



**Outdoor Adventure for Active Adults
August, September, October, 2011 NEWSLETTER**

480A Josiah Bartlett Road

Concord, NH 03301

Email: barbhanchett@yahoo.com

"Life is either a daring adventure or nothing" Helen Keller

Greetings members:

We're sure we don't need to point out to any of you how quickly the summer is flying by! Biking, kayaking and Outing Club are going strong with the best months of the year still to look forward to. Since our last newsletter, members have enjoyed Adventure Trips to Bailey Island, ME, St. Albans, VT, for biking and Errol, NH, for kayaking. The weather everywhere we have gone has been perfect. There sure is a bubble of good weather that travels with us! As anyone who has gone on these adventure trips knows, where we go and what we do is only part of the fun...it's the time spent with fun, upbeat, positive, people out doing what they love to do that's really special and keeps us coming back for more.

Speaking of special, we lost a very special member with the passing on June 1 of Betty Densmore. Betty was a long time member and strong supporter of AAA. Betty always had a smile on her face. She had a deep appreciation for and great knowledge of nature, especially birds. Betty was generous and loving to the core and will be greatly missed by all who knew her. Thank you Betty for sharing some of your time here on earth with us.

Next year, we're looking forward to some new destinations and some old tried and true ones, beginning with the Silver Fox Inn, in Waterville, NH, in January. It's not too early to start planning your fun for next year - you sure don't want to miss out on anything. As always, our many thanks to our members who are so willing to help out when asked and who selflessly give of their time to keep us all moving!

With appreciation for you all, *Barb and Virginia*

LOOKING AHEAD - 2012

Check out the Adventure Trips section for the early 2012 trips, starting with the Silver Fox Inn in Waterville, NH, in January, our favorite Bethel Inn in Bethel, ME in February and tried and true Mt. View in Rumney, NH, in March.

Costa Rica - April 21-29, 2012

This is the perfect time of year to get away to a warm, sunny climate and Costa Rica is the perfect destination. Those who went to Costa Rica two years ago agree that this trip was fabulous! The lushness of the island and exotic wildlife are an adventure not to be missed. The people are friendly and helpful, the weather is perfect. Highlights of the trip include: San Jose, visit to a coffee plantation, Guanacaste, Monteverde Cloud Forest, Sky Walk, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge and Poas Volcano. Trip includes 9 days, 14 meals, 8 breakfasts, 6 dinners, air fare and lodging. Brochures are available for the asking. Total Cost: \$2,529 double. **Note: This popular trip from Collette Tours will be led by AAA staff. Barb is planning on taking her family along and hopes that other members may do the same. Now is the time to get your name in for this great trip. We need deposits now. If you don't have information, please call and we'll get it to you.**

And now on to regular programming... Keep in mind that a membership is required to take part in programs. Guests may participate on a one-time only basis at a special rate after which they will be required to become a member. Please call for a membership form and offer it to someone that may benefit from our programs. You are the foundation of this organization. MEMBERSHIP IS ONLY \$35 PER YEAR and is billed on a yearly basis on your membership anniversary date. Please call with any questions. If payment is not received when billed, your name will be removed from the membership roster. Note: This is the last newsletter that will be sent to anyone who has not renewed their membership.

Please Note: With the continual increase in gas prices, transportation costs *may* be adjusted based on prices at time of a trip.

One of the primary ways we have to manage costs is to communicate via email. Postage continues to go up and would make it impossible for us to keep that cost in check. Sometimes emails drop off my list without reason! Check your spam folder, plus keep our email addresses in your computer so they will be recognized. (Barbhanchett@yahoo.com and vajoslyn@comcast.net) Please let

me know if you don't get the weekly blurb. I try to leave messages on my phone for those who do not have email. Please call 715-2723 for the latest outing information.

As always, I welcome your comments and programming suggestions. You are the heart of this program and your word of mouth is what keeps us growing and successful. You are our advertisement so keep spreading the word to anyone you meet who is looking for great fun, fellowship and adventure. Don't forget about our Website www.nhalwaysanadventure.com. I also want to offer a special welcome to our new members. We are so happy to have you join us! As always, I am available by email (barbhanchett@yahoo.com) or phone (603-715-2723) most hours of the day for any questions or comments. If I am away or can't be reached at the office number, please call my cell at 603-848-0345. You can also contact Virginia Joslyn at vajoslyn@comcast.net or 603-848-4800.

