thursday, April 10, 2014, An Afternoon of Music with Two Old Friends  
Thursday, May 8, 2014, A Visit with Queen Victoria

## 2013-2014 ACTIVE, ALIVE AND OVER 55 DAY TRIPS *SAVE THE DATES*

Wednesday, October 16, 2013, Italian Festival  
Wednesday, November 13, 2013, Liza & Judy  
Tuesday, December 3, 2013, The American Boychoir  
Thursday, March 6, 2014, Museum of Fine Arts Boston  
Tuesday, April 15, 2014, Debbie Reynolds  
Wednesday, June 11, 2014, The Temptations  
Tuesday, July 22, 2014, Mixed Emotions

## Active, Alive and Over 55 Club General Information

### INTRODUCTION

The Rye Recreation Active, Alive and Over 55 Club will meet October - May on the second Thursday of each month, with the exception of September when the meeting will be held on the second Friday of that month. Meetings are held at Rye Congregational Church with lunch at 12:00 p.m. followed by entertainment at 1:00 p.m. The club is not restricted to Rye residents.

### TO REGISTER

Complete a registration form. If paying by check, make it payable to Rye Recreation. Submit both registration form and payment to: Town of Rye Recreation Department, Town Hall, 10 Central Road, Rye, NH 03870. The Recreation Department is open Monday - Friday, 8:00 a.m. - 4:30 p.m.

### COST

The annual dues are \$15 and cover the period from September 1, 2013 - August 31, 2014. Payment is requested prior to attending your first meeting and accepted throughout the year.

### MEETING LOCATION

Rye Congregational Church, 580 Washington Road, Rye, NH 03870

### LUNCH

Reservations for lunch are required. The cost is \$11 for a complete lunch and \$3 for a beverage and dessert only. If paying by check, make it payable to Rye Recreation. Submit payment to: Town of Rye Recreation Department, Town Hall, 10 Central Road, Rye, NH 03870. The Recreation Department is open Monday - Friday, 8:00 a.m. - 4:30 p.m. When submitting payment, please indicate date of lunch. The reservation deadline is one week prior to the meeting date. Lunch reservations are not refundable; however, lunch to go boxes are available on request. Lunches are catered by Stan Shaw.

### CANCELLATIONS

In the event of a cancellation we will do our very best to contact you. However, when in doubt, contact the Rye Recreation Department at 964-6281 and a message will be left on the answering machine or visit the Town of Rye Website at [www.town.rye.nh.us](http://www.town.rye.nh.us)

### OTHER PROGRAMMING

Active, Alive and Over 55 Club Members have the opportunity to participate in other programming opportunities, including day trips, fitness classes and pickleball. Additional fees may apply.

### CONTACT

Lee Arthur, Recreation Director

Phone: 603-964-6281, Fax: 603-964-1516

E-mail: [larthur@town.rye.nh.us](mailto:larthur@town.rye.nh.us)

Website: [www.town.rye.nh.us](http://www.town.rye.nh.us)

In addition to this brochure, all Active, Alive and Over 55 Club information is available on the Town of Rye Website.

## Active, Alive and Over 55 Club 2013-2014 Lunch Programs

### FRIDAY, SEPTEMBER 13, 2013



**All Aboard the Titanic** Responding to people's enduring fascination with this historic event, Ted Zalewski explores the personal experiences of selected passengers and crew, including those with New Hampshire affiliations, emphasizing examples of individual courage and triumph. *This program is sponsored by the NH Humanities Council and open to the public.*

**Lunch:** "Salad Bonanza" Garden salad w/choice of dressing, chicken salad, tuna salad, potato salad, pita bread, fruit and sherbet.  
**Reservation Deadline:** Friday, September 6, 2013

### THURSDAY, OCTOBER 10, 2013



**Senior Moments** Through wit, wisdom, and humor this senior theater group, sponsored by the Seacoast Repertory Theatre in Portsmouth, explores the needs and contributions seniors make to society on a daily basis. The group writes most of its own material and has performed throughout New England.

