

45th Plus! People NEWS! ANNIVERSARY



People Plus
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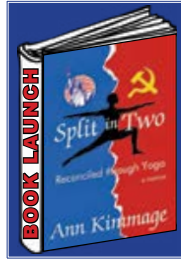
35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org January 2022 Volume 22, No. 1

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



LAUGHING FOR 45 YEARS AT THE CENTER... Mike Lyne, left, and Frank Connors chat about celebrating the 45th anniversary of People Plus. Lyne was very instrumental in the move from the old building on Noble Street to the new Center at Union Street. The 45th anniversary video is set to release in the new year. We're planning a video screening complete with hot dogs and popcorn! Stay tuned for more information!

Inset - Mike Lyne appears to match Frank's storytelling with an oldie but a goodie; "I once caught a fish this big"...



Check out page 7 for the launch of *Split in Two: Reconciled Through Yoga*, by our very own Ann Kimmage!



Center still "Senter-ed"

Brunswick fund plays key role in supporting programs

Individuals, businesses, and various organizations — mostly through donations and grants — play a key role in helping People Plus sustain its status as a valuable resource for thousands of folks in our surrounding communities. Their support is part of the reason that the Center, through its staff and volunteers, provided more than 11,433 services in the past year!

One such major foundation that keeps giving year after year is the Alfred M. Senter Fund. This year, the Center received \$8,780 from the Senter Fund, to be used for both the Senior and Teen Center programs. Since 2005, the Senter Fund has granted People Plus and the Teen Center an astonishing \$82,255.

The Alfred M. Senter Fund is a private charitable trust established by Alfred M. Senter, who was the owner of Senter's Department Store in downtown Brunswick. It was the wish of Senter, but not his direction, that public charities benefiting from the fund be involved in promoting the cultural, educational, environmental well-being and general health and welfare of the inhabitants of the towns of Brunswick, Topsham, Durham, Harpswell, West Bath, and Lisbon and the city of Bath.

"The Senter Fund has supported People Plus for 16 consecutive years," said Executive Director Stacy Frizzle-Edgerton. "They have helped us by providing funding for necessary and vital items over the years. We can't thank the volunteers who make up the Senter Fund board enough for what they've done."

Look at some of the great things the Alfred M. Senter Fund has provided:

- Ping pong table
- SAT Prep Course for teens
- Reception/cafe/activity room remodel

continued on page 7

New Board Member Sonia St. Pierre



Hi my name is Sonia St. Pierre and I am very excited to join the People Plus board of trustees.

I am a retired business education teacher and have also spent 20 years as an accountant at a private corporation. During my retirement years, I have kept quite busy volunteering with the

AARP Tax Aide Program and also being involved with Midcoast Senior College as the bookkeeper, along with providing other support when needed.

I am originally from the Waterville area and a graduate of Thomas College. We moved to Brunswick about 21 years ago and just love the Midcoast area.

My husband and I enjoy hiking, bicycling, cross-country skiing and some traveling. One of our greatest joys is following our grandchildren's sport activities.

I look forward to being more involved in People Plus and all the wonderful programs and activities they offer to our seniors, as well as to the youth of our area. The enthusiasm you feel when you walk into the Center is so comforting. All the staff are always so friendly and welcoming. Thank you for this opportunity to serve.

Tax help available at People Plus

The AARP Tax Aide Program is back again this year, with appointments on Tuesdays and Thursdays scheduled to begin around Feb. 1.

Last year's procedures were so successful, AARP is following the same format. Clients will wait outside in their cars in the People Plus parking lot while their taxes are being prepared! This allows for safe spacing of volunteers and clients.

Last year, the AARP volunteers prepared more than 300 tax returns at the Center. Call Sarah at People Plus at 729-0757

starting in mid-January to make an appointment, which is required. Clients will be instructed to pick up paperwork to fill out ahead of time.

One of the tax preparers is Sonia St. Pierre, who is also the newest board member at People Plus. She said, "I've spent 20 years as an accountant at a private corporation and during my retirement years, I have kept quite busy volunteering with the AARP Tax Aide Program. I've got decades of experience as a bookkeeper as well as other support jobs."

December winner ready to battle winter

Our lucky winner, Bill Sawyer, now has a fighting chance against Ol' Man Winter by winning a brand-new snow blower.

The raffle prize was a Troy-Built Storm 2420 Snow Blower. 24 inch, 208cc two-stage electric start gas blower. Fully assembled. Donated by Home Depot, value \$899.

Raffle proceeds go to support members who struggle to care for themselves. These members no longer drive and risk poor nutrition, isolation and depression, in addition to not having access to proper medical care and other services.

By purchasing raffle tickets, you support the Center's programs and services, and we appreciate your help!



Play in the snow with January raffle

It's inevitable that we will get a lot more snow, so why not enjoy it! And we can help with the People Plus January raffle.

Up for grabs is a Snowshoe Package for two. Don't miss your chance to win this great deal, so get your tickets today! The total value of the package is \$640. Tickets are \$20 apiece, and your purchase supports our homebound elders.

To buy tickets, please go to peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center (mask required, please), Monday-Friday from 9 am - 1 pm, or give us a call at 729-0757.

The drawing will be Jan. 20th. And thank you for supporting People Plus!

FIT & FUN FOR FREE! Join us at the Center for clubs, classes and more! See pages 8 & 9 for details.



People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsham-Harpsswell area. Questions, comments, submissions and sponsorship queries should be sent to the address below. Note that all submissions must be received by the 15th of the month to be included. email: news@peopleplusmaine.org snail mail:

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Homemade holidays are the sweetest

My father was a foodie before being a foodie was a thing — he read “Gourmet” magazine, ate only Charles’ Chips, and raised us on cooking shows. Worshipping at the temple of Julia Child was an actual religion in my home.

I definitely follow in his footsteps and after giving birth to my first daughter Daphne in February 2000, cooking shows got me through the early days of babies and motherhood. 2 am feedings were spent watching the Frugal Gourmet and the daytime chef lineup of Emeril Legasse, Bobby Flay, Giada and The Barefoot Contessa became some of my closest friends.

