

# Plus! People NEWS!

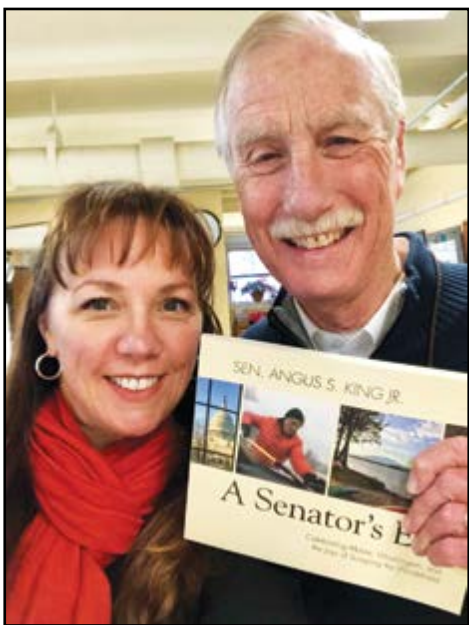
The center that builds community

People Plus  
P. O. Box 766  
Brunswick, ME  
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Portland, ME 04101  
Permit No. 454

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org January 2019 Volume 19, No. 1

People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



Senator Angus King visited People Plus Dec. 17, and drew a near capacity crowd in spite of the weather. He chatted with the group, offered comments on his new book "A Senator's Eye," and finally, (inset) shared a light moment with Center Director Stacy Frizzle.

## Grants, fund advances open new year

The People Plus Center greets the new year with news of two grants, and with both its annual campaigns making, "good strides!" The Alfred M. Senter Fund has awarded \$4,000, The Maine Community Foundation granted \$5,000, and both annual funds have exceeded at least 50% of their target amounts.

The Senter Fund money will be used to purchase audio-visual equipment – a new pull-down screen for the main hall and projection gear – that will benefit projects for both the People Plus Center and the Brunswick Area Teen Center, and the balance of the grant will purchase food at the Teen Center. "This will make lots of things work better, more efficiently," Executive Director Stacy Frizzle predicted.

The \$5,000 award from The Maine Community Foundation will benefit expansion of the Center's Volunteer Transportation Network (VTN). Since coordinator Lynne Smith took over the program a year ago, it has expanded to include more than 480 riders and 75 volunteer drivers. VTN provides free transportation for homebound elders, connecting them with vital services, medical appointments and more.

On December 18, office manager Betsy White reported that the People Plus annual campaign had collected \$25,647, including \$957 donated by members as they renewed their dues. The Teen Center total stands at \$10,275 on the same date.

## Fit & Fun for FREE?

If you made a New Year's resolution to "pick up the pace" of your personal fitness, why not come to People Plus and start something new at no cost? Try any one (or more) of our offerings during January for Free!" Executive Director Stacy Frizzle explains, "this is more about getting new folks into new experiences," she said, "we're confident if they try it, they'll like it!" The Center routinely offers more than a dozen fitness classes each week, varying from Table Tennis (free all the time!) to Tai Chi. All of our instructor led courses are available to members for a cost of only \$5 a session.

"The goal is to get folks engaged," Frizzle explained, "This offer is for new attendees to try classes/clubs and see if they like it. We're confident they will. There is no better investment than the one we all make in our own personal health. What a way to start the new year!"

This offer is free and open to the public. Call the Center at 729-0757 if you have questions or want to sign up. See page 9 for a full list of classes, clubs and activities, and page 5 for our January schedule.

### Frank's Field Trips



## ICE is nice!

Step back in time for an "up close and personal" look at Maine's days as a center for harvesting river ice. Our van leaves the Coastal Landing lot at 10 am on Monday, Jan. 14, for a run up the Kennebec River to Dresden, where we meet Eleanor Everson, who "almost remembers" those glorious days, THEN we drive to Craig Collins' pond for a sample ice cutting, with a late lunch on your own at Sarah's Cafe in Wiscasset. The first dozen folks who register AFTER January 1 get to go. Cost is \$15. This trip is a little more weather-dependent, so be sure to list your contact info when you register. This trip is made possible through the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services, and by our wonderful friends at the Coastal Landing Retirement Community.

## Transportation Network Needs Drivers!

In the last year, People Plus has coordinated over 25,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone - we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!! And thanks go to our generous sponsors, **Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, United Way of Mid Coast Maine** and **Spectrum Generations**, who help keep the program growing!

## Spectrum Generations team adds new staff at the Center

The Spectrum Generations team at People Plus is back at full strength with the addition of two new staff members. Stephanie Petkers started as the Spectrum Generations Nutrition Coordinator, and Andrea Handel was named the new Aging & Disability Resource Specialist.



A resident of Harpswell, Petkers is already overseeing the local Meals on Wheels, Animeals, and USDA bulk food programs based at the Center. This past summer, Stephanie had her first experience in food service,

working as a chef in a local restaurant. She is a former Executive Director of the Greater Freeport Chamber of Commerce, and brings extensive experience in community outreach, and volunteer and program coordination to the Spectrum team.

Handel has lived and worked most of her life in Lincoln County. A graduate of Colby College, she received her LSW license in 1986. She is a founding member of the River Company, a non-profit theater group in Damariscotta that just celebrated its 20th anniversary. More recently, she worked as the Executive Director of the ElderCare Network of Lincoln County, and developed seven small residential care homes for older adults in the area. Beginning in mid-December as our Aging and Disability Resource counselor, she has an office at People Plus on most Tuesdays and Thursdays between 8 am and 4:30 pm. She can be reached by phone each workday by calling direct: 207-607-4405, or by e-mail at: ahandel@spectrumgenerations.org.