**Lunch:** Chicken pot pie, broccoli salad, biscuit and apple crisp.  
**Reservation Deadline:** Thursday, October 3, 2013

### THURSDAY, NOVEMBER 14, 2013



**Crime and Punishment on the Isles of Shoals: The Ballad of Louis Wagner** John Perrault invites you to examine the judgment of Louis Wagner, who was accused of murdering Anethe and Karen Christenson on Smuttynose Island, Isles of Shoals, in March of 1875. Perrault weaves his ballad through the course of the program with guitar and vocal. *This program is sponsored by the NH Humanities Council and open to the public.*

**Lunch:** Caesar salad, stuffed shells, meatballs, garlic bread and pistachio ice cream.  
**Reservation Deadline:** Thursday, November 7, 2013

### THURSDAY, DECEMBER 12, 2013



**History of Weather in New Hampshire** Enjoy a fascinating presentation by WMUR's morning meteorologist, Kevin Skarupa, as he discusses the history of weather in New Hampshire, by focusing on the twenty "biggest" weather events in the state over the past 100 years. Which weather events do you remember?

**Lunch:** Yankee Pot Roast, roasted potatoes, carrots, garden salad w/choice of dressings, roll and cheesecake.  
**Reservation Deadline:** Thursday, December 5, 2013



## THURSDAY, JANUARY 9, 2014



**History of Rye** Explore the long and colorful history of Rye through old photographs of Rye Center, churches, schools, hotels, seascapes and more, with Alex Herlihy of the Rye Historical Society, founded in 1976. This Rye native has dedicated the past 23 years absorbing a lot of Rye history and is presently writing a new history of Rye. Come and share your memories of Rye and how it has changed over the years.

**Lunch:** New England Clam Chowder (alternate soup available), garden salad w/choice of dressings, cornbread and strawberry shortcake.

**Reservation Deadline:** Thursday, January 2, 2014

## THURSDAY, FEBRUARY 13, 2014



**Love Songs** Just in time for Valentine's Day, sing along with Rye Junior High Students and their Music Director, Michelle Wirth, as they perform traditional American folk love songs like "You are my Sunshine", "Red River Valley", "My Darling Clementine" and many more.

**Lunch:** Shepherd's pie, spinach salad, roll, and blueberry pie a la mode.

**Reservation Deadline:** Thursday, February 6, 2014

## THURSDAY, MARCH 13, 2014



**Container and Raised Bed Gardening** Do you envision a yard with raised garden beds of beautiful, thriving vegetables? A deck where you can pluck a tomato from its container? Ron Christie, UNH Cooperative Extension, Program Coordinator, with the assistance of a Master Gardener, will teach you some pointers on how to make this vision a reality.

**Lunch:** Roast turkey with stuffing, mashed potatoes, green beans almondine, ice cream and a cookie.

**Reservation Deadline:** Thursday, March 6, 2014

## THURSDAY, APRIL 10, 2014



**An Afternoon of Music with Two Old Friends** Emery Hutchins and Jim Prendergast are musicians who play and sing a unique combination of Celtic and American country music. In their performance they seek to show the connection between the two genres. *This program is sponsored by the NH Humanities Council and open to the public.*

**Lunch:** Baked meat lasagna, garlic toast, Caesar salad and bread pudding.

**Reservation Deadline:** Thursday, April 3, 2014

## THURSDAY, MAY 8, 2014



**A Visit with Queen Victoria** In 1837, teen-aged Victoria ascended to the British throne, untrained and innocent. Those who would try to usurp her power underestimated this self-willed, intelligent young woman whose mettle sustained her through her 63-year reign. Using Queen Victoria's diary and letters, this program reveals the personal details of a powerful yet humane woman. Sally Mummey performs this living history in proper 19th Century clothing resplendent with Royal Orders. *This program is sponsored by the NH Humanities Council and open to the public.*

**Lunch:** Build your own deli sandwich, chicken salad, potato salad, Greek orzo salad, sherbet and a cookie.

**Reservation Deadline:** Thursday, May 1, 2014

## Active, Alive and Over 55 Club 2013-2014 Day Trips

In 2013-2014, seven day trips will be offered to Active, Alive and Over 55 Club Members. It is important to register early as space is limited and some trips may sell out. No refunds will be given for the Debbie Reynolds Day Trip after March 14, 2014. For all other day trips no refunds will be given within 7 days prior to the trip, unless funds can be recovered from the contract provider. Prior to the trip, a detailed letter will be sent to all participants, confirming the departure time and location as well as the schedule for the day.

