



WHITNEY

COMMUNITY CENTER

JANUARY-MARCH 2025

WINTER PROGRAM CATALOG



HIGHLIGHTS

NEW ENGLAND LIGHTHOUSE
STORIES / **PAGE 4**

AN AFTERNOON WITH
WALT WHITMAN / **PAGE 6**

GETTING STARTED
IN GENEALOGY / **PAGE 7**

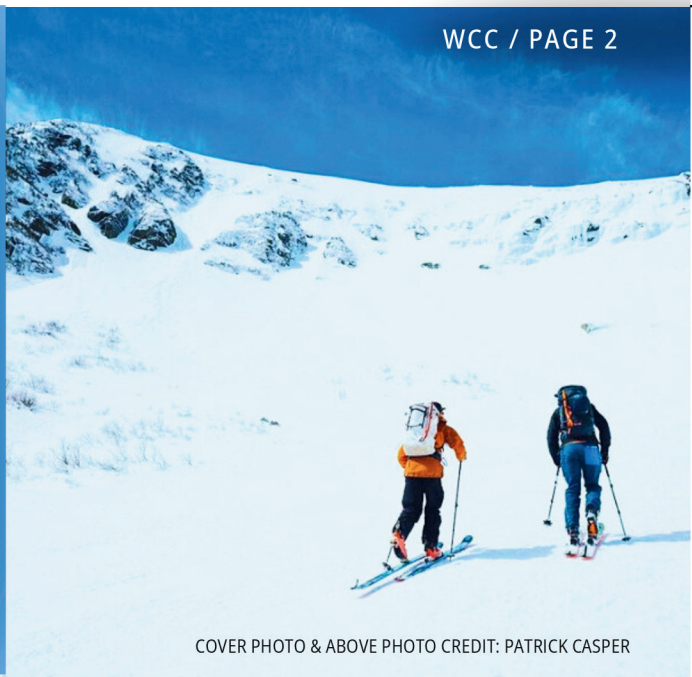
UNDERSTANDING
ALZHEIMERS
& DEMETIA / **PAGE 8**

Neighbors
CONNECTING
With Neighbors

WELCOME TO THE
WHITNEY COMMUNITY CENTER'S
WINTER SESSION CATALOG

OUR PROGRAMS INCLUDE CLASSES,
PRESENTATIONS, EVENTS, SERVICES
AND COMMON GROUND
ACTIVITIES OFFERED BY THE
FRIENDS OF THE
WHITNEY COMMUNITY CENTER.

JOIN MEMBERS OF JACKSON AND
THE SURROUNDING COMMUNITY
WHERE ANYONE CAN TEACH AND
ANYONE CAN LEARN!



COVER PHOTO & ABOVE PHOTO CREDIT: PATRICK CASPER

WCC News...

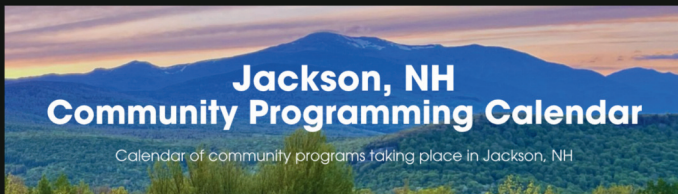
Use & Bookmark our Website:

Go to www.whitneyccprograms.com
to sign-up/register for all programs.

"At the Whitney" updates by email... would you like to receive updates on our upcoming programs? Please email us at whitneycommunitycenter@gmail.com to be added to the email list. You'll find details, updates and easy links to sign up/register for all our community offerings.

February is the "Friends of the Whitney Community Center" Fundraising Drive: Checks can be mailed to PO Box 665, Jackson, NH 03846 or go to <https://friends-of-the-whitney-community-center.square.site> to donate by credit card. We appreciate your generosity and continued support in 2025!

jxncpc.com



Jackson, NH Community Programming Calendar

Calendar of community programs taking place in Jackson, NH

A collaboration between

Jackson Community Church, Jackson Historical Society, Jackson Public Library,
Jackson Ski Touring Foundation, Tin Mountain Conservation Center
The Upper Saco Valley Land Trust & Whitney Community Center

*The new Jackson Community
Programming Calendar
is online!*

A collaboration between Jackson, New Hampshire nonprofit organizations to provide Jackson and surrounding community residents and visitors a one-stop calendar with all community programming.

