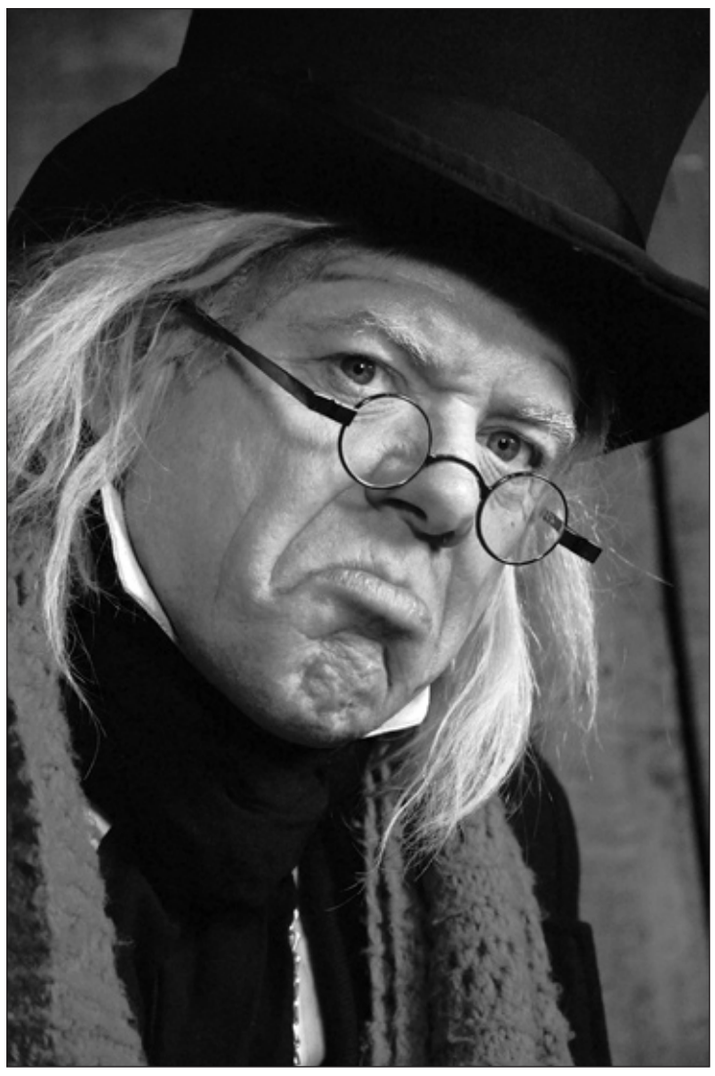
The Dana Center Presents Charles Dickens'



A Christmas Carol

MANCHESTER - The Dana Center, regional performing arts center at Saint Anselm College, upholds its venerable tradition of showcasing spectacular performing artists from the world roster by announcing A Christmas Carol on Wednesday, December 8 at 3:30 pm and 7:30 pm. The Nebraska Theatre Caravan's 19th century classic staging of a Currier and Ives portrait of Christmas returns. Dickens' beloved tale of Tiny Tim, Ebeneezer Scrooge, and his ghostly night visions, comes to life in this music-filled adaptation of one man's discovery of the real meaning of Christmas. Magnificent Victorian ambience, authentic English carols, outstanding voices, magical sets, lively dancing, lavish costumes, and stunning special effects entwine to create a spectacular holiday treat for the entire family. The Nebraska Theatre Caravan has been performing their production of A Christmas Carol for 30 years at the Dana Center. Do not miss out on our special holiday tradition! For more information on A Christmas Carol, visit the Dana Center website at ww.anselm.edu/dana, where a world of arts and entertainment is right at your fingertips. The Dana Center serves the citizens of New Hampshire and Saint Anselm College community. The box office is open Monday to Friday from 10:00 am to 4:30 pm. Tickets are $29.50 for Adults, $25.50 for Senior Citizens, and $12.50 for Children (18 and under) and NH College and University Students. For tickets and information, call 641-7700 or buy online at www. anselm.edu/dana.

Sisters Jennifer, Ashley and Elaine Cui will perform in Clara's Christmas Dream performed by the Northern Ballet Theatre Dance Centre on December 18th and 19th.