## WEDNESDAY, OCTOBER 16, 2013



**Italian Festival** Enjoy two great shows at Luciano's at Lake Pearl in Wrentham, MA. Direct from Italy, Rocco Panzini, Italy's Funniest Clean Comedian. His observations about America are side splitting. Plus, the incredible duo of Frank Zarba and Ray Cavicchio singing the music of Italy into our hearts.

**Meal Choice:** Chicken parmesan or baked haddock, vegetables, bread, dessert, coffee/tea.

**Reservation Deadline:** September 25, 2013

**Departure Time and Location:** TBD

**Fee:** \$82 (Includes transportation, driver tip, admission and lunch)

## WEDNESDAY, NOVEMBER 13, 2013



**Liza & Judy** Judy Garland and Liza Minnelli, the most famous mother and daughter entertainers, performed only a few times together. Join us at Venus De Milo in Swansea, MA as Suzanne Goulet and Denise Rose perform an outstanding tribute show, a perfect impersonation of these great legends.

**Meal Choice:** Chicken parmesan or baked haddock, minestrone soup, vegetables, breads, dessert, coffee/tea.

**Reservation Deadline:** October 23, 2013

**Departure Time and Location:** TBD

**Fee:** \$82 (Includes transportation, driver tip, admission and lunch)

**TUESDAY, DECEMBER 3, 2013**



**The American Boychoir** is under the leadership of Fernando Malvar-Ruiz, Litton-Lodal Music Director. The American Boychoir dazzles audiences with its unique blend of musical sophistication, effervescent spirit, and ensemble virtuosity. Experience the angelic voices of the boys first hand at Demitri's in Foxborough, MA. There's no better way to welcome in the Holiday Season.

**Meal Choice:** Roasted stuffed chicken breast or baked scrod, garden salad, vegetable, roasted potatoes, roll, and dessert.

**Reservation Deadline:** November 12, 2013

**Departure Time and Location:** TBD

**Fee:** \$82 (Includes transportation, driver tip, admission and lunch)

**THURSDAY, MARCH 6, 2014**



**Museum of Fine Arts Boston** is one of the largest museums in the United States. It contains more than 450,000 works of art, making it one of the most comprehensive collections in the Americas. With more than one million visitors a

year, it is the 31<sup>st</sup> most visited art museum in the world. You are responsible for your own museum admission (\$23-\$25) and lunch.

**Reservation Deadline:** February 13, 2014

**Departure Time and Location:** 9:30 a.m., Parking lot to the right of Rye Congregational Church.

**Fee:** \$30 (Includes transportation and driver tip only)

**TUESDAY, APRIL 15, 2014**



**Debbie Reynolds** was a leading lady in the 1950's and 1960's. She starred in numerous movies, singing and dancing her way into the hearts of millions. Don't miss this chance to see this living legend live in concert at Mohegan Sun Casino. There will be plenty of time before the performance for lunch and gaming. This is a ticketed event and limited space is available. No refunds after March 14, 2014.

**Reservation Deadline:** February 27, 2014

**Departure Time and Location:** TBD

**Fee:** \$82 (Includes transportation, driver tip, admission and \$20 free slot play or free bet and \$10 meal voucher good at any Mohegan Sun eating facility.)

**WEDNESDAY, JUNE 11, 2014**



**The Temptations** were inducted into the Rock and Roll Hall of Fame in 1989. The Temptations hits include: "My Girl", "Just My Imagination", "Papa Was a Rolling Stone" and many more. Travel with us to Venus De Milo in Swansea, MA to hear all of these classic songs live in concert

**Meal Choice:** Chicken parmesan or baked haddock, minestrone soup, vegetables, breads, dessert, coffee/tea.

**Reservation Deadline:** May 21, 2014

**Departure Time and Location:** TBD

**Fee:** \$82 (Includes transportation, driver tip, admission and lunch)

**TUESDAY, JULY 22, 2014**



**Mixed Emotions** is an entertainment troupe comprised of Boston's best and brightest young Broadway talents. This show spans many periods and styles of great Broadway classics. Join us as we travel to the Danversport Yacht Club in Danvers, MA, for a musical review that will have you singing along and tapping your feet.