Nigella Lawson has always been my favorite and I’ve spent two decades with her cookbooks, articles, TV shows and recipes. I’ve watched her make everything — roast chickens, chocolate hot-pots, mushy peas, cocktails and braised meats. And you can’t be Nigella, whether on TV or in the privacy of your own kitchen, without at some point attempting to make a Pavlova.

A Pavlova is a baked meringue cake and the first time I made it was the day our John Deere tractor took a drink in the pond. I had just beaten all the egg whites and they sat on the counter for nearly an hour before Jonathan rescued the tractor and I was able to get back to the Pavlova and put it in the oven. And that Pavlova, despite all the delays and hiccups, came out beautifully. It was my first time ever and I was buoyed by the success.

Last week, I decided to try another one. It was flavored with Mexican vanilla, confectioner’s sugar and champagne vinegar. We wanted it to represent the holiday spirit, so I topped it with the ripe fruits of the season

including dark sweet cherries, raspberries and pomegranate arils as well as rosemary sprigs to look like evergreens. A fresh pinecone from the woods was the final touch on top! It came out beautifully and was like eating sweet, rich air. It was light on the tongue and delicious.

And that Pavlova has now become a new holiday staple for our family. Traditions around the holidays are so important, especially those around food and baking. My father instilled this in me, as did my grandmother. I so wish they were here so we could bake together this holiday season.

I remember well, the warm morning sun streaming in the kitchen window of my Nana’s row-house in Allentown while she and I made her beloved “Nut Cups” every year for Thanksgiving and Christmas. When we started this tradition, I needed a stool to reach the counter, until eventually I was in college and taller than her.

“Nut cups” are a Pennsylvania Dutch recipe for mini pecan tarts (aka Pecan Tassies), that



are a melt-in-your-mouth bite of sweet, rich pecan filling surrounded by a salty, flaky crust. They are divine and no one can eat just one.

Another baking tradition I make every year is called a “Frizzle Fruitcake.” It’s a recipe I’ve developed over the years for a gingerbread-pumpkin loaf filled to the brim with dried currants, raisins, golden raisins, chopped dates, oatmeal and chopped walnuts. It is rich and dense and delicious. No alcohol included in my fruit cake so it has to be refrigerated. I created this recipe when I was first married 25 years ago and came up from Atlanta to spend holidays with my husband’s family in Maine. Carol Frizzle is

From the Executive Director

Stacy Frizzle-Edgerton



an amazing cook and we crafted this recipe together. She also adopted my family’s nut cup recipe and continues to make them every year as well.

And despite the fact that I’m no longer married to their son, when I see Charlie and Carol at the holidays, I give them a fruitcake that bears their name as well as Jonathan’s homemade jellies and Carol’s favorite peanut brittle. That’s really all we exchange for Christmas, but it all carries large emotional impact.

These wonderful treats are a staple of our holidays and the first batch coming out of the oven in November smells warm, decadent and familiar. Baking with family marks the arrival of the holidays and an airtight container filled to the brim with treats can be found on the counter for the next six weeks. We especially like to “toast” nut cups or a slice of fruitcake as if we are clinking our glasses together to celebrate the holiday season.

Every time I do so, I think of my Father, my Nana and Carol Frizzle, (as well as a few of my Food Network besties). They have all impacted me in different ways and shaped how I celebrate the holidays with my children and loved ones. I hope that you are spending the holiday season with your loved ones as well and wish you all the joy and happiness the new year can bring. Love, cheer and joy to you all.



From Anita’s Plate

Anita Nugent
(207) 504-6439

info@nutritionforeverday.com



Looking ahead to food trends for 2022

As I was thinking about what to write about this month, I looked for the food trends for 2022. Take a look and let’s see which ones ring true for next year.

- What to expect in 2022:
 - More people will plant indoor gardens.
 - Moringa added to grain blends, chocolate and other foods. Emerging as a “super” food and is found in a powder form.
 - Sunflower seeds added to ice cream, cheeses to name a few.
 - Turmeric. A spice with health benefits and we will continue to see it added to more foods that we purchased. You can find it next to ginger root in our local health food store.

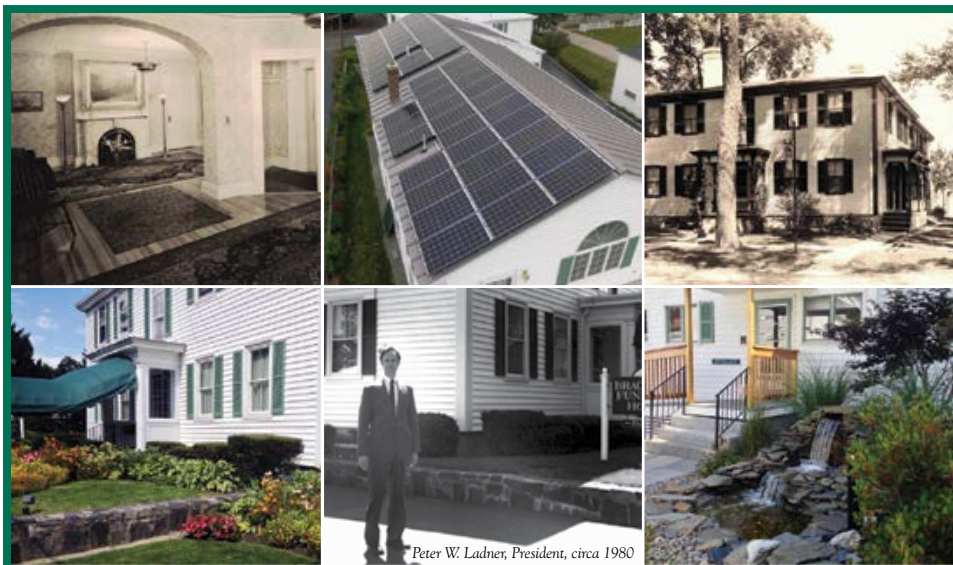
- Yuzu fruit. Too tart to eat on its own, but can be used as a flavoring in vinaigrettes and mayo.
- Spicy flavors. Spicy flavors will continue to be a “hot” trend with notes of sweetness.
- Childhood favorites. Retro flavors. Think about what foods you grew up with and haven’t had to eat for a long time.
- Tropical flavors and island cuisine will rise in popularity in 2022.