## Lunch & Learn: "Where to Turn?"

**Mon, Jan 28, 12 pm.** Join Nancy Herk, Executive Director of Brunswick Area Respite Care, to learn about the supportive services provided to our local community, including caring for loved ones with Alzheimer's disease or other dementia. For 30 years, Brunswick Area Respite Care has been helping to care for your loved one while you relax and get a break from the daily demands of caregiving. Free, open to the public. Bring lunch!



## Musical Gala planning starts

The 17th edition of the Center's annual Music in April Gala opens at the Brunswick Recreation Center, Brunswick Landing, on April 4, 2019. Over the years, this event has evolved into one of the Brunswick area's premier social events, complete with live music, an exceptional buffet, and huge live and silent auctions. "Expect something new and different," suggested Center Director Stacy Frizzle, "Expect it always to get better!" Last season's event raised more than \$50,000 for the People Plus Center and the Brunswick Area Teen Center. If you want to register as an event sponsor, or purchase tickets for what is certain to be sold out soon, please call the Center at 729-0757, and ask for Jill Ellis.



## Where Should I Live? Your Aging Parent/Aging Self Series!

**Thu, Jan 10, 12 noon.** People Plus & Mid Coast-Parkview Health continue their series focusing on resources to help with aging. Hear all about local housing options with Carrie Pelletier, R.N., Program Manager of Marketing & Admissions, Mid Coast Senior Health Center. Free, open to the public. Bring your lunch, we'll provide dessert. Call to register.

Dealing with the challenges presented as we age can be both tricky and frustrating. If we are lucky enough to still have parents by the time we hit our 50s, then helping them navigate the journey of aging can be an additional challenge. Where will they live? How do you have the talk about giving up the car keys? What are the legal issues that arise? We find these questions are just the tip of the iceberg when it comes to dealing with aging parents.





# January 2019 at People Plus!



**Headed to the lights!** A bus filled with some 40 People Plus members toured Coastal Maine Botanical Garden's Gardens Aglow festival in Boothbay last month. The group lucked out with a "not too cold" evening and then dinner at the Kennebec Tavern.

## New Apple device? Help is here!

**Thu, Jan 10, 10 am.** Would you like to learn more about your i-Phone/ i-Pad/ i-Touch? Would you like to know how the many apps you have heard about can help enhance and organize your life? **Apple Club** usually meets at 10 am



on the first Thursday of each month (except for January) to share knowledge, ask questions and find answers to the wonderful world of i-devices! No experience necessary. You only have to be a member of People Plus to join!

## Reduced Price Hair Cuts for Seniors

**Fridays, Jan 18 & 25, 9-12 pm.** Drop in for a \$10 haircut with Margarita Day. All proceeds benefit People Plus. No appointment necessary, just show up with clean hair. Open to the public!



## Connie's Thursday Art class returns!

**Thursdays, 10-12 pm.** Each month the class explores different drawing materials such as graphite pencil, charcoal, colored pencil, pen and ink, pastel, and watercolor. The class combines artists of varying experience levels. Cost is \$26/month and taught by Connie Bailey. Try the class for free in January!

## Lunch & Connections

### "Meatloaf & mashed"... it's good for the soul!

We open 2019 with a heaping helpin' of meatloaf and mashed potatoes for our Lunch & Connections dinner on Thursday, Jan. 17, 2019! "January is always cold," chef Frank Connors said, "We all have a better day when we can serve up comfort food for the gang!" Connors said he always adds a little pork sausage, a few finely chopped onions and "something secret," to guarantee the meatloaf is exceptional. "You just have to brave the cold and come see," he added.

The main dish will be served with buttered carrots and a side of broccoli tips, and again this month, our bread is fresh baked on the 17th at the Union Street Bakery. There is always a lightly-dressed, fresh green garden salad waiting for everyone, and drinks include regular or decaf coffee, cider, hot teas, milk and ice-water on every table. Dessert this month will be home-made gingerbread with a dab of fresh cream on top.

Our special monthly meal is sponsored by our friends at Spectrum Generations, and is planned to focus on nutrition, variety and useful information. A CHANS home healthcare professional is always available to take and record blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is available before lunch to complete free hearing assessments.

Our meal is always open to the public, but we ask you to pre-register after the first of January, as seating is limited to the first 68 people who register. Cost of the meal is still only \$6 for Center members, and \$8.50 for non-members. Of course you can order a take-out dinner to be picked up after 1 pm. Our buffet styled luncheon is served beginning at 12 noon, please arrive after 11:30 a.m. to visit with your friends and claim your favorite seat.

Call 729-0757 to register for classes & events.

## Spectrum Generations Medicare 101 Session

**Tue, Jan 8, 12:30 pm.** Learn about Medicare and its many "Parts" on the 2nd Tuesday of every month. Open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations. Free, suggested \$15 donation.



## Exercise Class Punch Cards

We have a punch payment card system for your convenience. See the receptionist for details, or to purchase your card!



## January Program Notes

- World Affairs Conversation Group resumes Jan 11, Fridays at 11 am.
- Donuts & Drivers moved to 4th Thursday.
- Apple Club moved to 2nd Thursday (for January only).

## Italian Club?

Do you speak Italian and want to practice with more conversations? Would you be interested in starting an Italian Conversation Club? Contact Jill to let her know!