TUESDAY BIKING CLUB

We've had some great rides so far this summer around the area. If you've been thinking about getting back on a bike, come join us and get some great exercise and see parts of our state that you may never have seen before. We have two levels to choose from...a beginner level led by Elaine Radcliffe and Connie Derosier and an advanced level led by Ronnie Malmberg and Jerry Bean. Contact Ronnie at vcm1@earthlink.net for details on the faster paced level. Contact Elaine at 219-2197, or email at elaine.radcliffe2@myfairpoint.net or enradcliffe@aol.com for details on the beginner/intermediate level. Let Elaine and Ronnie know if you want to be on their email list for notification each week of the planned ride and where they will be meeting. You will need a helmet, bike in good working order, water, sunscreen and bright clothing and a lunch to eat on the ride. Activity fee is \$5, plus transportation fee based on destination.

WEDNESDAY OUTING CLUB

Outing Club is going strong with trips to New Hampshire's beautiful trails and parks. Bring walking sticks, water and any snacks you may want. We will either bring our lunch for eating outside or eat at a local restaurant, as announced prior to each outing. If you prefer not to eat out, you can certainly bring your own on any trip. Please call the office after 3 PM on Tuesday or check your email after 3 PM for the outing location. Activity fee is \$5 unless otherwise stated. Car pool fee is determined according to destination. With the continuing increase in gas prices, the transportation fee may be increased depending on our destination. Most trips are two levels. **Outing Club leaves from the parking lot behind**

Borders (across the street from Panera Bread) on Ft. Eddy Rd at 9 AM unless otherwise stated. Call 715-2723 for the latest information.

FRIDAY KAYAKING

Kayakers have enjoyed beautiful paddles so far this season. If you haven't kayaked and want to try it, we have some kayaks you can rent to see if you like it. It is a great sport and we live in a perfect area to enjoy it to the fullest. For kayaking, you will need a life jacket, paddle, kayak, water, sunscreen, cap, water sandals, snacks and lunch. If you are interested, please give Barb a call at 715-2723. Activity fee is \$5 plus transportation. Kayaks are transported in trucks provided by Jerry Bean and Barb. Kayaks may be stored at Barb's house during the season. Kayakers are asked to help load and unload each week. Loading is at 4 PM (time subject to change) Thursday. Kayakers leave from behind Borders at 9:15 AM on Fridays.

ADVENTURE TRIPS - 2011

Cancellation policies for adventure trips are very strict. Cancellations within 30 days of a trip will be charged a cancellation fee and monies paid may be forfeited if refunds are not paid to AAA by destination. Please make your checks payable to *Always An Adventure*. A \$25 non-refundable (unless transferred to another trip) sign-up fee is required for all trips, with final payment due one month prior to trip. Detailed information will be mailed approximately one month prior to each trip.

August 9-10, 2011 - Mt. View Lodge, Rumney, NH

Kayakers will head to this Lodge for a one night stay to enjoy the great kayaking in the area. Staying at Mt. View is like going to a pajama party! Casual, fun and with great home cooking. We'll also get to enjoy the beautiful outdoor pool after a day of kayaking. Total Cost: \$145. Includes lodging, transportation, 1 dinner, 1 breakfast and 1 lunch. This trip is full but we're happy to put you on a waiting list in the event of a cancellation.

August 29-September 1, 2011 - YMCA Camp Huckins, Freedom, NH

Huckins is a special place for everyone who goes there. Those who went last year enjoyed full days of kayaking, swimming, floating around on noodles,

crafts, singing and dance and just taking it easy in the summer heat. Don't miss this experience. Save the dates. More details to follow. Total Cost: \$310 covers lodging and all meals. Please note, transportation is not included. Vans will be available for those who do not drive, with a transportation fee assessed.

October 11-13, 2011 - Shiloh Lodge, Jefferson, NH

This popular destination is for any level biker and hiker. The main focus is to enjoy this absolutely beautiful location surrounded by the Presidentials. Bike routes wind through the valley; hikers have numerous options for either level or higher elevation trails. Greg, our host and owner of the lodge, makes sure we have plenty of good home cooking and the latest stories from Jacques and Pierre. Total cost: \$255. \$25 deposit due on sign up.

2012 ADVENTURE TRIPS

January 10-12, 2012 - Silver Fox Inn, Waterville, NH

This first Adventure Trip of the new year will take us to a new overnight destination that has been enjoyed by Outing Club members on day trips. The Inn is managed by Julie Runnell's niece Susan and her husband and is located right in the Waterville Valley complex. We will have to do a lot of skiing and snow shoeing on this trip as we will be enjoying Susan's great culinary skills! Cross-country skiers and snow shoers will enjoy both the groomed and ungroomed trails the area has to offer. These trails are some of the best skiing in New Hampshire. Total trip cost TBD.

February 7-9, 2012 - Bethel Inn, Bethel, ME

This favorite destination offers all the amenities, including the historic Inn, groomed ski and snow shoe trails, outdoor heated pool and sauna, as well as gourmet dining. Start skiing right out the back door of the Inn and lounge in the pool at the end of the day. It doesn't get any better than this. Total trip cost TBD.