I can’t wait to see and try some of these new ideas next year. Let’s see how many will come across next year.

Roasted Carrots with Hot Honey

- Ingredients:**
- Carrots, cut in the shape of a coin
 - Olive oil
 - Black pepper
 - Mike’s Hot Honey
- Procedure:**
1. Cut as many carrots as you would like to roast.
 2. Place on a baking sheet.
 3. Drizzle with olive oil and black pepper.
 4. Mix to coat the carrots.
 5. Roast at 450 degrees for about 20 minutes until the carrots are lightly browned. Stirring occasionally.
 6. Once out of the oven, drizzle with the hot honey.

Note: I found Mike’s Hot Honey in the honey section of the grocery store. Before I read about the new food trend for spicy and sweet, I made this recipe with our carrots from the garden. Unknowingly, I went with the trend for 2022. Enjoy!



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Music in April online auction is back!

Plans are currently underway for the People Plus Center’s 20th annual Music in April fundraiser, which will be an online silent auction and raffle again this year. Last year’s first online auction was very successful with more than 200 bidders, almost 300 items, generous sponsors, and it raised nearly \$50,000 for the Center!

The event will be from April 1 to April 29, and we are excited to once again share this event with the whole community. Plans are in the works for a summertime outdoor Gala gathering. Stay tuned for more information.

Over the years, the gala has brought in more than \$300,000 for People Plus, providing a solid financial backbone for all the programs and services it offers to the community.

We are currently collecting auction items from businesses and community members for our 2022 event. Donations of items, services, antiques, art, hand-crafted items, experiences and more for our auction are greatly appreciated.

If you want to register as an event sponsor or donate items for the auction, please call the Center at 729-0757 and ask for Program and Events Coordinator Jill Ellis.



Center increases food outreach



MEMBERS (OR ANYONE) CAN TAKE HOME A MEAL

or two every week to supplement their nutrition.

People Plus is a “distribution center” for a lot of wonderful and helpful things. Among its membership, it is a place that distributes friendship, fun, knowledge, joy, and healthy reminders — just to give a few examples.

People Plus also is a key distribution point for food. Just consider the following:

— Meals on Wheels runs out of our Union Street facility. Spectrum Generations leases space from People Plus and coordinates the program. They deliver meals to home-bound seniors on Wednesdays and Fridays.

— Sarah Deck, People Plus Office Coordinator, collaborates with the Mid Coast Hunger Prevention Program to pick up meals from them at least two times per week. The goal is to keep “Meals to Go” in our community refrigerator. People Plus passes out at least 50 meals a week to seniors from the Center.

— The Merrymeeting Gleaners, supported by MCHPP, also delivers gleaned produce to People Plus once a week. The Center receives hundreds of pounds of produce a year from the Gleaners.

— People Plus also has its monthly meals at the Center and serve on average 60 people a warm lunch in a social environment.

“MCHPP partners with People Plus in many ways,” said Karen Parker, Executive Director of the Mid Coast Hunger Prevention Program. “A few times per week Sarah picks up Soup Kitchen meals and other prepared meals to redistribute. In addition, the Merrymeeting Gleaners with MCHPP provide People Plus with fresh produce on a weekly basis.”

“And People Plus has generously supported MCHPP with a holiday food drive for many years now, donating over 8,000 pounds of food in the last decade,” Parker added.

Thanks for filling the wheelbarrow!

Our members’ response to filling up the little red wheelbarrow has been fantastic! We are so grateful for your donations as People Plus completes its all-important food drive.

The annual collection of non-perishable food for the Mid Coast Hunger Prevention Program has proven strong once again, with this being the 13th edition of such a worthy cause.

The food drive brought in 772 pieces for a total of 801 pounds! Plus \$620 in cash which translates to \$4,340 to be used at the Good Shepherd Food Bank. Every dollar donated buys seven dollars worth of food.

“People have been bringing in items, and we can’t thank them enough,” said Sarah Deck, office coordinator at People Plus. “The issue of hunger really never goes away, so anything we can do to help others is greatly appreciated.”

The holiday season also increases the need for items like boxed instant potatoes, cranberry sauce, and canned gravy. Boxed “helper” mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

And as always, thank you so much for your donations!



FRANK CONNORS, MEMBERSHIP COORDINATOR EMERITUS, has counted the food and taken it to MCHPP every week during the food drive each year. And you may have even seen him in a Santa suit. Thanks Frank!

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THRU THE YEARS a 45th anniversary feature

Jan 23, 2020: Bowdoin College professor of History Allen Wells presents a unique program titled, “Cuba’s National Pastimes: Baseball and Politics!”

Jan 14, 2019: A van full of members journey to Dresden for an afternoon of ICE CUTTING and a discussion of “how it used to be done,” led by Elenor Everson.

Jan, 2019: Sen. Angus King visits the Center, showing off his new book, “A Senator’s Eye,” to a capacity crowd. He sold dozens of copies, and gave away a few of what was called “a late, GREAT Christmas present!”

Jan 9, 2018: Thersa Hartman from Brunswick Recreation Department turns the Center’s hall into a pickleball court for all who want to learn. Court was called almost perfect.

Jan 21, 2017: A beef stew dinner served by the Brunswick Knights of Columbus lodge drew a good crowd to the Center. The homemade stew with home-made biscuits brought rave reviews, and cries for more!

Jan 12, 2017: Pat O’Brien at Fiore’s Artisan Olive Oils talks of “Oil and Vinegars 101” to a good crowd, and handed out samples to all who were interested.

Jan, 2016: As the calendar turns to 2016, we at People Plus turn 40! In 1976, when our organization was a “toddlers” excited about playing Bingo in a downtown storefront, who could predict we’d become a proud, tradition-filled organization with more than 1,000 committed members, doing “good stuff,” serving a half dozen local communities in 40 different ways.

Jan 11, 2016: “Monday Munchies,” a new lunch program collaboration of People Plus, Mid Coast Hunger Prevention and the Maine Community Foundation opens, serving hearty bowls of Stacy’s famous chili and bread.