## 2019 is here-ready or not!

**STORM POLICY:** When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. The Center may remain open for business, unless conditions warrant a complete closure. Check our website, [www.peopleplustaine.org](http://www.peopleplustaine.org), or local media for closure information.

## Changing your perception on health care

**Medical definition of health care:** The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health). *What is your definition of health?*

**WHO definition of health:** Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

**Health care vs Sick care** – We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world. **Symptoms vs Cause** - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.



Dr. Tim Coffin

**Where do you think the US ranks within the world in terms of health?**

- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology? - How is this working out for us.

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

*The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison*

Mon	Tue	Wed	Thu	Fri	Sat
Center Closed Monday and Tuesday	<b>HAPPY NEW YEAR!</b>	8:45 Cribbage 9:00 Winter Outing Group 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	8:30 Maine Meditation Intensive
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann <b>11:30 LUNCH OUT</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	8:45 Cribbage 9:00 Winter Outing Group 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 3:30pm TC Cooking Matters	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Apple Club 10:00 Art with Connie Bailey 11:00 Yoga <b>12:00pm FYI! Where Will I Live?</b>	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba <b>10:00 Frank's Field Trip: Ice is Nice!</b> 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Books a la Carte 2:00pm Chair Yoga	8:45 Cribbage 9:00 Winter Outing Group 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 3:30pm TC Cooking Matters	9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>11:00 Hearing Screenings</b> <b>11:30 CHANS BP Check</b> <b>12:00pm Lunch &amp; Connections</b>	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	
Center Closed	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	8:45 Cribbage 9:00 Winter Outing Group 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 3:30pm TC Cooking Matters 6:30pm Brunswick Coin/Stamp	<b>8:00 Men's Breakfast</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Donuts and Drivers 10:00 Art with Connie Bailey 11:00 Yoga	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba <b>12:00pm Lunch/Learn Where to Turn?</b> 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	8:45 Cribbage 9:00 Winter Outing Group 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 3:30pm TC Cooking Matters	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga		

## People Plus in the Media



People Plus videos can be viewed online at <http://vimeo.com/harpwelltv>

**Do you worry about living alone?**

**People Plus Good Morning Program**

The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind*. In partnership with Brunswick Police Department.

**Sign up now!**

FMI 729-0757 [www.peopleplustaine.org](http://www.peopleplustaine.org) [programming@peopleplustaine.org](mailto:programming@peopleplustaine.org)

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**— James Tierney, BHS Class of 1965**

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**Always a crowd pleaser.** Senator Angus King explains the process of using social media to communicate with his constituents (and create a book).

**“Never too cold to clean out!”**

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 Brunswick Area Respite Care is a 501(c)3 Non Profit organization

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**Winners ALL!** Doris Neiman wowed other members at the Center's Holiday Party, first by decorating her Christmas cookie, then by winning a peppermint Twinkie in Stacy's Holiday Trivia Quiz!

**Free AARP Tax Aide**

AARP aides will be at People Plus Tuesday mornings and Thursday afternoons, February through April 15. Call after January 15th to schedule an appointment.



**Quality Control?** With Ralph Laughlin (right) and Richard Gnauck cooking a Men's Breakfast at People Plus, what possibly could go wrong?

**The Pejepscot Genealogical Society (PGS)** will hold its next meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, January 13, 2019 at 2 pm. Guest speaker Peggy Shiels Konitzky will be discussing her book, *Midcoast Maine in World War II*, detailing what life was like in the region while supporting the war efforts at home. Through a series of stories and illustrations, Konitzky will enlighten some and remind others of what life was like for the men, women, and children who needed to pull together to keep the communities at home running and support the troops overseas. Ms. Konitzky holds a degree in U.S. History and Art History from Georgetown University School of Foreign

Service as well as an MBA from New York University and a Certificate in Museum Studies from Tufts. Currently a resident of Topsham, she has, for the last 15+ years, served in a series of positions related to historic preservation in New Hampshire and Maine. Since 2007, she has been the site manager for Castle Tucker and the Nickels-Sortwell House in Wiscasset. As usual, there will be a brief social period with refreshments before and after the speaker. A business meeting will follow. For more information contact Brian Bouchard at (207) 729-4098.

**Books A La Carte**

*This group of readers gather to discuss, trade, lend, and donate books of any genre - there is no assigned list. The group meets on the third Tuesday of each month at 2 PM.*

**Holy Ghost** by John Sanford. Pinion, Minnesota: a metropolis of all of seven hundred souls, for which the word “moribund” might have been invented comes to life when an apparition of the Virgin Mary is seen in a local church. The town becomes a boon town with pilgrims coming to see if they can see the Virgin Mary. Then, the murders start, and Virgil Flowers is called in to investigate. What he finds out...well, it will be what you find out when you give **HOLY GHOST** a read.

**A Joseph Campbell Companion** by Diane Osborn. Celebrated scholar Joseph Campbell, best known for *The Power of Myth* book and PBS special, shares his intimate and inspiring reflections on the art of living. An uplifting view of the world and surroundings.

**Devil's Breath** by G.M. Malliet. Having realized there is no escape from his past as an agent, Father Max Tudor has offered his services to M15 on an as-needed basis. The body of glamorous film star Margot Browne has washed ashore from a luxury yacht and Max's former

colleague wants his help to find the murderer.

The investigation into Margot's past uncovers a host of motives—it seems she was not the only one on board with a secret they'd kill to keep.

**The Theoretical Foot** by M.F.K. Fisher Set in the late 1930s, two expat American couples in Europe, tramping from country to country without sanction of marriage, this during an era when cohabitation—to say nothing of a girl's hitchhiking!—could ruin a respectable woman's reputation for all time. As fascism spreads and war inevitably approaches, the idyll of a beautiful life of love and freedom from convention is also threatened from within.

