

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?

END OF FREEVIEW

You'll want to read and perform this show!