**Meal Choice:** Boneless breast of chicken or baked scrod, cheese and crackers, garden salad, vegetables, mashed potatoes, rolls, bread, dessert and coffee/tea.

**Reservation Deadline:** July 1, 2014

**Departure Time and Location:** TBD

**Fee:** \$82 (Includes transportation, driver tip, admission and lunch)

**Active, Alive and Over 55 Club  
2013-2014 Fitness Classes**



**Over 55 Fitness** is instructed by Alexis Mason. This cardio and toning class is designed for participants 55+. Simple moves and combinations for cardio are

paired with a light-weight strength training format for an energizing, full-body, low-stress workout. Breathable clothing and sneakers are a must. Classes are held on Monday and Wednesday. Please see below for a complete list of dates. Participants must sign-up for both days, although attendance is not required. Must be a member of the Active Alive and Over 55 Club.

**Dates:** September 16, 18, 23, 25, 30, October 2, 7, 9, 16, 21, 23, 28, 30, November 4, 6, 13, 18, 20, 25, December 2, 4, 9, 11, 16, 18, 2013, January 6, 8, 13, 15, 22, 27, 29, February 3, 5, 10, 12, 17, 19, 24, 26, March 3, 5, 10, 12, 17, 19, 24, 26, 31, April 2, 7, 9, 14, 16, 21, 23, 28, 30, May 5, 7, 12, 14, 19, 21, 28, June 2, 4, 9, 11, 16, 18, 23, 25, 2014.

**Location:** Rye Congregational Church, 580 Washington Road, Rye

**Fee:** \$73 (Prorated to start date)

**Active, Alive and Over 55 Club  
2013-2014 Pickleball Learn-to-Play Clinics**



**Over 55 Pickleball** is a simple paddle game played using a special perforated ball over a tennis-type net on a badminton size court. The Spring Clinic is instructed by John and Charlotte Crowley and the Summer Clinic by Bill Wilson. Weather permitting. No charge; however, participants are required to

register with the Recreation Department in advance. Come and learn the game and have access to all the equipment you will need to play with a friend.

**Spring Clinic:** Tuesday, May 6, 2014

**Summer Clinic:** Wednesday, July 2, 2014

**Location:** Rye Recreation Area, 55 Recreation Road, Rye

**Fee:** No charge

TOWN OF RYE RECREATION DEPARTMENT  
10 CENTRAL ROAD, RYE, N.H. 03870  
TEL (603) 964-6281 FAX (603) 964-1516

**2013-2014 ACTIVE, ALIVE AND OVER 55 CLUB AND PROGRAMMING  
REGISTRATION FORM**

*Please sign the waiver below and indicate the programs you are signing up for on the back of this form.*

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ MI: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_  
Month / Day / Year

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Fax: \_\_\_\_\_ Office Phone: \_\_\_\_\_ Office E-Mail: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Medical (or other) considerations which may affect participation in this activity:

\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Fax: \_\_\_\_\_ Office Phone: \_\_\_\_\_ Office E-Mail: \_\_\_\_\_

I give my permission for myself \_\_\_\_\_ to participate in the Rye Recreation Department activity indicated on this form. I realize it is my responsibility to consult a physician to assess my health relating to participation in this activity. I agree to hold harmless the Town of Rye, the Rye Recreation Commission, its employees, volunteers and agents for any/all injuries and damages incurred during the course of the program.

Your Name (please print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Registration fees are not refundable and registration is not secured until completed form and payment are received. Please make checks payable to Rye Recreation.

Amount of payment enclosed: \_\_\_\_\_

-----

For office use only: Paid \_\_\_\_\_ Paid Date: \_\_\_\_\_ Method: \_\_\_\_\_



# SUMMARY SHEET

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**Please check and fill in the appropriate fee for each program:**

|                                                            |                                   |                            |
|------------------------------------------------------------|-----------------------------------|----------------------------|
|                                                            |                                   | <i>For office use only</i> |
| <b>2013-2014 ACTIVE, ALIVE AND OVER 55 CLUB DUES, \$15</b> | <input type="checkbox"/> \$ _____ | # _____                    |