**A Dry White Season** by Andre Brink Ben Du Toit is a white schoolteacher in suburban Johannesburg in a dark time. A simple, apolitical man, he believes in the essential fairness of the South African government and its policies—until the sudden arrest and subsequent “suicide” of a black janitor from Du Toit's school. Haunted by new questions and desperate to believe that the man's death was a tragic accident, Du Toit undertakes an investigation into the terrible affair—a quest for the truth that will have devastating consequences for the teacher and his family.

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)



**Be an Active Part of Your Wellbeing**

**Add these health-wise events to your January calendar!**

**Yoga for Cancer** - Thursdays throughout January from 5-5:45 p.m.  
 Maine Pines Racquet & Fitness, 120 Harpswell Road, Brunswick

**Food for Health** - January 8 from 6:30-8 p.m.  
**Anxiety and Depression: Foods that Help and Harm** with Timothy R. Howe, MD  
 Teaching Kitchen-Classroom 2, 329 Maine Street, SOUTH ENTRANCE in Brunswick  
 A FREE monthly plant-based cooking and education series.

**Healthy Weight for a Lifetime** - Session begins January 10 from 4-6 p.m.  
 Teaching Kitchen-Classroom 2, 329 Maine Street, SOUTH ENTRANCE in Brunswick  
 A 12-week mindful living program that provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity.

**Health Within Reach** - January 23 from 5:30-6:30 p.m.  
**Balance and the Aging Brain** with William Stamey, MD  
 Teaching Kitchen-Classroom 2, 329 Maine Street, SOUTH ENTRANCE in Brunswick  
 A monthly series of talks, classes, demonstrations, and healthy lifestyle options.

**Youth Mental Health First Aid** - January 28 from 8 a.m.-4:30 p.m.  
 Topsham Fire Department, 100 Main Street, Topsham  
 FREE NAMI-Maine training designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis.

**Mindfulness-Based Stress Reduction**  
 New sessions begin January 28 from 5:30-8 p.m. or January 29 from 9-11:30 a.m.  
 Required orientation on January 14 from 5-6 p.m.  
 Movement Room-Classroom 3, 329 Maine Street, SOUTH ENTRANCE in Brunswick  
 An educational program designed to help people better cope with stress and life's challenges.  
 MBSR is an 8-week course of 2 ½-hour weekly group classes and one 6-hour weekend retreat.

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**GO DRAGONS!  
A BUCK - A GAME!**

Brunswick Seniors (over 60) get into any Brunswick High School sports event for ONE dollar!

**TEEN OF THE MONTH:  
Inua Saibou-baldi**

Inua Saibou-baldi is in 9th grade at BHS and has been attending the Teen Center Program since September. Inua moved here this summer from NYC. Recently we didn't see as much of Inua because he was at rehearsals for his part, *The Chairman/Ensemble*, in the High School Play, *Flowers For Algernon*, which he loved doing! While at the Teen Center, Inua's favorite things are he "adores socializing and playing pool". Quite the nice young man and we are so glad that he discovered the TC! Inua is off to the movies on us!



**Brunswick Area Teen Center**

**Stirring the Pot**

**Teen Center News**

Jordan Cardone



Another year coming to an end! Hello 2019! The Teen Center program will be heading into its 14th year! Having been involved with the Teen Center since before its inception means I am heading into about my 16th year! That's a lot of years! It certainly has been an adventure... one of learning and teaching and advising and listening and entertaining and being entertained. I have been privileged to be able to share in many youth's struggles over the years as well as many joys and successes. Over the years, the organizational leadership has changed, the location has changed, assistants have changed, there are changes in kids every year and the times have changed!

Throughout all the years and all the changes, some things have remained the same, always forming a strong and consistent core for the program. Kids anywhere and everywhere love being with friends, being accepted, being valued, being respected and having a voice that is listened to. Everyone wants to have a "safe" place and basics like food and heat (bonus air conditioning when it's hot). Having a place where people are waiting for you and happy to see you is a huge positive in a young person's life (in anyone's life!).

We will break a record again for 2018 (not quite done yet!) attendance numbers and not only have we had the most kids ever, we have the most eclectic and diverse group of kids yet! The differences and uniqueness all these kids bring together creates learning experiences for us every time we are together! Of course it also brings lots of noise and at times chaos and can be challenging and even exhausting some days! We have our own melting pot of kids of various ethnicities, sexual orientation, religions, mental health diagnosis, learning aptitudes, social/economic status, family makeup, etc. We have kids who moved here from other states, local native area kids, kids who attend different schools and those who are home schooled. Wow, just writing all that was an eye opener for me! Some days someone or multiple some-ones, stirs the pot and it can feel like everything could boil over any second, but most days...it feels like a happy bubbling that, as long as it is tended to every so often, will come out great.

Next month I will report on how our Holiday party and gifts for the kids went as well as some 2018 data for you number fans!

Before then I want to thank everyone

who helped make 2018 a fantastic year for the Teen Center program and for the kids who attend it! It means a lot to them and it means a lot to me! Not only have we been able to feed a huge increase in members, I was able to hire an Assistant, Kim Gagnon without whom we honestly could not have accommodated anywhere near the number of kids wanting to attend the program, and without whom, I would be completely bonkers by now (I admit to being partially bonkers only). We were also able to hire an additional staff person two days a week, to be increased as time and funds allow, so that we could spend more time downstairs and so that Kim did not also start going partially bonkers...

