

The Health and Wellness Club Meets

Bob Naquin





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THE HEALTH AND WELLNESS CLUB MEETS

By Bob Naquin

CAST

CONSCIENTIOUS CLARA: President. Leads the club. Cheery, always looking for the positive sort.

GRUMPY SALLY: Complains about everything.

BAFFLED BETTY: Confused by a lot of things. Not sure she belongs in a club that focuses on health. Likes to bake pies.

RAMBLING ROSE: Secretary. Talks a lot. Uses long sentences with big words. Scribbles in her notes throughout the meeting

DROWSY DOTTIE: Treasurer. Has trouble staying awake. Has her head on the table taking a nap most of the time

MADE UP MYRTLE: Wears too much make up. Man eater.

HARD OF HEARING HATTIE: Her loss of hearing sometimes causes her to misunderstand.

Place

The kitchen of Clara, President of the Health and Wellness Club.

Time

The Present.

Props:

Scripts disguised as meeting notes

Apple Pie

Dishes for drinks and pie.

Sign 'Health and Wellness Club'

Bottle of Smart water

THE HEALTH AND WELLNESS CLUB MEETS

Setting: There is coffee and a dessert plate set out for each attendee. A side table has coffee and/or tea service.

At Rise: Clara comes in holding her meeting notes (script). She sits and looks at her notes in anticipation of the other members arriving.

CHRISTIE: Hello! Please, come in! Welcome, welcome.

SALLY: *(walking in and having a seat)* Am I am the first one here again, Clara? Why is everyone always late?

CLARA: Good afternoon to you too, Sally. I can see you are your normal cheery self today.

SALLY: Yes, I am. I just came back from the doctor's office.

CLARA: And what good news did he have for you?

SALLY: He said my health is normal for my age.

CLARA: Well that is good news isn't it, Sally?

SALLY: My health is normal for my age but dying is also normal for my age.

CLARA: Well cheer up. Participating in the Health and Wellness club should give you some tips to live a happier and healthier life.

BETTY: *(comes in carrying a pie)* Good Morning, Clara. Good morning, Sally. I hope I am not late.

CLARA: Did you bring us something healthy to eat Delores?

(Betty brings over the pie and sets it in front of Clara)

BETTY: I only make two things well: apple pie and meat loaf.

SALLY: *(looking at the pie skeptically)* Which one is this?

BETTY: It is apple pie, you silly thing.

SALLY: Could have fooled me. Can I have some? I am hangry after being at the doctor's office for so long.

CLARA: Hangry? Pray tell what does hangry mean?

SALLY: I am angry because I have not eaten in a while.

DELORES: Of course, you can have some.

SALLY: Make sure you cut it into four pieces. I need more than an eighth.

BETTY: *(serving Sally some pie)* Was there a long wait at your doctor's this morning?

SALLY: *(taking the pie)* Long wait? I was there forever. Everyone there had a long wait. The guy ahead of me was suffering from a musket wound. Long wait indeed.

ROSE: *(enters with her minutes (script), a bottle of Smart water and has a seat)* Good day, everyone or should I say *Bonjour, mes amis?* I am so delighted to be present at this ensemble of compatible minded salubrious associates.

BETTY: *(turning to Clara)* What did she just say?

CLARA: She said 'hello.'

SALLY: She always talks that way. Sometimes you just have to ignore certain people.

ROSE: Oh, Sally, you are such a droll persona. It is one of the ingratiating attributes we all savor in you.

BETTY: What did she say?

SALLY: She said she hates me and wishes I would go away.

CLARA: What is it that you are drinking, Rose?

ROSE: *(showing off bottle of Smart water)* Oh this. This is a magnum of the most invigorating elixir known to mankind. It is called Smart Water and it is a mere three dollars a decanter.

SALLY: If you paid three dollars for smart water, it is not working.

DOTTIE: *(enters with her report (script), sits and puts her head on the table)* Morning *(she mumbles)*

CLARA: Hello, Dottie, you sleepy head you. You do know it is two in the afternoon, don't you?

DOTTIE: Is it, Clara? I usually take a two-hour nap between one and four.

SALLY: Well I think you are just lazy, Dottie.

DOTTIE: *(lifts head)* I am not lazy. I just believe in selective participation. *(head drops to table)*

CLARA: Well, Dottie, maybe there is something wrong with you that the Health and Wellness club could help you with.

DOTTIE: *(from the table)* Doubt it.

ROSE: Tell us dear Dottie. What provokes you? What puts that bounce in your step? What induces you every diurnal, and makes you aspire to bound off of your divan to take up the challenge?

BETTY: What did she say?

CLARA: She asked Dottie what gets her up.

DOTTIE: What gets me up is having to go to the bathroom.