|                                                                                                        |                                   |                            |
|--------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------|
| <b>LUNCH PROGRAMS</b> (The cost is \$11 for a complete lunch and \$3 for a beverage and dessert only.) |                                   | <i>For office use only</i> |
| <b>ALL ABOARD THE TITANIC</b> , Friday, September 13, 2013                                             | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>SENIOR MOMENTS</b> , Thursday, October 10, 2013                                                     | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>CRIME AND PUNISHMENT ON THE ISLES OF SHOALS</b> , Thursday, November 14, 2013                       | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>HISTORY OF WEATHER IN NH</b> , Thursday, December 12, 2013                                          | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>HISTORY OF RYE</b> , Thursday, January 9, 2014                                                      | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>LOVE SONGS</b> , Thursday, February 13, 2014                                                        | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>CONTAINER AND RAISED BED GARDENING</b> , Thursday, March 13, 2014                                   | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>AN AFTERNOON OF MUSIC WITH TWO OLD FRIENDS</b> , Thursday, April 10, 2014                           | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>A VISIT WITH QUEEN VICTORIA</b> , Thursday, May 8, 2014                                             | <input type="checkbox"/> \$ _____ | # _____                    |

|                                                                   |                                   |                                    |                            |
|-------------------------------------------------------------------|-----------------------------------|------------------------------------|----------------------------|
| <b>DAY TRIPS</b>                                                  |                                   | <i>Meal Choice (Please circle)</i> | <i>For office use only</i> |
| <b>ITALIAN FESTIVAL</b> , Wednesday, October 16, 2013, \$82       | <input type="checkbox"/> \$ _____ | Poultry or Fish                    | # _____                    |
| <b>LIZA &amp; JUDY</b> , Wednesday, November 13, 2013, \$82       | <input type="checkbox"/> \$ _____ | Poultry or Fish                    | # _____                    |
| <b>THE AMERICAN BOYCHOIR</b> , Tuesday, December 3, 2013, \$82    | <input type="checkbox"/> \$ _____ | Poultry or Fish                    | # _____                    |
| <b>MUSEUM OF FINE ARTS BOSTON</b> , Thursday, March 6, 2014, \$30 | <input type="checkbox"/> \$ _____ | On your own                        | # _____                    |
| <b>DEBBIE REYNOLDS</b> , Tuesday, April 15, 2014, \$82            | <input type="checkbox"/> \$ _____ | Meal voucher                       | # _____                    |
| <b>THE TEMPTATIONS</b> , Wednesday, June 11, 2014, \$82           | <input type="checkbox"/> \$ _____ | Poultry or Fish                    | # _____                    |
| <b>MIXED EMOTIONS</b> , Tuesday, July 22, 2014, \$82              | <input type="checkbox"/> \$ _____ | Poultry or Fish                    | # _____                    |

|                                                                                                                                                                                                                                                                                                                                                                     |                                   |                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------|
| <b>OVER 55 FITNESS</b> (The cost is \$73 prorated to start date.)                                                                                                                                                                                                                                                                                                   |                                   | <i>For office use only</i> |
| September 16, 18, 23, 25, 30, October 2, 7, 9, 16, 21, 23, 28, 30, November 4, 6, 13, 18, 20, 25, December 2, 4, 9, 11, 16, 18, 2013, January 6, 8, 13, 15, 22, 27, 29, February 3, 5, 10, 12, 17, 19, 24, 26, March 3, 5, 10, 12, 17, 19, 24, 26, 31, April 2, 7, 9, 14, 16, 21, 23, 28, 30, May 5, 7, 12, 14, 19, 21, 28, June 2, 4, 9, 11, 16, 18, 23, 25, 2014. | <input type="checkbox"/> \$ _____ | # _____                    |

|                                                |                                   |                            |
|------------------------------------------------|-----------------------------------|----------------------------|
| <b>OVER 55 PICKLEBALL</b> (No charge)          |                                   | <i>For office use only</i> |
| <b>Spring Clinic</b> : Tuesday, May 6, 2014    | <input type="checkbox"/> \$ _____ | # _____                    |
| <b>Summer Clinic</b> : Wednesday, July 2, 2014 | <input type="checkbox"/> \$ _____ | # _____                    |

|              |          |
|--------------|----------|
| <b>TOTAL</b> | \$ _____ |
|--------------|----------|