

J A N U A R Y 2 0 1 9



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# Welcome Mat



*Carol Figueroa*

## President's Message

Happy New Year!!

The New Year is here and with it comes new activities on the club calendar. I hope you will be able to join us at one or more of these events. Please see the calendar on our website ([mffnh.org](http://mffnh.org)) for up to date information on the activities currently planned. Please be sure to RSVP on the Evites if you are able to participate in any of these events.

January kicks off MFF Fitness Friends!! As always, in the New Year, we tend to set health and fitness goals for ourselves. A Facebook group has been set up for us to support one another in our efforts to get healthy and fit in 2019. MFF will also be participating in a free workout at gRound on January 19<sup>th</sup>. Even if you think you can't do this please give it a try? All workouts can be modified. This group will plan walks or hikes when the weather is appropriate. These events may be set up last minute so keep an eye on your MFF email and/or Evite. I'm looking forward to getting healthy and fit in 2019!!

During the club year we like to hold monthly mixers for our membership to get together. If you have any suggestions to the type of activity you would like us to plan please let us know. These events are usually planned by the First VP but this position is currently open on the MFF board. With the New Year it would be wonderful if we could fill the position. The board would support and guide you in setting up the monthly meetings. If you are interested in participating on the board please contact me at [cmfigs603@gmail.com](mailto:cmfigs603@gmail.com).

Have a wonderful January. Stay safe and warm!!

Yours in friendship,  
Carol



## December Calendar

Jan-7	7:00pm Board Meeting
Jan-12	7:00pm Post-holiday Yankee Swap
Jan-16	7:00pm Book Club
Jan-19	12:30pm Free workout at 9 Round
Jan-24	11:30pm Lunch at Black Forest Cafe
Jan-30	7:00pm Secret Sister's Potluck

Please see the Evite for additional information

## Second Vice President

*Barb Amaral*



There is always room for new interest groups! If there is anything you are interested in leading, please let me know! The social aspect of the club is run by the interest groups leaders. Also, one-time events are a fun way to get the membership together. If you are interested in running a one-time event I can help you set up the evite. These events could be anything from going to the movies to visiting a museum. Please contact me at [interestgroups@merrimackfriendsfamilies.org](mailto:interestgroups@merrimackfriendsfamilies.org) for more information.



## Secretary

*Jill Mitchell*

Happy New Year! If you know of any club member that could use our support with meals, rides, or any other assistance that a friend might provide, please let me know and I'd be happy to ensure those needs are met. With winter here, it can be a tough time for some folks who could really use our help. Even if that person does not require any assistance, we at least would like to reach out and let them know we are thinking of them. As they say, "If you see something, say something." Otherwise, we'll never be able to help out our extended family. Stay warm and stay safe!

Warmest Regards,  
Jill Mitchell  
[Jill.Mitchell@fmr.com](mailto:Jill.Mitchell@fmr.com)



## Ways and Means

*Beth Milliken*



Thank you to everyone that donated to our Giving Tuesday fundraiser!! Thanks to you all, we raised \$410.00. Hopefully all or at least some of this will be doubled by Facebook, but we are not positive yet. We will keep you posted on that!

Our next Fundraising event will be the Winter Carnival at Wasserman Park on February 23rd. You will see an Evite sometime at the beginning of next month. Hope to see you there!



## Service

*Julie Akers and Bev Coelho*

Thank you to everyone who donated to the Giving Tree service project. Three Merrimack residents' Christmases were made much brighter due to your generosity. What a wonderful, thoughtful group of people you all are! We are taking a break for the month of January but will have a fun new volunteering opportunity for February. Happy New Year!

## Membership

*Dawn LeGay & Linda Varela*



May this New Year bring many opportunities your way, to explore every joy of life and turn all your dreams into reality and all your efforts into great achievements.

Merry 2019! Dawn and Linda





## Happy Birthday!!

Julie G	01/07
Wendy T	01/08
Heather M	01/23
Sherre D	01/27
Sandy G	01/27
Paula V	01/28

## Interest Group Happenings

### Secret Sisters

Happy New Year, Secret Sisters! If for any reason you did not receive (or deliver) your December gift, please let me know and I'd be happy to assist. Your SS is counting on your full participation, and I know the holidays are such a busy time for all of us.

Our second Gift Exchange Potluck will be this month on Wednesday, January 30<sup>th</sup>. Be on the lookout for the Evite! This means that all gifts should be exchanged at the potluck. If you cannot make it, have no fear – ask me or any other member to help get your gift to the party.

Remember, sometimes your SS wants to make sure you received your gift from her, but for obvious reasons, she cannot come right out and ask you! So it is always nice to submit a quick "thank you" note in the monthly newsletter Personals section just to let her know you got it! It is not required, but it is certainly a great gesture. Just send a quick note to Wilma Cunningham, and she'd be happy to publish it.

Again, thank you for your participation. I hope that 2019 has only good things in store for you all!

Regards,  
Jill Mitchell

### Trivia

Our next Trivia Night at the Budweiser Biergarten will be Tuesday, January 8 at 6:00pm. Win or lose we always have a lot of laughs combining our extraneous knowledge and hoping for the best. Join your friends for an evening of fun, pub food, drinks and trivia.



## Lunch Bunch

For the January lunch we will meet at the Black Forest Café & Bakery in Amherst on Thursday, January 24, 2019 at 11:30. The café is located on Route 101 in Amherst. Their lunches are wonderful! Please RSVP in the Evite by Wednesday, January 23<sup>rd</sup> so that you will be counted in the reservation.

You can check out their website for their menu - <http://www.theblackforestcafe.com>

## Fitness Friends

Hope you all had a wonderful Holiday season! Now let's get back on track and begin a healthy 2019. The MFF Fitness Friends 8 week challenge is underway. If you haven't done so already, please join us. It's easy, just ask to join the Facebook group "MFF Fitness Friends", there we will be checking in with our progress, supporting each other and planning fitness activities together.

Try it out, you have nothing to lose... except a few holiday pounds!

Best,  
Dawn

## Book Club

During the month of January, Book club will be reading **The Atomic City Girls** by Janet Beard. This is a historical fiction story based on the little-known realities, behind the Manhattan Project during World War II. The book follows the life of 18-year-old, June Walker, who boards an unmarked bus destined for a city that doesn't officially exist. There, June joins hundreds of girls working for a purpose that is never explained. Look for the evite to find out time and location of this discussion.

We want to thank Jill O'Toole for hosting us and cooking up a culinary delight of appetizers and desserts for our December Holiday party/ book swap. She was even gracious enough to make cookie platters for us to take home. It was a great night of socializing, book swapping and book discussion.

Somehow, last month, we were able to briefly discuss **Born a Crime** by Trevor Noah. It is a memoir of his life under apartheid and post-apartheid South Africa. It was probably the most interesting book we have read in a while. It may not be the best written book but you will laugh and learn so much about South Africa and how people lived under apartheid. It was very eye opening. It is hard to believe that Trevor could live through all that and still manage to become the successful person he is today.

Vivian Dano/Book Club



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