A great year all in all! We wish you only the best for 2019!  
Happy New Year!!!  
Jordan, Kim and the gang! ☺

**The Casco Bay Mindfulness Sangha**

Invites you to join our two-part Winter Intensive to be offered on two Saturdays in the new year. The dark, quiet beginning of the new year is an ideal opportunity to commit to the deepening of our meditation practice. **January 5 and February 2, 2019, 9-2 at People Plus.** The Intensive this year will focus on Cultivating immeasurable kindness (Metta) for ourselves and our world. We will be

exploring pathways out of habitual patterns of judgment and frustration that prevent kindness from arising. Both meetings will include: sitting and walking meditation, a potluck lunch, readings and small group discussions. Though it is not required that you attend both meetings, the 2-part format allows us to return in February to share what we have learned, and to deepen

our commitment for the coming year. Suggested readings to enhance the practice will be offered. For those who can do so, we suggest a \$5 to \$10 donation. Please pass this invitation along to anyone you think might be interested. For more information, and to reserve a place, contact Phyllis Chinlund: pchinlund@gmail.com.



**Inanna, Sisters in Rhythm**

Inanna, Sisters in Rhythm, is an all-women's percussion and vocal ensemble dedicated to cultural diversity, education, and healing through the universal language of music.

**Saturday, January 12, 2019 @ 7:30pm.**

Tickets are \$12 in advance or \$15 at the door. \$8 for students/children. Available at the church office (729-8515), at Gulf of Maine Books, or ONLINE at <https://inanna.brownpapertickets.com/>

Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick, Maine

**UUCB Concerts for a Cause:**

Two-thirds of the net proceeds from the 2018-19 concert series will be donated to: *The Gathering Place and The Brunswick Area Teen Center.*

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**Start 2019 with Classes, Games, Clubs and Events at People Plus**

**ACTIVE GROUPS**  
(free, for members only)

**Easy Riders/Winter Outing Club**  
Wednesdays ~9 am (weather permitting). Easy Riders bike rides begin at People Plus or an off-site location and usually last about an hour. In the winter months, the group puts the bikes away and arranges walks and hikes as the Winter Outing Club.

**Table Tennis**  
For serious players with a sense of humor. Bring athletic shoes or sneakers. We play almost every day - see calendar for times.

**Walking Club**  
Visit the Brunswick Parks & Recreation indoor track and log your walks in our logbook.

**CLUBS**

(Free, members only)

**Apple Club**  
Usually first Thursday of month, 10 am (2nd Thursday in January). Meet to share knowledge, ask questions and find answers to the wonderful world of i-devices (i-phone, i-pad, i-touch)! No experience necessary.

**Books a la Carte**  
Third Tuesday of month, 2 pm. A unique book club! Share what books you've been reading and learn about what others think are good, too! Discussion of all types of books is encouraged - the more variety the better the exchange.

**Cafe en Francais**  
Fourth Tuesday of month, 2:30 pm. Spend a lively hour once a month speaking French with good company.

**Civil War Book Club**  
Third Monday of month, 7 pm

**Crafters**  
Mondays, 9 am. Meet with other crafters to knit, crochet, scrapbook, cross-stitch, or work on whatever you choose to bring in. Lots of socializing.



**Kaffeestunde! German Conversation Club**  
Second Tuesday of month, 3 pm. Spend a lively hour once a month speaking German with good company.

**World Affairs Conversation Club**  
Fridays, 11 am. Ed Knox moderates this club. He has lived and worked professionally in the Middle East and taught Mideast History.

**Write on Writers**  
Wednesdays, 1 - 2:30 pm. Read and share your works of poetry and prose, improve your writing skills. The group has around 20 members. New members are welcome at any time.

**EXERCISE AND ART**  
(paid classes, open to public)

**Aerobics Lite**  
Tues, 12:30 pm. Combination of sitting and standing movements, gradually working towards goal of standing for the whole hour while moving to music with low impact steps while keeping one foot always on the floor. Instructor Bea Blakemore.

**Art with Connie Bailey**  
Tues or Thurs, 10 am-12 pm. Each month the class explores different drawing materials. The class combines artists of varying experience levels.

**Loosen Up!**  
M/W/F, 9 am. A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times a week.

**Qigong**  
Fri, 11:15 am. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Instructor Suzanne Neveux.

**Tai Chi**  
Short Form, Fri 10 am, Long Form, Wed 12:30 pm. Tai Chi exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements. Instructor Suzanne Neveux.

**Yoga**  
Tues, 10:30 am (Ann Kimmage), Thurs, 11 am (Leslie Ballin). Stretch, flex, breathe and relax for optimum well-being.

**Chair Yoga**  
Tues, 2:00 pm. A blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers both poses and helpful techniques to be your most comfortable self. For all levels, Instructor Audrey Palma.

**Zumba**  
Mon, 10 am. With Bea Blakemore, a popular local Zumba Fitness instructor. Aerobic and dance moves set to popular music, this is a low-impact style for seniors.

**GAMES**  
(Free, members only):

**Beg/Int Bridge**  
A less formal Bridge group. All levels welcome - come learn how to play! Tuesday and Thursday mornings.

**Bridge**  
Mondays, 12 - 3:30 pm, and Advanced Bridge on Fridays, 12:30 pm. Players meet to play several games of bridge with different partners.