The Malaga Ship

A story of Maine and the Middle Passage

The Malaga was a 183-ton brig built in 1832 in Brunswick, Maine, in a shipyard owned by Joseph Badger. The ship eventually found herself as part of the already illegal transatlantic trade of African captives to the Americas, especially Brazil.

Using his entire body and voice, Antonio Rocha sings, narrates, and mimes his way through this poetically toned historical tale told mostly from the perspective of the ship. The story vividly explores the reality and impact of the slave industry, which was the largest industry in the world in the 1800s.



This program performed by Antonio Rocha, a world renowned storyteller whose fusion of mime and spoken word has been presented in 20 countries on 6 continents, and 44 states around the country earning several awards.

Sunday, March 9th / 7-8 pm FREE. No Limit.

Whitney Community Center

Due to some disturbing passages and subject matter this program is suitable for middle-aged children to adults only.

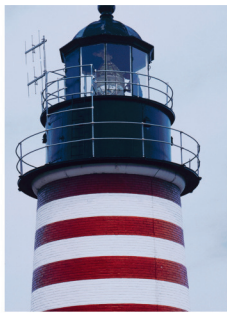
December Programs

Introduction to Quakerism. Monday, December 9th / 7-8:30 pm. FREE. No Limit.
Whitney Community Center.

Astronomy 101. Wednesday, December 11th / 7-8:30 pm. FREE. No Limit.
Whitney Community Center.

Banjoes, Bones & Ballads. Sunday, December 15th / 4-5:30 pm. FREE. No Limit.
Whitney Community Center.

NEW ENGLAND LIGHTHOUSE STORIES



Lighthouses are important and historically interesting New England icons. Learn about shipwrecks, rescues, lighthouse historic stories, folklore, and much more that occurred along the New England coast. You will view photos of famous and not so well-known lighthouses and understand the important role lighthouses have played throughout New England history.

This program is presented by author, photographer and historian, Allan Wood.

Friday, January 10th / 4-5:30 pm

FREE / No Limit

Whitney Community Center

MASTER THE ART OF GLUTEN-FREE COOKING WITH ANJALI ROSE



Are you curious about what gluten-free cooking is all about? You're not alone. In this hands-on program, you'll not only gain a better understanding of what it means to cook gluten-free, but you'll also walk away with essential gluten-free cooking tips. Included will be a delicious demonstration: making a gluten-free sweet potato pizza that will wow both your family and friends.

This program is taught by Anjali Rose, who has been planning, cooking & eating gluten-free meals for years.

Tuesday, January 21st / 5-7 pm

PRICE \$20 / Limit 10

Whitney Community Center



ADVANCE DIRECTIVES

Advance directives are legal documents that allow you to convey your decisions about end-of-life care ahead of time. They provide a way for you to communicate your wishes to family, friends and health care professionals, and to avoid confusion later on. Learn what advance directives are, when they should be created, who needs them, how they help, what to include, and much more.

This program is taught by advance directive advocate and expert, Joan Lanoie who has been assisting people with advance care planning for many years.

Friday, January 24th / 3:30-5 pm

FREE / No Limit

Whitney Community Center

ICE, ROCKS AND SO MUCH MORE



New Hampshire's seasonal changes force you to be quick on your feet: ice climbing one day, rock climbing the next, trail running in between. Hear how adventures at home lead to big ones around the world from award-winning author and climber Michael Weichert.

This program is presented by Mount Washington Valley climber and author, Michael Weichert.

Saturday, January 25th / 7-8:30 pm

FREE / No Limit

Whitney Community Center

VALENTINE CARD MAKING



Show your love this year with uniquely handcrafted Valentines. You will use a variety of printmaking and collage techniques to create several beautiful greeting cards. No matter your ability level, this program is for you – so come out and let your creativity shine.

This program is taught by artist June McLeavey who has years of experience creating cards with people of all ability levels. This program is designed for adults only.