Jan 22, 2015: O Jeanne d’Arc Mayo, that “force of nature” who as a Center board member has directed “most” of the Center’s Music in April events, received a lifetime achievement award from her alma mater, Sargent College in a special presentation.

Jan, 2015: Food drive to benefit Mid Coast Hunger Prevention collects 1,068 pounds of non-perishable foods in 1,046 containers.

Jan 13, 2014: People Plus named Non-Profit Business of the Year during annual meeting of the Southern Midcoast Maine Chamber of Commerce.

Jan, 2014: Food drive to benefit Mid Coast Hunger Prevention collects 695 pounds of non-perishable food in 688 containers.

Jan, 2013: Food drive to benefit Mid Coast Hunger Prevention collects 608 pounds of non-perishable food in 678 containers.

Jan, 2013: Brunswick Artist Sylvia Dyer’s paintings are featured in Union Street Gallery at People Plus.

Jan 25, 2012: Harry Higgins completes a 726 “perfect score” in Intermediate Cribbage.

Jan 18, 2012: Former Maine Governor Angus King opens Author’s Chats at the Center with his tell-all book, “Governor’s Travels, How I Left Politics, Learned To Back Up A Bus, And Found America.”

Jan 15, 2012: Rebecca Banks hired as program and outreach coordinator.

Jan, 2012: People Plus receives Maine Community Foundation grant for \$3,300 to “Remediate sound reverberations” in the Main Hall.

Jan, 2012: Brunswick Teen Center receives \$5,000 Senter Fund grant to pay for College-Prep SAT classes and computer up-grades for Center.

Jan, 2009: Annual dues increased to \$25.

Jan 27, 2007: Shape-up fitness instructor Pat Robinson inducted to the Connecticut Athletic Hall of Fame.

Jan, 2007: Annual dues are raised to \$15 per calendar year.

Jan, 2007: Senior Spectrum moves its Sagadahoc County operations to People Plus.

Jan 17, 2006: Painting “High Noon, High Tide” tour opens with a viewing before the Brunswick Town Council, limited number of prints, signed by Woolwich artist John Gable, are available for sale at the Center.

Jan, 2005: Annual dues moved to coincide with calendar year, cost is still only \$10 per year.

Jan 29, 2004: Maine Congressman Tom Allen visits Center to explain recent changes in the Medicare health program, and to answer member questions.

Jan 21, 2000: “First Book Discussion Group Ever” meets “in the parlor”; 13 intrepid book lovers turned up and talked about what they like to read.

Jan 20, 1993: Trip to the Maine Museum, lunch at the Senator Inn, and bus round trip, only \$17, leaving the church parking lot at 9 a.m., if it storms we will reschedule!

Jan 11, 1992: Improve your photographs with John Olsen, professional coach. From flash photography to focus and proper framing... cost is \$4 for four classes.

Jan, 1992: MEN! We have a room at the Center for a workshop, we can make it available for some idle or serious putting. Interested? Call 729-0757.

Jan 19, 1988: 12 noon, pot-luck dinner and first ever, Annual All-Member Meeting, “come praise, come complain...”

Jan 6, 1988: “We are what we eat!” an eight-week series of discussions on general health problems, weight control, fat intake, cholesterol, and label reading. “Class limited to eight so we can sit around a table and really discuss YOU and your health.” Cost \$5.

Jan, 1988: Donald and Shirley Hart “return” as Bingo managers.

Jan, 1988: Stella Desveaux, volunteer sales manager of the Bargain Balcony Boutique, reports sales of over \$600 since shop opened last fall.

Jan 20, 1987: Travel to Augusta to tour Maine State Museum & State House. School bus leaves Center at 10:30 a.m. Returns at 4 p.m. Lunch at Senator Inn included, cost is \$14.
Jan 2, 1987: Join us as we celebrate our new name 55 Plus Center! Wine & cheese Name Change Party, unveil our new signs and logo. The Brunswick High School Stage Band plays for your listening and dancing pleasure.
Jan 20, 1984: Barbara Edmond, Center Director, will begin a three-month leave of absence this month. The Center will run as usual under the direction of Gene Babcock, with our regular volunteer staff.

Jump into January at People Plus!!



IT WAS SO LOVELY TO HAVE A HOLIDAY LUNCH inside the Center again! Our first time indoors since February 2020, we had plenty of space, plenty of great food, plenty of friendship, festivities and fun! Thanks as always to our wonderful crew of volunteers who planned and cooked lunch & dessert, made all those adorable little favors, created the centerpiece and cleaned it all up! Where would we be without our holiday volunteers??

Lunch and Connections New Year's luncheon at the Center

Thu, Jan. 20, 12 noon. Celebrate the New Year with us at Lunch & Connections. Enjoy comforting meatloaf and Mac & Cheese along with delicious sides, our traditional green salad and dessert. These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun. We'll serve the meal at noon. Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones. Registration is required so we know how much food to buy! It's really easy; just call 729-0757 to register. Donations are appreciated.

Good Eats – Good Friends!

Women's Tailgate Tea
Thu, Jan. 6, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, registration required.

Men's Coffee Break
Thu, Jan. 27, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.



Get Fit & Have Fun for Free?

See class/club/game/meal descriptions on pages 8 & 9

Exercise at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, \$5/class for members, \$10/class for non-members, *free for new attendees in January. FMI www.peopleplusmaine.org.

\$10 Hair Cuts!

Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration & masks required, must follow building safely protocols.

Programming Notes:

- Easy Riders Biking Club will break for the winter and resume in March.
- Tables Tennis on Wednesdays will now play at 2 pm (previously 1 pm)
- Apple Club will resume in February

Register for activities @729-0757

Come Play with Us

Play Bridge, Cribbage and Mah-Jongg several days a week. Membership not required in January, masks required.

Art Class

Tuesdays and Thursdays, 9:30 am. Instructor Ed Higgins. For artists of all interests and skill levels. Topics will include tools and materials, the importance of keeping a sketchbook, planning and composing your drawing, and using drawing to prepare for work in other mediums using the tried and true techniques of the old masters. Take it once or twice a week. Space is limited. Registration required. \$5/class members, \$10/class non-members, *free for new attendees in January.