HATTIE: *(enters with her report (script) and has a seat)*

CLARA: Good afternoon, Hattie. Glad to see you could make it.

HATTIE: What?

CLARA: *(louder)* Good afternoon.

HATTIE: And you don't have to yell. I have new hearing aids and they are state of the art and cost me \$4000.

CLARA: (*loudly*) Well that is great news. What kind is it?

HATTIE: (*looks at her watch*) It is two fifteen.

SALLY: I can see that the hearing aids are helping.

CLARA: Did you research the subject I asked you to, Hattie?

HATTIE: I did. And as you know it is a very controversial subject. I can't wait to give my report. Can I give it now?

CLARA: Hattie, I would like to wait until the end.

HATTIE: I have it already penned. But I want to make my report to everyone. It is so controversial that it has made me mad.

ROSE: I too cannot wait to hear your scintillating commentary on what I am sure will be a provocative theme with far reaching influence on our humanity today and perhaps on imminent humanities.

BETTY: What did she say?

SALLY: She said she wants some of your meatloaf.

MYRTLE: (*comes in with a flair*) Good afternoon everyone. Sorry I am late. I had a dinner date last night. Steak and sex always make me sleep well.

SALLY: Steak and sex. I bet those are both rare in your life.

MYRTLE: Nonsense, Sally. My date and I worked our way through the *Kama Sutra* last night.

BETTY: I thought the *Kama Sutra* was Indian take out.

MYRTLE: I am not going to say he couldn't keep his hands off of me, but I can't ever go to Out Back ever again.

CLARA: Enough of your exploits, Myrtle. Let's get on to the club business, shall we?

DOTTIE: (*from her position on the table*) Is this going to take much longer? I didn't sleep well last night.

BETTY: I am sorry to hear that, Dottie.

SALLY: What was the problem, Dottie? You never have trouble sleeping.

DOTTIE: I think I was awake all night. I don't know if I have amnesia or insomnia.

CLARA: Just give us the Treasurer's report and you can put your head back down, Dottie.

DOTTIE: (*looks at her report*) The Health and Wellness Club had some money. We spent some money we collected some money and we still have some money. That is all. (*she puts her head on the table*)

SALLY: Well that was interesting.

ROSE: I too subscribe to the theory that reports, especially of the financial nature, be short, to the point and without too much detail as to give such detail is to invite long drawn out discussions that lead to animosity among the lesser members that will only result in discordance.

BETTY: What did she say?

SALLY: She said brevity is important. Not that she ever practices it.

CLARA: We shall accept the Treasurer's report as written and move on to the Secretary's report. Rose, do you have your report?

ROSE: (*unrolls a rolled-up paper that reaches to the floor*) I do. I have completely written out the minutes of the last meeting which was invigorating to say the least, and I have captured the nuance of every member's comments and the underlying meaning of said comments and I am prepared to read it in full.

BETTY: What did she say?

SALLY: She said we are going to be here for a while.

DOTTIE: Someone just hit me with a hammer.

CLARA: Well, Rose I can see that you have put a lot of effort into those meeting minutes, but I suggest that in the interest of time we accept the minutes as written.

DOTTIE: Second

ALL (*Except Rose*): Aye.

ROSE: But I put such effort into these minutes that it would be a shame to deny yourself the pleasure of hearing such well-written prose dripping from my lips as the dew drips from the petals of a freshly bloomed rose, my namesake flower.

CLARA: Thank you Rose, but we will pass, as we have a lot to discuss today in the Health and Wellness club. Today's discussion topics include diet, exercise, and memory retention. Who would like to begin?

BETTY: I think we should all practice safe eating by always using condiments.

ROSE: I espouse a technique of consumption that interdicts the use of any animal artifact with the exclusion of meat, cheese, and eggs. I feel so enhanced since I have commenced doing this.

BETTY: What did she say?

SALLY: She said she is a non-practicing vegetarian.

ROSE: You know, Sally I do not appreciate you not heeding the gradation of my pontifications.

BETTY: What did she say?

SALLY: She said I never listen to her. Or something like that.

CLARA: We talked last time of starting organic gardens in our back yards and cooking healthy. Has anyone looked into that?

SALLY: I did. I wanted to grow my own food, but I never could find any bacon seeds.

MYRTLE: I wanted to start cooking healthy too. Unfortunately, every recipe starts with "using a clean dish" so that left me out. So now I just eat at McDonald's.

CLARA: Now, Myrtle, they say you are what you eat.

SALLY: Like McDonald's that would make her fast, easy and cheap.

MYRTLE: I beg your pardon.

BETTY: You should go to Subway. At least they make you get out of the car to get the food. It is a lot healthier.