**Cribbage**  
Wednesdays, 8:45 - 11:30 am. Experienced players play cribbage with different partners on

**Mah-Jongg**  
M/W/F 9 - 12 pm. Chinese multi-player tile game. All skill levels welcome. We love to teach new players!

**MEALS**

**Women's Breakfast**  
First Thursday of month, 8:30 am. Start your day with a healthy meal and good company.

**Men's Breakfast**  
Fourth Thursday of month, 8 am. Start your day with a healthy meal and good company.

**Lunch/Connections**  
Third Thursday of month, 12 pm. Sign up early for this always sold out meal! Also includes free hearing screenings and blood pressure checks.

**Lunch Out**  
Second Tuesday of month, 11:30 am. Organized get-together at local restaurants.

**PRESENTATIONS**  
**'Aging Well' Lunch & Learn**  
Fourth Monday of month, 12 pm. Programs that focus on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

**FY!! (For your Information)**  
Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and foods.

**Author Chats**  
Maine authors tell us about their books and writing experiences.

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35 Union St, Suite 1, Brunswick, ME 04011
207-729-0475 | www.spectrumgenerations.org

January 2019

Please note: All Spectrum Generations' locations will be closed Monday, January 21, in observance of Dr. Martin Luther King, Jr. Day



The Savvy Caregiver Class

The Savvy Caregiver Program is a FREE, six-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job.

Participants will learn what dementia is and how it affects the individual, and also helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of dementia.

Spectrum Generations is offering a class beginning on January 7, and registration is open! Classes will be held from 9:45 - 11:45 a.m. at the United Methodist Church at 320 Church Road in Brunswick. This class will run for 6 weeks, through February 11.

Andrea Handel, LSW, is Spectrum Generations' new ADRC Specialist for both Lincoln and Sagadahoc counties, and the towns of Brunswick and Harpswell. Andrea will be at People Plus in Brunswick and most Tuesdays and Thursdays between 8:00 am and 4:30 pm.



'Tis the season for giving, and this holiday season our Meals on Wheels program has much to be thankful for. Our consumers have been the lucky recipients of lovely floral arrangements made and delivered to us by the Bath Garden Club, and festive poinsettias donated by the Mt Ararat Middle School and the Brunswick High School Music program.

Extra poinsettias were sold at People Plus to raise more money for Spectrum Generations' Meals on Wheels program. We are grateful to the donors and dedicated volunteers and drivers who made this special holiday delivery possible!

By participating in a survey, you can help inform and shape the MaineDOT's Long-Range Transportation Plan. Your responses will help MaineDOT understand wants and desires of traveling public, views on future growth, and where to invest and concentrate resources.

Find it online at: https://mainelongrangeplan2050.metroquest.com/



The purpose of this effort is to document MaineDOT's vision for the future, as well as to provide guidance and insight on the necessary strategies to meet transportation goals in the midst of the many challenges over the next 20-30 years.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



Engaging volunteer opportunities are available!

Do you like working with numbers and people? Do you have good communication skills, are professional and have reliable transportation? Spectrum Generations' Money Minders, Meals on Wheels drivers or Home Assessments volunteer opportunities may be for you.

Money Minders: You will be visiting clients and assisting them with monthly account reconciliation, check book balance, and reporting changes in client's status to supervisor. You will receive orientation and in-service training sessions.

Meals on Wheels Drivers and Home Assessors Opportunities:

- Drivers are needed on Wednesdays and Fridays, 10:00 a.m. to 12:00 p.m. for routes in Brunswick and Woolwich Islands. Drivers must be able to meet at People Plus at 10:00 am. The Meals on Wheels routes take approximately 1 hour and you may have to lift up to 30 lbs.
Help is needed with loading and unloading 30lbs boxes of USDA food during monthly distribution on the second Tuesday of each month at the Bath Senior Center, between 9-11:00 a.m.
Unloading Vans at People Plus - help is needed unloading vans for Meals on Wheels on Wednesdays and Fridays from 9:30-10:00 a.m.
In-Home Assessors are needed for Meals on Wheels consumers in the Brunswick area; the schedule will be coordinated with a supervisor. Volunteers will visit with the consumers and ask them questions about the services they need. Assessor volunteers need their own vehicle, and will receive training in completing annual assessments.

If interested, please contact Amalia at 207-620-1684 or apdelpulgar@spectrumgenerations.org.

Some winters are worse than others!

Were you warm and dry 40 years ago this month? No?

Me, neither! We all know January in Maine is usually host to a weather "event" or three, but I'm recalling January 9, 1978, as special, even by Maine standards. If you were around these parts on those days, I know you have some memories of a one-two punch of the vicious south-east winds, abnormally high tides and driving rains that threatened to wash Harpswell out to sea, and fill the mighty Kennebec with gigantic slabs of grinding ice.

I was a hard working, mild-mannered reporter-photographer for the Times Record back in those days, so wandering our communities and looking for photo opportunities was part of my job. Reports that the Land's End Gift shop was "gone" from the end of Bailey Island came to the news desk early that morning, so I jumped into my little Chevy Luv pickup to investigate. Wind and



rain bounced my truck all over Route 24, and I remember my feet were already soaked before I crossed the Cribstone and made my way down to the bitter end of Land's End. The quaint little gift shop had indeed "pancaked" flat onto a ledge, and the little cove beside the store was filled with floating Bass slippers and Weejuns. I wasted a half hour, trying to find a matching pair, gave up maybe twenty minutes AFTER I was soaking wet.