Monday, January 27th / 6-8 pm

PRICE \$15 / Limit 12

Whitney Community Center

BRIDGE FOR BEGINNERS



An introduction to the game that is fun, mentally stimulating, and a great way to meet people. You will learn the basics of bidding, playing the hand, and scoring. The program includes open play where you can practice what you've learned, ask questions, and have fun playing the world's greatest card game.

This program is taught by bridge enthusiast Michael Pahl.

Thursday, January 30th,
February 6th, 13th and 20th / 4-6 pm

(four sessions)

PRICE \$20 / Limit 16 (at least 8 people must be registered to run the program and you must be able to commit to attending all four sessions)

Jackson's Old Library



CREATIVE WRITING Crafting Your Memoir, Travel Stories, Personal Essays & More

Capture the stories that are important to you: memoir, family histories, travel adventures, biographies of fascinating folks and other creative nonfiction. You will learn ways to get started (and keep going) with short and long-form writing approaches. This program welcomes new and experienced writers alike.

This program is taught by author, teacher and former journalist, Kimberly Marlowe Hartnett, who works with other writers to help them move words from their heads and hearts out into the world.

Friday, February 7th / 3-5 pm

PRICE \$20 / Limit 15

Whitney Community Center

WHITE MOUNTAIN CEILI BAND MUSIC



End the day by listening to the White Mountain Ceili Band play Irish, Scottish and Cape Breton instrumental music, as well as telling stories about the music, their instruments, and so much more. The White Mountain Ceili Band is Dexter Harding on the tenor banjo and guitar, Fiona Howell on the flute and whistle, and Siena Kaplan-Thompson on the fiddle (and the feet!).

This program is hosted by the Friends of the Whitney Community Center

Sunday, February 9th / 4-5 pm

FREE / No Limit

Whitney Community Center

INTRO TO MEDITATION



Do you want to learn how to meditate? Whether you're battling anxiety, stress or depression, having a hard time focusing, seeking spiritual growth, or simply want to feel better and be more present, you will learn the basics of establishing a mindfulness meditation practice that can have remarkable physical, psychological, and spiritual benefits.

This program is taught by Donna Torney, experienced with mediation and meditation groups.

Tuesday, February 11th / 4-5:30 pm

FREE / No Limit (at the conclusion of the program, the group will discuss continuing meditation gatherings)

Jackson's Old Library



LEARN TO PLAY CRIBBAGE and Cribbage Tournament

Cribbage is easy to learn and can be played from start to finish within 20 minutes. While strategy and skill are required, you will learn everything you need to know in a single setting. The cribbage program will then be followed by a fun cribbage tournament open to any cribbage players.

This program is taught by the Jackson Cribbage Group.

Friday, February 21st / 3-5 pm Intro Program and Friday, February 21st / 7-9 pm Tournament

FREE / No Limit
(sign-up for Tournament required)

Whitney Community Center

AN AFTERNOON WITH WALT WHITMAN



Be a visitor in Walt Whitman's room as he prepares for his seventieth birthday celebration. You will watch as Whitman transforms from his young vibrant self that led to the creation of Leaves of Grass, to how his life was changed forever by the Civil War. Understand Whitman through the recitation of poetry and readings of actual letters as he grows into a mature artist who is at peace about "himself, God and death."

This program is presented by Stephen Collins a Shakespearean trained actor with more than 40 years of theatrical experience.

Sunday, February 23rd / 4-5:30 pm

FREE / No Limit

Whitney Community Center

HOW TO MAKE AMAZING CINNAMON ROLLS



Cinnamon rolls are a true delicacy. Learn how to make big, fluffy, soft and absolutely delicious cinnamon rolls. This sweet pastry is made from dough that is wrapped into a ball and held together with a cinnamon buttery syrup and topped with a sugar glaze. Discover each cinnamon roll step, enjoy a tasty treat, and leave with a recipe and understanding of how to make amazing cinnamon rolls.

This program is taught by Melinda Foley-Marsello who has treated her family and friends to amazing cinnamon rolls for decades.

Tuesday, February 25th / 4-6 pm

PRICE \$15 / Limit 6

Local Jackson Home



INTRODUCTION TO JUDAISM

We all know that Jesus was Jewish... so, with that in mind would you like to learn about the life that Jesus led as a Jew? What holidays and customs did he observe? What same Jewish holidays and customs are still observed today? If so, join us for an overview of Judaism... the Judaism practiced 2000 yrs ago and the Judaism practiced today.

