

## Killington Active Seniors July 2018 Newsletter

**America is a tune.  
It must be sung together.**

**Gerald Stanley Lee**

Happy 4<sup>th</sup> of July! We are all looking forward to the Book Sale at the Sherburne Memorial Library, the Parade, the Fireman cooking hamburgers, the salads and desserts from our friends and neighbors and finally the Fireworks!! It's wonderful to celebrate the 4<sup>th</sup> in a small town like ours. See you there!!

Please note there will be **no lunch at the Lookout on the 4<sup>th</sup>**. We will meet there again on the 11<sup>th</sup>. Jim Harrison is very anxious to reschedule his date to have lunch with us and I will let you know as soon as he returns from meeting his new Grandson. Please also note that there is **no concert at the library on Thursday, the 5<sup>th</sup>**. It has been listed in some publications and not in others but the next concert is Thursday, July 12<sup>th</sup>. Several of us went last Friday night (rescheduled because of possible rain on Thursday) and it was delightful. A beautiful location, a nice breeze and nice people to sit with made for a very nice evening.

As usual the library is busy. The movies are listed below and I wanted to make you aware of a Smoking Cessation Class that starts on Tuesday, July 10<sup>th</sup>, and continues for four weeks. It starts at 11:00 am and is sponsored by Rutland Regional Hospital. On July 14<sup>th</sup> and July 28<sup>th</sup> (both Saturdays) there will be Stars and S'mores. In case you didn't know, we have a wonderful telescope at the library and someone who knows how to find things in the sky. It's quite a nice experience.

The BIG event is the .5K Dash for Donuts on Saturday, July 7<sup>th</sup>, rain or shine. It starts at the Library and ends at the Killington Town Office. You must register by July 5<sup>th</sup>. Registration is \$15 or \$20 for VIP participants. By the way, there will be donuts!

Monday, July 2 <sup>nd</sup>	Hostiles
Monday, July 9 <sup>th</sup>	Elaine Stritch: At Liberty
Monday, July 16 <sup>th</sup>	Chappaquiddick
Monday, July 23 <sup>rd</sup>	To Kill a Mockingbird

On Wednesday July 25<sup>th</sup>, the Book Club will be discussing **To Kill a Mockingbird by Harper Lee**. This is the first of three books that we will be reading that were chosen by the book group from a list of 100 books presented on Public TV and labeled 100 Books we all should read. We meet right after lunch at the library. If you are interested please pick up a copy and join us.

The Sherburne United Church of Christ better known to us as the Little White Church hosts bus tours during the fall for a good home cooked dinner. Many of us work at these dinners, have fun and meet new people. Any monies made go to pay for the expenses of the Church. Donations are needed in the form of money or gallons of cider. Nan and Andy Salamon will be happy to collect these donations at our weekly luncheons. Thank you in advance for your generosity.

Last month's riddle was.....You can carry it everywhere and it never gets heavy. The answer is your name. This month's riddle is People say I put Doctor's out of business. Sometimes I am sour and sometimes I am sweet. I can be eaten and also be drunk. What am I?

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On Sunday, July 22<sup>nd</sup>, The Sherburne United Church of Christ will be traveling to the Weston Priory for the service and for a potluck lunch. We are all invited to join them as well as other groups in Killington. It is a lovely outing and I would urge all of you to make plans to go. I will send out more detailed times and a place to meet for carpools as we get closer to the date.

I haven't planned a Vermont 251 Club Trip yet. I am waiting to get through the 4<sup>th</sup> and also would like some suggestions from you on where you would like to go. I have some ideas from last year that did not work out so I may start there but please email me if you have heard of something we might enjoy. I also think it's a good idea to wait until the weather returns to normal as no one wants to travel in this heat.

I have included 10 Thoughts on Whole Living for you to read and think about. I had a personal conversation with a friend today and we concluded that KINDNESS is powerful. I will leave you with that thought.

Have a wonderful 4<sup>th</sup>.

Best regards,  
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### **ADD ON TO THE NEWSLETTER:**

"Save the Date" event that's happening in August. Many of you who have attended in the past probably know I'm talking about our annual picnic. The date is Thursday, August 2<sup>nd</sup> (rain date Thursday, August 9<sup>th</sup>). It starts at 4:00 pm and is held at the Herbert L. Johnson Recreation Center on River Road. The Killington Fire Department usually donates hamburgers and hot dogs and we all bring salads and desserts.

It is a special event because we invite lots of people including the town employees, our friends from Mendon, the lifeguards and, of course, Phil and Joy Black from the Lookout. After our picnic we proceed to the library to enjoy the weekly concert. Please plan to bring a salad or dessert, a chair and a sweater because despite what is going on this week, Vermont can be cool in the summer.

JUNE 2010

10 THOUGHTS ON WHOLE LIVING



**1** SOMETHING WORTH DOING ONCE IS WORTH DOING AGAIN.

Flexibility isn't wishy-washy. There's a difference between knowing your priorities and not knowing your own mind.

THE ROAD TO WELLNESS ISN'T STRAIGHT, clear, or predictable. It's a path you forge yourself.

**4** DREAM UP A SIMPLE PROJECT, THEN SHAPE IT WITH YOUR OWN HANDS.

**5** TRUE GENEROSITY DOESN'T LEAVE YOU WITH LESS; IT LEAVES YOU WITH MORE.

WAIT TWO SECONDS before you say something you can't take back.

A balanced life looks and feels different for everyone.

**8** PATIENCE IS LIKE A MUSCLE. IF YOU DON'T USE IT, IT WASTES AWAY.

VULNERABILITY brings trust. Trust brings OPPORTUNITY.

**10** Let sensory pleasure, not rules, guide a healthy appetite.

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