I tossed my raincoat into the back of the truck and headed north, only to be stopped at the Cribstone Bridge and Rock Ovens Restaurant by a State Trooper who

announced the bridge was being "breached" by surf and was closed to all except "emergency traffic!" I looked at my watch, knew I had an hour before deadline and told him the film in my camera qualified as an emergency. He turned me loose after I promised to "stop at the top of the bridge and count waves.... every sixth wave is a big one, you know," he said. I laughed, told him I didn't know... "seriously," he said, "every sixth wave, be careful!"

The view astride Will's Gut from the top of the Cribstone was indeed memorable. Wave after wave was washing over the road, and to my surprise every fourth or fifth or sixth or seventh wave WAS larger than the rest. I thought about backing down, getting the trooper to call the paper (no cell phones in those days) but decided instead I'd just go for it. I inched down the soaked bridge deck, got 50 yards from Orr's Island and started counting waves. A wicked wave obliterated everything in front of me with tons of water, I automatically decided it was a "number six" and went for it!

Maybe you remember the Chevy Luv truck. It was a cab and a body, had as much power as a good-sized Harley, and probably weighed less. Too late, I realized storm water was accumulated 2-3 inches deep on the roadbed. I hit it, the truck went sideways, hit a sidewalk barrier and stalled out. I came to a rough stop facing towards Spain, and there was another sixth wave, coming right at me! It hit the sidewalk, burst into a million buckets and sweep the truck to the other side of the bridge. Twice I tried to restart the engine, twice again the truck was breached by sea water.

I wondered if the state trooper was watching.

The truck did restart -finally- and I was able to limp to Orr's Island in first gear. Don't think I've ever been happier to be ashore on Orr's Island. I upshifted to second, the truck stalled. I restarted, reshifted, stalled, four or five times, then decided I could get to Brunswick in first gear and be thankful for the ride. I got to the newsroom 30-something minutes later, developed and printed pictures that won a press association award and filled one of the last special weather supplements the Times Record ever printed. "All in a day's work," my buddy Dave Bourque said, "but you'd better run that truck through a car wash, and store it in your garage till it dries off!"

But there's more.



Speaking Frankly

Frank Connors



Next morning, I'm in Richmond, checking out a massive ice jam that's threatening to dump the old, steel-span bridge into the Kennebec. It's barely dawn, there's a guy in a beret walking across the span. "Odd," thinks I, "cold day for a tourist." I got maybe 50 feet from the guy and realized it was none other than Maine's Governor James Longley. I quickened my pace, anxious for an interview. He waved me off, agreed he was worried about the bridge but I didn't need to take his picture. When I told him I already had, he told me not to use it. I reminded him we were in a public place, he turned his back and gestured toward a state trooper who was watching from the Dresden shore. The trooper started towards me, I started back towards my truck.

That storm broke later the same day, left people saying, "everyone down here (Harpswell) lost something," but spring did come in 1978, and soon enough, it'll come in 2019!

Happy New Year everyone!

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New/renewing members for December

- \* indicates new membership
• indicates donation made with membership
Lifetime Membership: Margarita Day, Bath
Brunswick: Consuelo Bailey, Claircy Bernier, Lorraine Berte, Crystal Bishop, Irene Bouchard, David Bracy, Robert Broderick, Sally Broderick, James Burbank, Marybeth Burbank, Marcia Clayton, Patricia Croy, Christine DeTroy, Linda DeRocher, Rae Duval, Carolyn Earnest, Omer Gagne, Corey R. Hammond, Matile Hugo, Eva Kondor, Steve Kondor, Beatrice Palmer, Ralph Palmer, Delma Patenaude, Patricia Ringston, Margaret Spinner, Peter Watson, Topsham: Paul Karowski, David Selleck, Dorothy Selleck, Harpswell: Hannah N. Dring, Peter Hiram, Other places: Allison Green, Bowdoinham, Valerie Greene, Bath, Elizabeth Sylvester, Dresden

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## “Resolve” to Travel in 2019!

### Prague, Vienna & Budapest!

Travel Oct 7-17, 2019 with Collette and visit Prague, Vienna & Budapest. Includes Prague Castle, Danube River Cruise, Renaissance Dinner, Fisherman’s Bastion, and Classical Music Concert at Lobkowitz Palace. Open to the public. FMI see Jill.

### Front Desk Position

Come join the staff of this fun and rewarding organization where we change lives and build community! People Plus is seeking a part-time receptionist, Mon-Fri, 8-1 pm. Computer proficiency required. FMI call 729-0757. Please send resume & cover letter to [director@peopleplusmaine.org](mailto:director@peopleplusmaine.org).



## Lunch out!

January 8th at 11:30 a.m.



49 Topsham Fair Mall Rd, Topsham

Sign up for the car pool!

## Weekly Winners

### Senior Intermediate Cribbage

- Nov. 21: George Tetu, 707  
Harry Higgins, 679
- Nov. 28: George Tetu, 714  
Gaby Niffka, 713  
Harry Higgins, 700
- Dec. 5: Julie Swol, 703  
Lorraine LaRoche, 694  
Anita Owens, 691
- Dec. 12: Anne Bouchard, 725  
Julie Swol, 712  
Gaby Niffka, 706

### Senior Bridge

- Nov. 19: Craig Aderman, 2,540  
Paul Betit, 2,500
- Nov. 23: Woody Townsend, 2,420  
John Rich, 2,220
- Nov. 26: Richard Totten, 3,630  
Paul Betit, 3,370  
Woody Townsend, 3,330
- Nov. 30: John Rich, 3,630  
Craig Aderman, 3,420
- Dec. 7: Judy Feimer, 3,800  
Jeff Lauder, 2,870
- Dec. 10: David Bracy, 6,670  
Ann Nichols, 5,340  
Paul Betit, 3,740
- Dec. 14: Sherry Watson, 4,370  
John Rich, 2,730

