



Outdoor Adventure for Active Adults
November, December, January 2012 NEWSLETTER

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

Greetings members:

This October marked the beginning of our EIGHTH year!!!! I remember when I first started Always An Adventure I was told by someone who thought they knew what they were talking about that I'd last three years at the most - well we certainly showed him wrong! He hadn't counted on the fact that AAA is made up of a most amazing group of people. He hadn't counted on the thirst for adventure, the can-do attitude, the never-say-die spirit of our members. And I never imagined that there would be such strong support of our programs from our members or that I would have volunteers who were always ready to step forward and make light the load of keeping everything going.

Our weekly programs continue to be strong after a summer of great weather for outdoor activity. Bike Club and Kayak Club enjoyed many great rides and paddles. Our monthly adventure trips continue strong and our England Walking Tour was a smashing success.

As I've said many times before, I couldn't have done it without you - and more than ever before, I can't continue to do it without the support and encouragement of every one of our members. We are truly a family who plays together, works together, and is there for each other in time of need. From the bottom of my heart, my thanks to all of you for making Always An Adventure a gift to us all.

"Shoot for the moon. Even if you miss it you will land among the stars." Les Brown

I have truly landed among the stars! With appreciation for you all, *Barb*

ANNUAL CHRISTMAS PARTY 2011

Our annual Christmas party will be Wednesday, **December 7, 2011** at the Webster Town Hall with a snow date the following Wednesday. All members are invited for this special time of celebration and to renew old friendships and make new ones. Guests are very welcome. Please let Barb know by December 1st if you plan to attend and if you need transportation. Transportation is on your own or by AAA van from the Borders parking lot. As there is limited parking at the hall, please arrange to car pool as much as possible. There will be walks for all levels as well as games and cards to enjoy. Bring a \$5.00 gift for our traditional Yankee Swap fun.

As in the past, brandy chicken will be the main course with all the trimmings. There is a charge for the food and rental which will be approximately \$12.00.

LONG TOURS - 2012

Costa Rica - April 21-29, 2012

April 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. You still have time to get your deposit in for this special trip. If you don't have information, please call and we'll get it to you.**

Northern National Parks - September 14-21, 2012

This 8 day tour of our very special northern national parks begins in Salt Lake City and includes Jackson Hole, Wyoming, the Oregon Trail Museum, Yellowstone National Park, Old Faithful and Grand Teton National Park. Travellers will stay in Salt Lake City, Jackson Hole and Pocatello, Idaho. Total cost of \$2,399 includes all transportation, including air, lodging, 7 breakfasts, 4 dinners. Optional adventures include a White Water Rafting trip in Jackson

Hole, a Wildlife Scenic Float on the Snake River or a visit to the Kennecott Copper Mine with a Temple Square Garden dinner in Salt Lake City.

Note: **If you sign up before March 1, 2012, you will save \$100 for a total cost of \$2,299.**

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 fluctuation 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.

WEDNESDAY OUTING CLUB

Outing Club continues to go strong throughout the fall with trips to New Hampshire's beautiful trails and parks. Bring walking sticks, water and any snacks you may want. Once the snow arrives, we will switch our walking sticks to ski and snow shoe poles. 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 fluctuations 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.**

ADVENTURE TRIPS - 2012

Please note: 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.

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 Runnells'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! These trails are some of the best skiing in New Hampshire. Cost includes transportation, lodging, 2 dinners, 2 lunches and 2 breakfasts. Total Cost: \$285. Deposit of \$25 due on sign up.

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. Cost includes transportation, lodging, 1 dinner and 2 breakfasts as well as trail fees. Total cost \$389. Deposit of \$25 due on sign up.

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. Cost includes transportation, 2 dinners, 2 lunches and 2 breakfasts. Total Cost: \$245. Deposit of \$25 due on sign up.

April 10-12, 2012 - Cape Cod, MA

More details on our annual Cape trip to come...save the dates as this is always a special treat at this time of the year. Last year we were at the Cape during one of the biggest whale migrations in recent years. We'll be based in the Eastham area with great access to beaches and bike trails. 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.

May 15-17, 2012 - Bailey Island, ME

Those members who did this adventure trip last year had a great time...hopefully we'll repeat that! It was a relaxing time in a beautiful oceanside setting that included a great lobster dinner. Bailey Island is a small island in Casco Bay that boasts some of the most photographed scenes of the Maine islands. Cost TBD.

June 12-14, 2012 - Vermont Rail Trail, St. Albans, VT

Mark your calendars and plan to enjoy the northern Vermont countryside at its best from the seat of your bike. We always find new bike paths to explore in this beautiful area around Lake Champlain. Trip includes transportation, lodging, and 2 breakfasts. Total Cost: \$345/bikers, \$325/non bikers. Deposit of \$25 due at sign up.

July 10-12, 2012 - Silver Bay Lodge, Lake George, NY

This YMCA retreat and conference center located in the heart of the Adirondacks offers many activities on campus and in the surrounding area, including boating, swimming and archery to name a few. This is a great place to kick back and relax or keep active as much as you want. Total Cost: TBD

August 14-16, 2012 - Mt. View, Rumney

Kayakers will head to this favorite spot to take advantage of the abundance of lakes, ponds and bogs in the area. We'll be able to enjoy the lodge and swimming pool - plus great home cooked food! Cost will include transportation of people and kayaks, 2 dinners, 2 lunches and 2 breakfasts. Total Cost: TBD

August 27-30, 2012 - Camp Huckins, Ossipee, NH

Camp Huckins is the ultimate camping experience! If you enjoyed camping as a youngster or if you never had the chance - this is the place to be. Come and enjoy kayaking/canoeing, swimming, crafts, games, and spectacular sunsets from the deck of the camp's pontoon boats. Cost includes lodging and all meals. Set aside the dates for this special yearly event.

September 14-21, 2012 - Northern National Parks Long Tour

See the description of this long tour at the beginning of the newsletter. This 8 day tour will include the best of our great national park treasures, including a stay in one of the most interesting cities in the US - Salt Lake City. Sign up now to reserve your space. Note the special \$100 saving for early sign up by March 1, 2012.

October 2-4, 2012 - Shiloh Lodge, Jefferson, NH

Fall wouldn't be the same without a stay at this lodge in the Presidentials. Bike, walk, or sit on the porch and read. Bike routes wind through the valley; hikers have options for either level or higher elevation trails and Greg, our host and owner of the lodg, makes sure we have plenty of good home cooking and the latest stories from Jacques and Pierre. Cost will include transportation, lodging and 2 dinners, 2 lunches and 2 breakfasts. Total Cost: TBD

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 our 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 is led by Betty Audet at the IBEW on Airport Rd. Classes 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 Mov'n : 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 strongly shows the importance of weight training as we age to maintain healthy bones and functionality. This class includes upper and lower body weight training using hand 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. Contoocook 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

December 7, 2011 Christmas Party, Webster Town Hall

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 10-12, 2012	Cape Cod, MA
April 21-29, 2012	Costa Rica Long Tour
May 15-17, 2012	Bailey Island, ME
June 12-14, 2012	St. Albans, VT - Vermont Rail Trail
July 10-12, 2012	Silver Bay Retreat and Conference Center, Lake George, NY
August 14-16, 2012	Mt. View, Rumney, NH
August 27-30, 2012	Camp Huckins, Ossipee, NH
September 14-21, 2012	Northern National Parks Long Tour
October 2-4, 2012	Shiloh Lodge, Jefferson, NH

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

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