Amherst Residents Perform in Clara's Christmas Dream

Elaine, Jennifer, and Ashley Cui, residents of Amherst will perform several roles in Northern Ballet Theatre Dance Centre's production of Clara's Christmas Dream. Elaine and Jennifer Cui, will perform in the Battle Scene, Waltz of the Flowers Corps, Snow Corps, and Spice Drops in Northern Ballet Theatre Dance Centre's production. Ashley Cui, the youngest of the siblings, will perform in Chinese, Party Scene, and Little Snowflake. Elaine, Jennifer and Ashley have been dancing with Northern Ballet Theatre Dance Centre since 1998. They are all excited by the prospect of performing in this production and are proud to represent their school. The performances for Clara's Christmas Dream will take place on December 18th and 19th at 2:00 pm at the Keefe Auditorium in Nashua. Reserved tickets are available by calling 889-8408. Ticket prices are $18 or $22 for VIP Tickets that include a meet and greet with the cast after the show. More information can be found on www.nbtdc.com. Come and support your local Arts!

Auditions for "Willy Wonka Kids" at BYPC

BEDFORD – Students in grades 1 through 3 are invited to audition for "Willy Wonka Kids" on Monday December 13 from 4:00 - 6:00pm at the Bedford Youth Performing Company (BYPC) studio at 155 Route 101, Bedford. Students should prepare a short monologue and song. Rehearsals begin in January and the performance will be held on Saturday May 7, 2011 at the Bedford Town Hall theatre. Call BYPC at 472-3894 or email bypc@bypc.org- for more information or to schedule an appointment.

Verdi's Don Carlo at the Peterborough Players

PHOTO: SARA KRULWICH/THE NEW YORK TIMES

Marina Poplavskaya as Elisabeth, holding Roberto Alagna as Don Carlo.

PETERBOROUGH – Don Carlo by Giuseppe Verdi will be broadcast live at the Peterborough Players theatre on Saturday, December 11th at 12:30 PM. Director Nicholas Hytner makes his Met debut with this new production of Verdi's profound, beautiful, and most ambitious opera. Roberto Alagna leads the cast, and Ferruccio Furlanetto, Marina Poplavskaya, Anna Smirnova, and Simon Keenlyside also star. Yannick Nézet-Séguin, back after his triumphant debut leading Carmen, conducts. Tickets are exremely limited and must be ordered through the Box Office ONLY: 924-7585.

The Met: Live in HD – Don Carlo – by Giuseppe Verdi
Saturday, Dec. 11th, 12:30 p.m.
Peterborough Players, 55 Hadley Rd., Peterborough
$25adults $20students
Discounted Subscription Packages & Pre-Ordered Lunches Available
Box Office: 924-7585 ONLY

Christmas At Canterbury

Ring in the Season at Canterbury Shaker Village

Saturday, December 11

CANTERBURY, NH - Once again this year, Canterbury Shaker Village will be presenting its third annual Christmas at Canterbury on two Saturdays in December--the 4th and the 11th from 3pm to 8pm.

Christmas at Canterbury celebrates the season in the style of a simpler era. The Village will be magically transformed with festive lights and votive candles. Visitors can stroll among the decorated historic buildings and stop in to enjoy a wide variety of entertainment and hands-on activities for the entire family. The theme of this year's program will be 'Christmas in Many Lands' and will be echoed in the performances and activities throughout the Village.

In the North Shop, visitors can warm up with a hot cup of cider and enjoy traditional music and dance by some of the area's most popular entertainers including Gary Sredzienski with Polish accordion music; Jordan Tirrell-Wysocki, with Irish fiddle music; Donna Hebert with French fiddle music; and traditional New England music by Dudley & Jackie Laufman, Two Fiddles, and Sugar River String Band.

In the Dwelling House Chapel, magician Robert Olson will conjure up a real 19th-century magician 'Richard Potter' with magic shows on both Saturdays at 3:30pm, 4:30 pm and 5:30 pm. Olson has performed at museums and historical societies across the United States, Canada and England. The magic is done with recreated and original props, 19th-century costume, and the early language that appeared in the magic books of Potter's time. Following his last performance, the Canterbury Shaker singers will lead a sing-along with music from many different cultures.

Visitors will also have the chance to experience true 19th-century Shaker life by stopping at the Infirmary to talk with the Village's resident physician "Dr. Seth Miller' and the School House to meet with a visiting school teacher.

The Meeting House will feature 'The Shaker Sisters' Entertainment," a play that reenacts the rehearsal of a 1912 Shaker pageant called 'Christmas in Many Lands". The play features two prominent New Hampshire actors, Genevieve Aichele, Executive Director of the New Hampshire Theatre Project and Daniel Gerstein.