Medicare 101 with Spectrum Generations

Tue, Jan. 11, 12:30 pm. Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class, Spectrum Generations will provide information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least six months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.

Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article. If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

Weekly Winners

- Senior Intermediate Cribbage**
- Dec. 1 Leo Robichaud 697
John Bouchard 691
Lois Fournier 685
 - Dec. 8 Armand Bouchard 726
Jen Haskins 697
George Tetu 691
 - Dec. 15 Jen Haskins 706
Jim Cherry 682
Armand Bouchard 681

CENTER CLUBS FREE: MEMBERS ONLY

*Open to non-members in January.
To connect with clubs, call 729-0757

Table Tennis
Mondays & Tuesdays, 11 am;
Wednesdays, 2 pm; Thursdays, 9 am.

Fiber Arts Club
Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.

Outing Club
Wednesdays, 11 am. Meet for a hike each week at a local or offsite location.

Write on Writers
Wednesdays, 1 pm. Meet to share stories and writings.

World Affairs
Every other Friday, 11 am. Meet to discuss topics of the week. Space is limited. Registration required.

Cantina Espanol
1st Tuesday, 2:30 pm. Spanish language club meets in person to chat in Spanish.

Kaffeestunde!
2nd Tuesday, 2:30 pm. German language club meets in person to chat in German.

Books a la Carte
3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.

Cafe en Francais
4th Tuesday, 2:30 pm. French language club meets in person to chat in French.

Lunch Crew Help Needed

Volunteers needed to help with our monthly lunches including meal prep, event set-up and clean-up and most importantly dish washing! FMI call 729-0757.



Mon	Tue	Wed	Thu	Fri	Sat
3 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	4 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm Spanish Club	5 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 2:00pm Table Tennis	6 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm Women's Tailgate Tea	7 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	8 9:00 Zumba
10 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	11 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 2:30pm German Club	12 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 2:00pm Table Tennis	13 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga	14 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	15 9:00 Zumba
17 Center Closed	18 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:00pm Books a la Carte	19 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 2:00pm Table Tennis	20 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 12:00pm Lunch and Connections	21 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	22 9:00 Zumba
24 and 31 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	25 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm French Club	26 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 2:00pm Table Tennis 6:30pm Bruns. Coin/Stamp	27 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm Men's Coffee Break	28 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	29 9:00 Zumba

Masks required inside the People Plus Center

As of our print date, masks are required by the Town of Brunswick in all town buildings, including People Plus. Any changes will be communicated on our website, weekly emails and social media pages. Don't worry if you forget a mask, we have them in the lobby.

Funeral Alternatives is a locally-owned and operated family business.



Maine's Cremation Authority
Simple cremation \$1425.00 Complete

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Free Video Library

Are you hunkering down for the winter? Don't forget to check out the People Plus video library. It's filled with exercise classes, art classes, guest presentations on varying topics, our "Storytime with Frank" series, News & Views TV shows, People Plus Cooks! TV shows with additional cooking videos, Senior Health Expo exhibitor submissions, Teen Center videos, building protocols, and other fun videos. Our free videos are all available on our website (www.peopleplusmaine.org, click on the Free Videos tab), and many will air on Brunswick TV3 & Harpswell TV14.



Activity Punch Cards

Safe & convenient. FMI 729-0757 or stop by the Center! \$25 for 5 punch, \$50 for 11 punch (that's a free class!).



Lunch out!

January 11th at 11:30 am.



49 Topsham Fair Mall Rd, Topsham



THANKS TO EVERYONE WHO DID THE PEOPLE PLUS 45TH ANNIVERSARY WORD SEARCH and sent in their completed puzzle to The Cryer! We were thrilled to award the four lucky winners a \$25 gas card to Rusty Lantern Market! (Kristin Arnold-top left, Erin Cooley-top right, Shirley Caron-bottom left, and Bradley Hoskins-bottom right).



THE PEOPLE PLUS OUTING CLUB had a beautiful day for getting together and enjoying some fresh air at Popham Beach in Phippsburg. The Outing Club explores many sites around the Midcoast Maine region and the group gathers every Wednesday. All are welcome! Photo courtesy of David Selleck.

Safety Check-In program looking for participants!

Are You Signed Up Yet??



Good Morning Program Volunteer Jack Rhode listens to messages at the Brunswick Police Department.

The Good Morning program is a free daily safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police.

Giving peace of mind to participants and their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplus-maine.org/good-morning-program.



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Yoga instructor tells her story in new memoir

Senter Fund continued from page 1



Not only is Ann Kimmage a longtime yoga instructor at People Plus, but she is also an author. Her new memoir *Split in Two: Reconciled Through Yoga* is coming out in January, and the Center is planning a book talk for February. Stay tuned for details. In describing her book, Kimmage writes, "It was 1950, the height of the Cold War, and Communism was the political enemy. Yet my parents were captivated by the teachings of Marx and Lenin, a passion which put them in increasing risk in the United States. ... The danger ever closer, my family secretly slipped out of the U.S. to hide in Mexico." Her family wound up in Czechoslovakia, where the author was given a new name and learned a new language. Eventually, they all returned to the United States.

"Back in upstate New York, I grieved the loss of my Czech self and resisted Americanizing but floundered without an alternative. ... At age 57, I walked into my first yoga class. Unsettled, unsure, I participated awkwardly in yet another foreign code of postures and poses. Nevertheless, I sensed the germ of a powerful and transformative cooperation between my mind and my body. ... Could yoga bring wholeness and health to my shattered self?"

In praising Kimmage's writing, Elise Juska, author of *The Blessings and If We Had Known*, said, "*Split in Two* tells the riveting story of an extraordinary childhood and the surprising, uplifting journey toward reconciling the present and the past. Like stitching together a quilt, Ann Kimmage has crafted a moving and heartfelt memoir about identity, memory, the power of yoga, and the courage to start anew."

The memoir *Split in Two: Reconciled Through Yoga* can be purchased through the Fuze Publishing website after Jan. 15, 2022 at fuzepublishing.com or directly from the author at ann.kimmage@gmail.com.



"CLYNK" is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The "CLYNK" returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those "under the radar things we do," that benefits both the Center and our community.

