



OWLS -

Adult Programs for the Community

February 2012

Please sign up for programs by calling Karen Hibbard at 237-4019 or
owlsnccrc@myfairpoint.net

Mail to: 33 Rec Center Road, Colebrook, NH 03576

Tuesdays

8:30 Water Aerobics
Speakers/Game Days
Computer Classes

Wednesdays

8:30 Water Aerobics
9:30 Yoga
9:45 Snowshoeing Club

Fridays

8:30 Water Aerobics
9:30 Yoga
10:00 Strength & Toning

Happenings

Tuesday, February 7th at 9:30- Game Day- Monopoly

Wednesday, February 8th at 10:00- Balsams Snowshoe Hike

We'll meet at the NCCRC at 9:30 and travel to the Balsams. This will be a beginner hike. Please sign up as we have a limited number of snowshoes.

Tuesday, February 14th at 10:45- Health Speaker at Indian Stream Health Center

Kim Daley, "Healthy Heart Tips & More"

Wednesday, February 15th at 9:30- Hoot OWL Cooking Bowl & Valentine's Party- Soup/Chili

Soup or Chili dishes with recipes. Winner gets the owl trophy for the month. Bring your appetites. Also, show-and-tell about what you really "love" in your life.

Wednesday, February 15th at 12:30- Matinee "Moneyball" PG13 at Colebrook Public Library

The story of Oakland A's general manager Billy Beane's successful attempt to put together a baseball club on a budget by employing computer-generated analysis to draft his players.

Tuesday, February 21st at 9:45- Speaker at the NCCRC

Bill Schomberg & Nancy Biron- "The History of Columbia" at NCCRC

Tuesday, February 21st at 11:00- Computer Classes at Colebrook Public Library

Tuesday, February 28th at 9:30- Game Day- "Apples to Apples"

Wednesday, February 29th at 9:30- Balsams Snowshoe Hike

We'll meet at the NCCRC at 9:30 and travel to the Balsams. This will be an intermediate hike. Please sign up early as we have a limited number of snowshoes.

Thursday, March 1st at 6:30 – Book Discussion Group at Colebrook Public Library

"Blind Faith" by CJ Lyons

Community Events

North Country Community Band Winter Concert

Tuesday, February 7th at 7:00 p.m.

The Rialto Theater in Lancaster

Donations welcome



Modification on Yoga

Kathy's Wednesday Yoga class is now "Turf & Surf." She starts the class with 30 minutes of traditional yoga instruction on the pool deck. The class then moves to the pool to incorporate balance and core strength. The Friday class remains the same as it has been.

Le Rendezvous Tea

The annual "Tea" will be held this year at Le Rendezvous French Bakery on Main Street. This event will occur on a Thursday afternoon in March, but the exact date is yet to be determined. There is no wheelchair access to this building, but steps leading to the main entrance. Enjoy an afternoon of friends, French pastries and music! See the upcoming March newsletter for more info.



NCCRC News

Tues-Fri 6 a.m.-Noon, 3:30-7

Saturday 10-12 lap swim, 12-5

Sunday 12-5

Saturday Skating Lessons

Learn to Skate Ages 4-6 \$5 9:30-10

Hockey 101 10-11 a.m.

Ages 7-12 \$30 for 6 weeks

Fundamentals for beginners

Quilt Raffle

Raffle tickets are available for the beautiful quilt created by North Country women for the benefit of the NCCRC. \$1 for 1 \$5 for 6.

Wise OWL Puzzle Challenge

The Forty-Nine Club was formed last year. Our not un-ambitious aim is: "To mold this sorry scheme of things entire." Each of its members has a "code number." The code numbers are not consecutive, but are devised by ad hoc- by "the integration of three relevant components." My friend Probe, for example, is No.110; Dr. Calico, the Assyriologist, is No. 98; Mrs. Thwackstraw, inventor of cosmic psychiatry, is No. 207. These data were offered me when I accepted the club's invitation to join. "But before we induct you, Caliban, I must point out that we propose to spell your name Kaliban," said the President.

What is my code number?

Answer will appear in March's Newsletter

January's Answer: E N T (eight, nine, ten)

