



# OWLS -

Adult Programs for the Community

January 2012

Please sign up for programs by calling Karen Hibbard at 237-4019 or  
[owlsnccrc@myfairpoint.net](mailto:owlsnccrc@myfairpoint.net)

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

**Happy 2012! It's hard to believe another year has passed. We hope 2011 was full of health, fun and spending times with loved ones. We have many new programs on slate for this year. Remember that it's never too late to meet new friends, try a new hobby or sport, increase your knowledge through our Speaker Series or become more physically active. From all of us at the OWLS Advisory Committee and the NCCRC, we wish you the very best this year has to offer.**

## New Programs

### **Target Toning and Strength Building- Fridays at 10:00 a.m. Starting January 13<sup>th</sup>**

We've all heard the saying, "If you don't use it, you lose it." That is true, especially of your muscles. Using exercises developed specifically for seniors, you can gain muscles' strength and tone, as well as balance and flexibility. Strength training can restore some bone density, especially in the spine. According to a research study by Ontario's McMaster University found that a year-long, strength-training program increased the spinal bone mass of postmenopausal women by nine percent, while non-exercising women lost around two percent. Classes will be a half hour and will be conducted on the pool deck. See you on Friday, January 13<sup>th</sup>! A new year, a new you!

### **Masters Swimming Informational Meeting- Wed. Jan 18 at 5:00 p.m.**

It's sort of like Swim Team for adults, but the competition is yourself and your own goals. Masters Swimming provides coaching for improving your stroke and speed. It creates workouts and goals to achieve. Whether you want to swim better, be able to keep up with grandkids, or find a way to exercise without agitating joints, this is the program for you.

## Monthly Events

### **The Hoot OWL Cooking Bowl-- Wednesday, January 18<sup>th</sup> - Mint**

Bring your entries, appetites, and recipes to the Hoot Owl Cooking Bowl. This program will feature the best of OWL culinary prowess. Interested participants should bring their entries, **along with recipe**, on the 3<sup>rd</sup> Wednesday of the month. We will sample and vote on the best entry. This month's recipe has to be based on mint and could be dessert, salad, main course, etc. Congratulations to **Sharon**



**Miller** who won December's challenge with a Greek Spanakopita. She has received the Hoot OWL Cooking Bowl trophy, which she will retain until the next challenge. Please contact Karen to obtain this recipe.

## **Colebrook Public Library Events**

**Thursday, Jan. 5<sup>th</sup> at 6:30 p.m.- Book Discussion Group**  
"Animal Farm" by George Orwell

**Thursday, Feb. 2<sup>nd</sup> at 6:30 p.m.- Book Discussion Group**  
"Speak" by Laurie Halse Anderson

**Tuesday, January 17<sup>th</sup> at 11:00 a.m.- Computer Classes**  
These classes are open forum. Come with special projects or any questions about the computer

**Wednesday, January 18<sup>th</sup> at 12:30 p.m.- Movie Matinee**  
"The Help"

Set in Mississippi during the 1960s, a southern society girl returns from college determined to become a writer, but turns her friends' lives -- and a small Mississippi town -- upside down when she decides to interview the black women who have spent their lives taking care of prominent southern families.

## **Speakers Series**

**Tuesday, Jan. 10<sup>th</sup> at 10:45 at Indian Stream Health Center**  
Emmy Katz, RDH, "Oral Health, Denture Care & Systemic Diseases"

### **For Your Information**

All OWLS Participants are welcome to schedule transportation with North Country Transit, at no cost, for programs starting after 9:00 a.m.

## **NCCRC Hours**

Tuesday--Friday 6 a.m.-12:00  
& 3:30 p.m.-7:00

Saturday 10 a.m.-- 5 p.m.

Sunday 12 noon – 5 p.m.

Monday Closed

## **Support the Swim Team!**

Cheer/Volunteer at Meets

Sat. Jan. 7<sup>th</sup> at 10 a.m.

Sat. Feb. 4<sup>th</sup> at 10 a.m.

Sat. March 3<sup>rd</sup> at 10 a.m.

## ***OWLS Program Hours***

*Tuesday, Wednesday, Friday*

*8:00-Noon*

*Water Aerobics -8:30*

*Snowshoeing/Walking - Wed 9:45*

*Yoga 9:30 -Wednesday & Friday*

*Strength & Toning- Friday 10:00*

*Starting Jan 13<sup>th</sup>!*

## **Wise OWL Puzzle Challenge**

Here is a simple mnemonic which has on occasion been used as an intelligence test at English schools:

**O T T F F S S . . .**

**What are the next three letters?**

*Answer will appear in February's Newsletter*

*December's Answer: Mr. Blue is a Pink*