Green "CLYNK" bags, pre-barcoded with the Center's unit numbers, are

always available at our reception desk. You need only to fill the bag with your returnables, scan and drop it at the drop-off in the parking lot when you next shop, and the Center receives credit for the accumulated deposits.

People Plus has received over \$4,000 just from CLYNK returnables! Thank you for recycling, and thank you for supporting your Center. Let's keep it going!



The McLellan

Live better.

One Bedroom Apartment AVAILABLE

FUN is always on the menu!

There is nothing more fun than an old fashioned Maine lobster party. It takes experience to master cracking a lobster and at **The McLellan** we have lots of experiences to share. We all have also learned to simply enjoy life and everyone around us. We know life is a celebration and we always look forward to the next day and the next reason to celebrate. Here we are not just acquaintances, we are friends who share connections and **fun is certainly always on the menu!**

207-725-6200 | info@themclellan.com
Themclellan.com | 26 Cumberland St. Brunswick, ME

- Good Morning Program system
- Volunteer Transportation Network software
- Teen Center computer desks, chairs
- Five laptops, mouse and mouse pads
- Freezer, toaster/bake oven
- Folding chairs, table cloths
- Audio system for hall and activity room
- Computer desk and two chairs
- Shelving, paints, indoor/outdoor rugs
- Dishwasher supplies
- PS-4 game system, video games
- TV stand, air purifier, humidifier
- Additional staff in Teen Center

"We are incredibly grateful to the Senter Fund and appreciate the role it has played in the overall funding of the organization" said Frizzle-Edgerton.

In the last 45 years, we've grown from a tiny social group with cards and bingo to a real community center with more than 1,500 members.

The hundreds of programs and activities offered every month at the Center are also supported by the annual campaign, and People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, and the staff and volunteers raise \$300,000 a year to meet the total budget.

This year's annual campaign goal is \$70,000. The funding is specifically slated for Senior Center programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free

lectures, free gaming and language clubs, and free events and more (the Teen Center has its own annual fundraising campaign).

"We are hopeful our members and community partners will continue to send their contributions to keep this Center going," said Frizzle-Edgerton. "Thanks to everyone who has already donated!"

According to Office Administrator Barbara Quinn, the annual fund total as of Dec. 22 is \$42,986, including membership donations.

To donate, please visit www.peopleplus-maine.org for more information or call People Plus at 729-0757. As always, we thank you for supporting the People Plus Center!

45th People Plus Anniversary

Raised through Dec. 22

\$42,986

Annual Fund Goal **\$70,000**

Fiscal year ends June 30

Your donation may contribute to a 100% challenge match.

Each donation matters!

100
90
80
70
60
50
40
30
20
10
61%

Ready to retire your car?

If you or a family member are finished driving (or finished using your vehicle), we would be thrilled to accept your car as a donation. Selling a car can be a tricky endeavor but if you don't really need the money, donating it to People Plus is the easiest thing ever, and it can do so much good!

Desperate for Drivers!

Can you help a neighbor in need?

In the last year, People Plus has coordinated over 30,000 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 and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!

Thanks go to our generous sponsors: **Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Linda Cronkhite, Maine Community Fund, Maine Women's Giving Tree, United Way of Mid Coast Maine and Spectrum Generations**, who help keep the program growing!

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John Fischer
207.522.1238

john@carpediem-me.net



“Get FIT & have FUN for FREE in January!”

There is always something going on at the People Plus Center — and in January it's all free for new attendees!
Membership not required for the month of January!

CLASSES (\$5/members, \$10/non-members)

Art Class

Tue & Thu, 9:30-11:30 am. Instructor Ed Higgins will explore different mediums. All skill levels welcome. Topics will include tools and materials, importance of keeping a sketchbook, and planning and composing your drawing.



Gentle Barre

Wed, 12 noon. Instructor Bea Blakemore. Combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.



Qigong

Fri, 10:15 am. Instructor Suzanne Neveux. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Involves meditation and coordinating slow-flowing movement. Performed standing (can be modified for chair).



Yoga

Tue, 10 am & Thu, 11 am. Instructors Ann Kimmage (T) and Maya Rook (Th). Stretch, flex, breathe and relax for optimum well-being. Utilizes blocks and straps. Please bring your own mat.



Chair Yoga

Tue, 9 am & Fri, 11:45 am. Instructor Bea Blakemore. A wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers poses and helpful techniques to be your most comfortable self. Activities occur seated in a chair.



Loosen Up!

Mon/Wed/Fri, 9 am. Instructors Bea Blakemore (M) and Suzanne Neveux (W, F). 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 each week.



Tai Chi

Wed, 10:15 am. Instructor Suzanne Neveux. Exercises your mind and body. Series of slow, gentle motions performed while standing (can be modified for chair). The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.



Zumba

Mon, 10 am (Zumba Lite) and Sat, 9 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.



Cost of keeping active: FREE in January!

The start of a new year is like a breath of fresh air and a renewed sense of well-being. And we aim to help keep that feeling going at People Plus with our Fit & Fun for Free promotion during the month of January.

This is an offer for new attendees to come to the Center and see what the fun is all about with our extensive list of classes, clubs and more, including Loosen Up, Chair Yoga, Tai Chi, Qigong, Yoga, Zumba, Gentle Barre and Art. These classes are indoors with recommended spacing and ample ventilation. Class size is

limited, with masks and registration required.

“The goal is quite simple. We want our members and others to keep involved — to stay positive and active,” said Executive Director Stacy Frizzle-Edgerton. “This offer is for new attendees who want to try out a new class, as often as they want during the month of January, to see if they like it.”

Staying active is not only important physically, but also mentally. Our bodies were designed to move. The more we move, the more our brain and bodies connect to ensure our safety, balance, and

even cognitive abilities. A fit and active lifestyle will improve mood, energy, and stress, motivating you through the winter months.

Need we say more? Come and get fit and have fun for FREE at People Plus!

To find out what classes you'd like to take, please check out the calendar in this newspaper or go online at peopleplusmaine.org. Call the Center at 729-0757 for more information or any questions.

CLUBS and GAMES (free, for members only)

Apple Club

3rd Tuesday, 3 pm. Bring your Apple device and questions.