HATTIE: I have always wonder why 'exercise' and 'extra fries' sound so much alike. It makes it hard for those of us with a slight hearing impairment.

DOTTIE: (*picks up her head*) That reminds me. I forgot to go to the gym today. That makes seven years in a row. (*puts her head back down with a thump.*)

MYRTLE: I have been dieting and using this new cellulite treatment.

CLARA: Has that been helpful, Myrtle?

MYRTLE: It has. I am now down to the weight I said I would never get up to and I feel so much younger.

SALLY: You know what they say, Myrtle, "Think old and you will be old. Think young and you will be delusional."

MYRTLE: Oh Stop, Sally. Sixty is the new fifty.

DOTTIE: (*lifts her head*) And 8 PM is the new midnight.

SALLY: Myrtle, maybe you should just date older men?

MYRTLE: Why would I ever want to do that?

SALLY: Older men are more used to disappointment.

HATTIE: Is it time for my report yet?

CLARA: Not yet, Hattie. Let Myrtle tell us about her new cellulite treatment.

MYRTLE: That is simple. You just rub coffee grounds all over your body every day.

BETTY: Does that work?

MRYTLE: Yes, it does. Sadly, the people at Starbucks don't approve.

CLARA: Before we get off of the subject of food, has anyone else have anything to add that might help us eat better?

BETTY: Yep. Remember that broccoli will stick to your teeth, but fries will stick to your butt.

ROSE: (*scribbling in her notes.*) Let me record that for posterity. Broccoli will affix itself to your hard bony appendages. A sliver of tuber sautéed in rendered animal fat will bond to your derriere.

HATTIE: What did she say?

SALLY: Be glad that you can't hear.

CLARA: Let us discuss memory retention for a few minutes.

HATTIE: Is it time for my report yet? Let me assure you it is a doozey.

CLARA: No, Hattie. We like to save your in-depth report to the end because it always gives us food for thought. Does anyone else have anything on diet and exercise?

SALLY: I do. I read once that two minutes of laughter is like 20 minutes of exercise.

CLARA: Interesting. And how do you use that in your daily life?

MRYTLE: Yes. How? You never seem to laugh.

SALLY: Easy. I just go out to the park and laugh at the joggers.

CLARA: Do you have something to add Betty?

BETTY: As you all know, memory retention becomes a concern to us all as we age but I think I may have found something that would help.

CLARA: What is it?

BETTY: It is memory foam. You put it in your shoes.

CLARA: Does it work?

BETTY: No. But my feet are comfortable as I stand there wondering why I came into the room.

HATTIE: Is it time yet?

CLARA: Ok Hattie. What do you have for us this time?

HATTIE: I already told you what time it is.

CLARA: *(louder)* WHAT ARE YOU REPORTING ON THIS TIME?

HATTIE: Oh! What am I reporting on? Just wait. You will be so shocked. I have learned what is coming up on the ballot this year. I heard it on the news a couple of days ago and it made me so mad.

SALLY: Tell us why you are so riled.

BETTY: Yes please.

HATTIE: *(standing up speaking passionately)* I heard on the news the other night that they are putting the deaf penalty on the ballot for voter approval. I can tell you that just the thought of them putting a penalty of being deaf really makes me angry. As you all know I am slightly deaf, but I don't see how putting a penalty on it is going to help. They don't have a blind penalty. Why should they even consider a deaf penalty?

CLARA: Uh. Let me stop you right there, Hattie.

HATTIE: *(Getting more agitated and speaking louder)* No. You will not stop me. I may be slightly deaf, and they may want to impose a deaf penalty but I still have my voice. As long as I can speak, I will campaign against this proposed deaf penalty. Who is with me, Sisters? Let us take to the streets and let the lawmakers know that we will not tolerate them putting a penalty on the deaf.

CLARA: Uh. Hattie, you may have gotten it wrong.

HARD OF HEARING HATTIE: *(continuing with passion)* You are right, Clara. I will not be wronged. I am going to fight to the last breath to stop this unholy deaf penalty. The deaf should not be penalized. Down with the deaf penalty, Sisters.

CLARA: Uh Hattie...

SALLY: It is the 'Death Penalty' not the 'Deaf Penalty'. Gosh, you misunderstand everything.

HATTIE: What?

CLARA: *(soothingly)* Sally is right, Hattie. They were talking about the death penalty, not the deaf penalty.

HATTIE: *(subdued. Sitting down)* Oh. That makes more sense.

CLARA: On that note I move that we call for adjournment of the Health and Wellness Club.

DOTTIE: *(from her face down position)* Second.

SALLY: Let's get out of here.

(they all rise and file off stage.)

HATTIE: I guess I should have reported on eagle's rights.

THE END