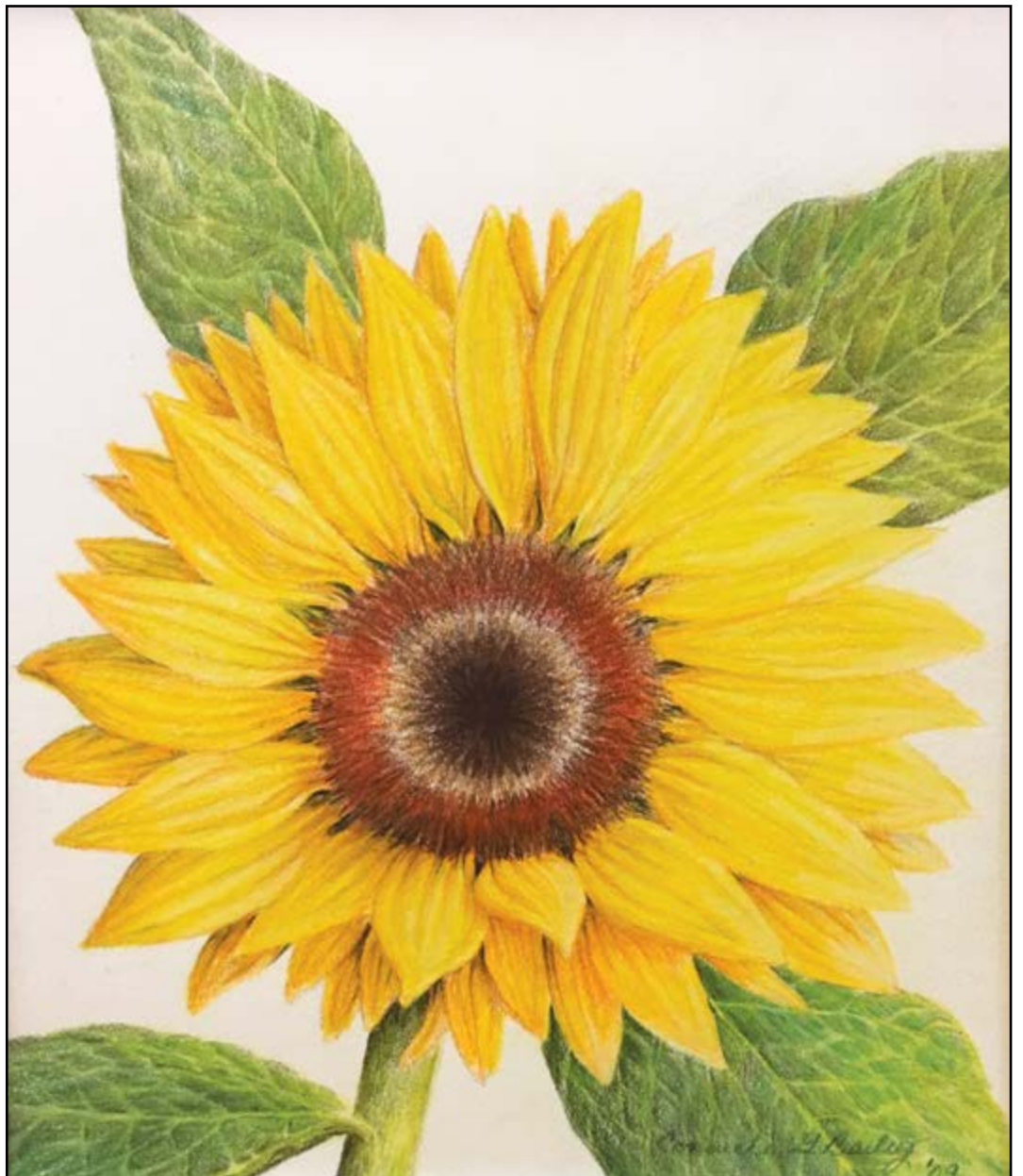
# Student show opening in Cafe Gallery

A collection of original artwork created by students from Consuelo (Connie) Bailey’s Tuesday art class are on display through February in the Union Street Gallery of the People Plus Center. This multi-media exhibition features more than two dozen works by the student artists of People Plus, and is a show that usually generates considerable interest around the Center.

Students invited to exhibit include Beth Aldenberg, Lorraine Berte, Sandra Cox, Juana Haskins, Karen Guistra, Tony & Myrtle LaCroix, Donna Lemieux, Marsha Mogk, Richard Nikerson, Ralph Palmer, Nancy Pantaz, Valerie Robbins, Margaret (Ann) Sanfasin and Al Tyrol.

Bailey’s mixed-media classes have long been a fixture at the Center, with instruction in the use of watercolors, watercolor pencils, colored pencils, graphite & charcoal, scratchboard, pen & ink, pastels, and pastel chalks. Bailey says her “mission” is to expose students to “the several major and popular forms of artistic expression,” during the typical class season, to encourage her students to practice in some or all of the mediums, and to finally work in the media where they feel the most comfortable and capable. Weekly classes are conducted each Tuesday morning, beginning at 10 am, and run approximately two hours.

These collected student works are always framed and are “almost always” offered for sale. The show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



A Warm Thought for a Winter Day. Colored Pencil.

by Consuelo Bailey

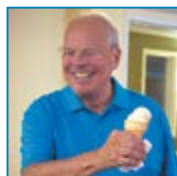
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