Cantina Espanol, Spanish Club

1st Tuesday, 2:30 pm. Spend a lively hour once a month speaking Spanish with good company.



Fiber Arts Club

Mon, 10 am. Bring your current project and enjoy friendly conversation while you work.



Table Tennis

Meet to play ping pong multiple times per week - check calendar for days and times.



Walking Club

Visit the Brunswick Parks & Rec. indoor track and log your walks in the logbook.



Books a la Carte

3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.



Civil War Book Club

2nd Monday, 7 pm. Meet to discuss books about the Civil War.



Kaffeestunde! German Club

2nd Tuesday, 2:30 pm. Spend a lively hour once a month speaking German with good company.



Bridge

Mon, 12 noon. Advanced Bridge. Tues & Thu, 9:30 am. Casual Bridge, all levels welcome.



Cribbage

Wed, 8:45 am. Play cribbage with different partners.



Mah-Jongg

Mon/Wed/Fri, 9 am. Chinese multi-player tile game. All skill levels welcome.



World Affairs Conversation Group

Every other Friday, 11 am. Meet to discuss topics of the week. Space is limited.



Meals at the Center (for members only)

Lunch & Connections

3rd Thursday at noon. Check our calendar for the monthly meal.



Men's Coffee Break

4th Thursday at 1:30 pm. Enjoy coffee and a treat while socializing with the gents.



Women's Tailgate Tea

1st Thursday at 1:30 pm. Enjoy tea and a treat while socializing with the ladies.



Cafe en Francais, French Club

4th Tuesday, 2:30 pm. Spend a lively hour once a month speaking French with good company.



Easy Riders Biking Club

Tue, 12:30 pm. Meet at the Center for a bike ride each week. *Does not meet during the winter months.



Outing Club

Wed, 11 am. Meet for a hike each week at a local or offsite location.



Write on Writers

Wed, 1 pm. Meet to read and share your works of poetry and prose, and to improve writing skills.



Volunteers make the difference: drive/shop for the VTN, lunch crew, front desk, & more!

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

Autometrics, 10% off labor
21 Bath Road, Bruns., 729-0842

Bill Dodge Auto Group,
10% off parts/service
118 Pleasant St, Bruns., 729-6653
www.billdodgeautogroup.com

Darling's Ford,
10% off invoice, parts/service
262 Bath Road, Bruns., 725-1228

Lee's Tire & Service,
10% off parts (not tires)
35 Gurnet Road, Bruns., 729-4131
27 Monument Pl., Topsh., 729-1676

Tire Warehouse, 20% off labor, 725-7020
Topsham Fair Mall, www.tirewarehouse.net

RESTAURANT

Arby's, 5% off including combos. Excludes coupons/open discounts.
Topsham Fair Mall, 729-8244, www.arbys.com

Big Top Deli, 10% off, anytime
70 Maine St, Bruns., 721-8900
www.bigtopdeli.com

Fairground Café, 10% off, anytime
Topsham Fair Mall, 729-5366

Wild Oats Bakery & Cafe, 10% off Mon.
166 Admiral Fitch Ave, Bruns. 725-6287
wildoatsbakery.com

RECREATION / ENTERTAINMENT

Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sm, \$1.50 med),
149 Maine St, Bruns., 729-5486
www.eveningstarcinema.com

Maine State Music Theatre,
Senior discount (60+) on matinee tickets
22 Elm Street, Bruns., 725-8769 www.msmt.org

Thomas Point Beach, \$1 weekdays admission.
29 Meadow Road, Bruns., 725-6009
thomaspoinbeach.com

BEAUTY/HAIR SALON

Reflections (Salon),
10% off, Mon & Fri, 729-8028
12 Center St, Bruns.,
www.reflectionsbylucie.com

MASSAGE/CHIROPRACTIC

Augat Chiropractic,
Free consultation & cursory exam
9 Pleasant St, Bruns., 725-7177

Hearts & Hands Reiki,
10% off first visit, 751-5339
or mspruce@live.com

Massage on Maine,
First visit \$60, seniors-\$10 off
56 Maine St, Bruns., 504-6913
massageonmaine.com

FLORIST

Pauline's Bloomers,
10% off (normal delivery range)
153 Park Row, Bruns., 725-5952
www.paulinesbloomers.com

DRY CLEANER

J&J Cleaners,
10% off pickups on Wednesdays (for 55+)
Maine Street, Bruns., 729-0176

CANDY

Wilbur's of Maine, 10% off, anytime,
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HEARING AND OPTICAL

Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids
86 Maine St, Bruns., 725-5111
www.berriesopticians.com

Maine Optometry, \$30 off complete glasses
82 Maine St, Bruns., 729-8474
www.maineoptometry.com

LEGAL

Attorney N. Seth Levy, 319-443
Discounted legal services including wills, living wills and estates.
14 Maine St, Bruns., www.sethlevylaw.com

TECHNOLOGY

Carpe Diem Tech Support, 522-1238
John Fischer, Help with PC & Mac. \$30/hour for members (40% off) , www.carpediem-me.net
john@carpediem-me.net



MEMBER HEIDI HARTZ SURPRISED the German Club last month with this beautiful almond cake for the club members to share. There are so many people in there speaking German and I believe they all saw this cake and shouted "Danke!!" in unison!

Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



Member Moment

"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.

Getting to know Judy Michaud

Hello, my name is Judith (Judy) Michaud and I live in Topsham, Maine. I have lived there for 57 of my 81 years.

While living with my parents, I spent most of my learning years in Jay. Unfortunately, we moved to Connecticut in the middle of high school. That move proved to be ill-fated, so my mom and I had a choice between Skowhegan and Brunswick. We chose Brunswick, and I graduated from Brunswick High School in 1959.

My working career started almost immediately after graduation as the secretary for the superintendent of then-Union 46, now MSAD 75. It was a good job for a young woman not yet 20 years old, but more was to come. I met and married Tom Michaud, a native of Topsham. We enjoyed 59 years of married life together before he passed away in 2020.