Dori Stern is a member of the Mt. Washington Chavura and the Clergy of the Eastern Slope.

Sunday, March 2nd / 4-5:30 pm

FREE / No Limit

Whitney Community Center



INTRO TO RUG BRAIDING

Braided wool rugs were a staple in colonial homes. Learn everything you need to know about rug braiding supplies and the techniques used to create a braided wool project from start to finish. You will learn how to straight braid, how to add increases to shape curves, and how to lace the braids together.

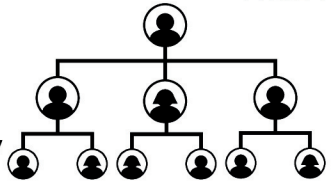
This program is taught by Donna Dunn, a long time rug braider with a passion to teach her craft.

Monday, March 3rd, 10th, 17th and 24th / 6-8 pm

PRICE \$45 / Limit 8 (all supplies included)

Jackson's Old Library

GETTING STARTED IN GENEALOGY



Do you know the origins of your family and where they lived? Learn the genealogical process and tools, such as the multi-generational chart, family group sheet, and the research log, and techniques that support the research and the development of a solid research plan. You will understand the most important types of records used in genealogical research and the strengths and weaknesses of each.

This program is taught by Senior Genealogist, Rhoda R. McClure, a nationally recognized professional genealogist and lecturer, from American Ancestors, a National Center for Family History, Heritage & Culture

Thursday, March 6th / 7-8 pm

(this program will be presented by Zoom at The Whitney Community Center)

FREE / No Limit

Whitney Community Center

INTRODUCTION TO MIME



Mime is a performing art that expresses itself through eloquent body language and gesture without the need for speech. Through the use of specific techniques, you can develop a vocabulary that will enable you not only to understand the nuances of body language, but also how to use it expressively.

This program is taught by award winning storyteller Antonio Rocha whose unique fusion of mime and spoken word has been presented worldwide. He has studied with renowned masters such as Tony Montanaro and Marcel Marceau.

Sunday, March 9th, 3-5 pm

PRICE \$20 / Limit 15

Whitney Community Center



BOARD GAME NIGHT

Join other game enthusiasts for a social night out and have fun and challenge each other playing four different board games. What better way to spend an evening with friends and newly met acquaintances demonstrating your skills and having a night out.

This program is hosted by the Friends of the Whitney Community Center.

Wednesday, March 19th, 7-8:30 pm

FREE / No Limit

Whitney Community Center



UNDERSTANDING ALZHEIMER'S AND DEMETIA

Alzheimer's is not normal aging. It is a brain disease that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, and current research and treatments available to address symptoms.

This program is taught by Melissa Grenier, Regional Manager, NH of the Alzheimer's Association.

Friday, March 28th / 1-2:30 pm

FREE / No Limit

Whitney Community Center

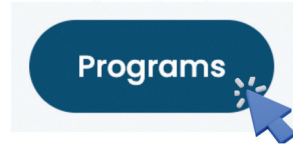
Have a Talent?

Share your Interests!
We're always looking for great programming ideas and teachers. Let us know what you know. Of particular interest are teachers for: Crafts, Cooking, Travel Talks, Children's Programs and Outdoor Activities. If you have an idea for a program or are interested in teaching, please contact us at: whitneycommunitycenter@gmail.com.

HOW TO REGISTER /SIGN-UP FOR ALL WCC PROGRAMS:

Use Our Website **whitneyccprograms.com**

There you will find a digital copy of this program catalog along with sign-up information for all WCC programs. Click the programs button for sign-up links!



Cancellation Policy: Fee-based programs may be canceled if the program does not meet minimum enrollment. A full refund will be issued to people who register for a fee-based program that is canceled. To drop from a fee-based program and get a full refund please contact whitneycommunitycenter@gmail.com three days prior to the start date of the program.

Liability Waiver: In registering for and/or attending a Friends of The Whitney Community Center Program you agree you are familiar with and understand the inherent risks in attending, and you assume all the risks of injury and loss arising from your participation, here by releasing and holding harmless the Whitney Community Center and its agents from liability for any such injury or loss.