There will be horse-drawn wagon and sleigh rides, traditional craft demonstrations, wreaths and decorations for sale and many hands-on activities including gingerbread decorations that will be added to a Giving Tree which will be donated after the event.

In keeping with the Shaker spirit of giving, there will also be donation bins at Admissions where visitors can drop off non-perishable food items and clean, gently worn clothing items.

Canterbury Shaker Village Executive Director Funi Burdick remarked, "Christmas at Canterbury showcases 200 years of Shaker inspired seasonal and holiday traditions against the backdrop of the Museum's historic landscape while providing a charming, intergenerational return to the values and traditions of one of America's most favorite holidays of the year."

Greenwood's Restaurant will be open both Saturdays for lunch and dinner and the Farm Stand will be open for light fare and warm beverages.

Christmas at Canterbury is sponsored by Merrimack Country Savings Bank along with The New Hampshire State Council on the Arts, Lincoln Financial, and Laconia Savings Bank.

For a complete Christmas at Canterbury schedule, visit www.shakers.org. Admission is $17 for adults, $8 for children 6-17, children 5 and under are free. $42 family rate. Members are free.

Nancy O Fund to Sponsor One-Act Play Festival

In the last three years, sixteen new plays have premiered at the Amato Center, winners of the annual student One-Act Playwriting Contest, held by the Boys & Girls Club of Souhegan Valley. The Nancy O Fund is proud to sponsor next year's contest, which has the theme "Healing Our World", making the world a better place. The contest is open to playwrights ages 10 to 18. Submissions are due December 4, with performances in March 2010.

The One-Act Playwriting Contest was started by Toby Tarnow in 2006 as a way to encourage new writing for the stage. Toby leads the winning student playwrights through script conferences, open casting sessions, directing and producing. They also design their own sets and costumes in the process of bringing their works from the page to the stage. The program is part of the Club's Riverbend School of Theater Arts, for which Toby is the Artistic Director.

The Nancy O Fund, as part of the New Hampshire Charitable Foundation, provides children, especially the disadvantaged, the opportunity to experience the magic and wonder of the performing arts - music, theater, and dance. NOF works primarily through local and community based arts programs, schools, and the like, offering support and tuition assistance to those in need.

The Nancy O Fund was founded in 1994 by John and Diane Ogrodowczyk, in memory of their daughter Nancy Ogrodowczyk, who died unexpectedly on April 16, 1994, the day before her 27th birthday, due to her lifelong asthma condition.

Auditions will be held December 15 and 16 , 6:30-9:00pm at the BGC-SV 56 Mont Vernon Street, Milford. Boys & Girls Club of Souhegan Valley, Susan Taylor, Executive Director at 672-1002, or staylor@svbgc.org .

Health Notes

Volunteers Needed to Knit Comfort Shawls for St. Joseph Hospital

NASHUA – St. Joseph Hospital is currently looking for volunteers to help knit or crochet comfort shawls. The shawls bring an extra special measure of comfort to patients who may be seriously ill, undergoing medical procedures, emotionally or physically traumatized, seeking hope and healing or grieving.

The Comfort Shawl Ministry is just one of many programs that St. Joseph Hospital offers patients as part of their mission to provide compassionate care that contributes to the physical, emotional and spiritual well-being of our community of patients, family, friends and neighbors. The comfort shawls are knitted or crocheted with great love by volunteers who donate them to the hospital. The program combines the care and the love of a craft that reaches out to those in need of comfort and solace.

The need for shawls is on-going and frequently the supply becomes depleted. If you or someone you know loves to knit or crochet and would be interested in sharing your talents, please contact the Spiritual Care Department at St. Joseph Hospital at 882-3000, ext. 67800. You will receive more information and a brochure with both knitting and crocheting instructions.

Holiday Gifts at Nia NH and Yoga Support Local Artists and Economy

AMHERST – Nia NH and Yoga is supporting our local talent and economy by offering locally made gifts through the Holiday Season. Featured are CDs by Living Energy, Amy Conley, and Dan Sayre; Crystal Rainbow Prisms & Beads by Mahreahannah Olsted; Handmade Soaps by Hemlock Springs Cottage; Bracelets by Gypsy Jewels; Crocheted Hats by Jane Wilkins; Fabric Necklaces by Denise Lavoie; Cards by Mindscape; Soy Candles by Lavender Garden; Beaded Jewelry by Nancy Chase. The studio will have shopping hours before and after every class and also Saturday and Sunday from 10 a.m. to 5 p.m. Nia NH and Yoga is located at 76 Rte. 101A, Amherst. For additional information call 603-562-7525.