March 13-15, 2012 - Mt. View, Rumney, NH

Skiers and snow shoers, pack your pj's and a good book and come enjoy the fireplace at this cozy lodge. Staying at Mt. View is like having a pajama party - we have the lodge all to ourselves and can sit and read in front of the fireplace, watch movies, play games or just enjoy the scenery after enjoying the great outdoors on skis or snow shoes. Home cooked food completes the stay at this casual lodge. Total trip cost TBD.

April 21-29, 2012 - Costa Rica

See full description at beginning of newsletter. We need deposits now so get your name in and don't miss this special trip.

2012 Adventure Trips in the Works**May, 2012 - TBA****June, 2012 - Vermont Rail Trail, St. Albans, VT****July, 2012 - Bailey Island, ME****August, 2012, Pittsburg, NH****August-September, 2012 - Camp Huckins, Ossipee, NH****September, 2012 - Monhegan Island, ME****October, 2012 - Shiloh Lodge, Jefferson, NH****ONGOING PROGRAMS AND SPECIAL OFFERS****Let's Go to the Movies**

For those of you who love the movies but don't want to go alone - this is your chance. We will definitely go to the early evening show and movies will be chosen from the two Concord theaters, including Red River Theatre. If something special is playing in town, we may also go more than once a month. Charlotte Cote will email those who are interested. If you want to go with us, please forward your email address to Charlotte at anniecote@comcast.net or call her at 224-2033 so that you will be kept up to date. Be sure to let Charlotte know if you hear of a good movie coming up.

Yoga: Yoga class will be led by Betty Audet at the IBEW on Airport Rd. Classes will begin at 10:30 AM on Monday and Thursday. If you have questions, please call me at 715-2723. Sessions are monthly with payment due the 1st of each month. Cost is \$32 per month for 8 classes and \$36 for 9. Bring a bag lunch and join us following the class for food and talk.

Keep It Movin! : This is a group fitness program that includes all components of a basic fitness program: joint rotation, stretching, strengthening, balance, and cardiovascular work. Exercises include standing, sitting and floor work on mats.

Class meets at 8:00 AM on Tuesday and Thursday. Cost is \$4 per class, payable monthly. Contact Virginia Joslyn at 848-4800 or vajoslyn@comcast.net for more information and to see if space is available.

Staying Strong: Research is showing the importance of weight training as we age to maintain healthy bones and functionality. This class includes upper and lower body weight training using dumbbells and ankle weights along with stretching and isometric exercises. Class meets at 8:00 AM on Monday and Friday. Cost is \$4 per class, payable by three month session. Contact Virginia Joslyn at 848-4800 or vajoslyn@comcast.net for more information and to see if space is available.

Some Special Offers. Always An Adventure members have generously been offered discounts on services from local businesses. Betty Audet, a most gifted massage therapist (and Yoga instructor), has offered a \$10 discount on a one-hour massage. Betty is located at 211 Loudon Road, Suite B, and can be reached at 387-4475. S & W Sports has also offered a 10% discount to AAA members. Contocook Canoe & Kayak Co. offers our members a discount as well. Their number is 753-9804.

Life Coaching. Virginia Joslyn, a Certified Personal Life Coach, is offering AAA members a 10% discount per coaching session. One of the primary goals of life coaching is to bring about a shift in how we perceive ourselves and our world so that new possibilities for our lives become possible. Whether you are dealing with a particularly challenging situation, want to adopt a healthier lifestyle, have goals you want to accomplish, etc., Life Coaching can give you the framework and motivation to be successful. Contact Virginia at 848-4800 or vajoslyn@comcast.net.

2011
TRIPS AT A GLANCE

August 9-10, 2012	Mt. View, Rumney, NH
August 29-September 1, 2011	Camp Huckins, Freedom, NH
September 16-26 , 2011	Walking Tour, England
October 11-13, 2011	Shiloh, Jefferson, NH

2012
TRIPS AT A GLANCE

January 10-12, 2012	Silver Fox Inn, Waterville, NH
February 7-9, 2012	Bethel Inn, Bethel, ME
March 13-15, 2012	Mt. View, Rumney, NH
April 21-29, 2012	Costa Rica

Other trips may be added - Dates and prices may change as necessary.

Barb Hanchett, 480A Josiah Bartlett Rd., Concord 03301
603-715-2723/603-848-0345 (Cell) E-mail barbhanchett@yahoo.com
Webpage: www.nhalwaysanadventure.com

“I keep the telephone of my mind open to peace, harmony, health, love and abundance. Whenever doubt, anxiety, or fear try to call me, they keep getting a busy signal and soon they’ll forget my number.”

Edith Armstrong