New Fitness Studio in Amherst

Cutting Edge Fitness Classes and Small Group Training For All Fitness Levels

AMHERST – Trilogy Fitness, a new cutting edge fitness studio in Amherst, is offering free classes, tours and demonstrations at Windmere Plaza, 71 Route 101A, Amherst. Trilogy offers popular fitness classes including Stott Pilates®, Zumba®, Yogilates & Bootcamp as well as small group training and Fit for Life programs on an a la carte basis.

The new fitness studio is owned by three local residents and fitness experts — Beth Black, Joanne Leedy, and Susan Guetling. Sherri Penkacik of Studio Elle in Amherst will also be instructing classes and providing specialized Pilates equipment training for private clients and duets. "Susan, Beth and I have a passion for working with people to help them reach their goals and have lots of fun doing it. We wanted to create a space for a supportive community, using the latest and best training ideas," said co-owner Joanne Leedy.

Trilogy has a studio space for group classes, a Pilates reformer studio, a 4:1 functional fitness training space for small group training, and a Spinning® arena. Trilogy specializes in "Fit For Life Programs" created especially for baby boomers and retirees that offer a combination of cardio, strength and balance training in studio or chair-based classes.

Trilogy is offering a free trial class to the public. The schedule can be found at www.trilogyfitnessnh.com. Trilogy Fitness is also offering a 25% discount for the first 50 people who purchase a 10-class card.

According to IDEA Health and Fitness Association's 2010 Survey of Fitness Trends, small group training was the number one fitness trend for 2010, followed by boot camp training and Zumba®. The survey found small group training has gained in popularity due to the more personal level of instruction, along with the experience of connecting to other members with like goals and needs.

The most popular types of equipment for small groups are stability balls, resistance tubing and bands, barbells / dumbbells, balance equipment such as bosus, medicine balls, foam rollers and small balls. As personal training has shifted its paradigm from body building to functional fitness, trainers are able to meet the needs of everyone from youth to baby boomers and retirees. People want to get healthy and look good, but it needs to be fun, engaging and different. Having portable, adaptable equipment allows trainers to provide this experience.

Trilogy also offers training on TRX® Suspension Trainers, a complete portable training system which was ranked as the second biggest trend for 2010 in the IDEA survey.

All three Trilogy owners are nationally certified personal trainers and group fitness instructors with the American Council on Exercise (ACE). They are also CPR / AED certified and are TRX Suspension Training instructors. Joanne is also certified in Pilates by Stott Pilates® and the Physical Mind Institute. Susan is certified by Zumba®, Yogafit® and Stott Pilates®. Beth is certified by Zumba® and Mad Dog Spinning®.

More information about the new studio can be found at trilogyfitnessnh.com.

St. Joseph Hospital Announces 2010 St. Marguerite d'Youville Award Recipient

St. Joseph Hospital is proud to announce that Michelle (Mickey) Rudolph, MSN, RN has been awarded the coveted St. Marguerite d'Youville Recipient for 2010. Mickey is an instructor in the Practical Nursing Program at St. Joseph School of Nursing. The St. Marguerite d'Youville Award is given out annually to an employee of St. Joseph Healthcare who consistently excels in living the mission of St. Joseph Healthcare as handed down by St. Marguerite d'Youville the Foundress of the Grey Nuns of Montreal. The employee who the award is given to lives the mission and provides services over and above the scope of normal responsibilities, and consistently excels living out each of the St. Joseph Healthcare's core values: compassion, excellence, integrity, collaboration, stewardship, and community service.

Mickey is a true professional and role model for peers and members of the community. She is supportive to others and cares for all people, co-workers, potential applicants and anyone else who may walk through the halls of St. Joseph School of Nursing. Mickey is always willing to work as part of a team whether that is volunteering her time and efforts to work on one of the many hospital projects involving collection for donations, being a part of a committee to work towards improving programs, working on documentation towards accreditation in order to improve the quality of education at the school, or community service in any venue.

Additional 2010 St. Marguerite d'Youville nominees included Michelle Adamyk from Milford Medical Center, Paula Durkee from Nashua Pediatrics, Sophie Fabian from Health Information Systems, Shirley Lussier from Human Resources, Sheila McLaughlin from Administration, Mary Beth Perkins from Service Assurance, Laurie Terrio from The Cardiovascular and Diabetes Center, Camilie Twiss from St. Joseph School of Nursing and Colleen Wentworth from the Roger Dionne, MD, Senior Center.