I can't remember what year I joined People Plus, but it was when we were in the old St. Charles Church and Sig Knudsen was the director. I had retired from MSAD 75 and was missing the duties of a secretary. My good friend, Joan Steele, told me about "55 Plus" and I joined as a member, never believing how much it would be a part of my life.



While I thought I was "giving," I got so much more in return. People who are associated with People Plus are wonderful, kind, and generous.

My favorite activity at the People Plus Center is the Chair Yoga exercise class, which I haven't participated in lately since I had surgery on my neck. I also like to participate in the Qigong and Tai Chi classes.

If there is one thing from my life that I would like people to know about me is that I have two lovely daughters who make my life full.



JUDY MICHAUD, WITH THE FRONT DESK VOLUNTEER CREW at the 2019 People Plus Volunteer Celebration

People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____					
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org					
Name (1) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male		
Email _____	Emergency Contact _____	(name)	(phone)	(relationship)	
Name (2) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male		
Email _____	Emergency Contact _____	(name)	(phone)	(relationship)	
Mailing Address _____		City _____	State _____	ZIP _____	
<input type="checkbox"/> I do NOT need the People Plus monthly newspaper mailed to my house.				Cash/Check (Payable to People Plus)	
Yearly Membership Dues (Scholarships Available)					
Brunswick (__New Member __Renewal) <input type="checkbox"/> \$30 per person		Additional Donation*: \$ _____		Become a "Friend of People Plus" with an additional gift of \$25 or more!	
Other towns (__New Member __Renewal) <input type="checkbox"/> \$35 per person		(*donations above membership dues are tax deductible)			
<input type="checkbox"/> \$300 for Lifetime Membership (65 or over)		Total: \$ _____			
OFFICE USE: <input type="checkbox"/> Accounting <input type="checkbox"/> Data <input type="checkbox"/> Membership Card Sent					

Are you a local business?

Call 729-0757 to discuss advertising your business with People Plus!

*Benefits subject to change

Senior Companion and Personal Care Services
1 to 24 hours

Yarmouth, Freeport, Cumberland, Falmouth
729-0991

AGING EXCELLENCE
SeniorsOnTheGo.com

NOW HIRING
Brunswick to Portland \$16-\$18/hr
Free Yoga, Free Massage!

Poems and Prose



A Big Snow! By Doris Weinberg

My best friend lived right next door, when I was eight or nine. We did everything together — sleepovers and school. My life was just really fine!

My breakfast room faced a room of hers and we'd often play through the glass. We could draw pictures and act out shows because she was right across the grass.

One snowy morning, it was too nasty to go out. So, I settled in by the windowpane. She was waiting for me in her usual place, but something wasn't the same.

We could barely see each other because of all the snow and window steam. I rubbed a clear spot and looked across. Wow! The weather was terrible and mean!

We signaled to get dressed to go outside to meet and enjoy the snow. So, with mittens and a hat, and boots of course, I was all ready to go.

When I opened the door, I was shocked to see, how deep the snow was already. It came up to my waist and to get across, I didn't think I would be very steady.

We both started to dig from one house to the other. But if the snow caved in, I was afraid we'd be covered. We did connect but it took hard work and sweat. Then we hugged and giggled though we were all wet!

I don't remember another snow that deep, until maybe one in 1978. I was living in Connecticut and the governor closed the state.

And now I don't worry about how deep it gets. I don't have to shovel at all! With senior living up here in Maine, lots of snow can fall.

I just enjoy the view from my window and know that job isn't mine. Someone else will shovel the snow. And it will happen every time!

The Day at the Lemon Race By Betty Bavor

We had a spur of the moment opportunity to go to a 24-hour race. My son, with his team, has been driving two years in these 24-hour Lemon Car Races. He has invited his sister and mom several times, and finally the closest one was at the New Hampshire Speedway in Loudon on Oct. 23–24.

We left at 8:15 am Sunday for a two-plus-hour ride. These races are weekend events starting Friday with learning the track and we did not know much more about the rules, cars, or schedules.

My son was waiting for us on a bicycle when we arrived at the gate. After buying tickets, we followed him to their assigned garage area in the infield pit. He had already driven his morning laps so was able to direct us to a parking space where we could see the cars coming off a hillside curve and proceed to a straightaway. It was close to their garage area where all the car service activity takes place. Crews fill gas tanks to transport to the pit area for refueling and checking their car. They changed drivers in the pit when one has completed their time behind the wheel. It is a restricted area, so we watched behind a fence.

There are strict racing rules and regulations which I checked out on the internet when I returned home. The comment was, "Racing shouldn't just be for rich idiots. Racing should be for all idiots." Cars cannot cost any more than \$500 before adding safety-required equipment. There are exterior and engine regulations. Cars are inspected by officials who make the final decision for safe participation with tech inspection to assign A, B, C classes. Drivers also need to have a pre-competition doctor's physical and have required safety clothing before the race. An organizer's decision is final if the car and driver are safe to participate.

Journey or Destination? By Russ Kinne

Well, they're both important — and usually differ quite a bit in their pleasure-level. But for importance; yield way to ambulances, fire engines, police cars with flashing lights — of course, all emergency vehicles — and yield even a few people carrying a stretcher with an injured person, perhaps a hiker or skier, onboard. Or even a distraught mother driving her injured child to the doctor.

All but the last one are readily identified by sirens and flashing lights. If the mother is on the ball, she'll turn on her four-way flashers to let everyone know she's asking for the right-of-way. That's better than nothing; it's always a good idea to let people know there's an emergency, if only by flashing lights and leaning on your horn. Try three beeps, repeated over and over.

As for pleasure — there's a HUGE list of what's "pleasurable" for different folk. And for folk of different ages. A young child may love to ride in the car (pets, too) and don't much care where they go. Later on, when they start driving, it's the trip that counts the most; and with adults, what they drive may be paramount. Most men, and many women too, are "car nuts"

and really groove on driving a Jag, or a Benz or a BMW or a Porsche. Or even some Detroit Iron; there's no accounting for tastes, especially here.

Bicyclists and motorcyclists have a very different driving experience, being out in the open where you really can "smell the roses." But, of course, your old bod is much less protected too. So though it's more fun, it's much more dangerous too — bone up on safety gear and procedures!

Boating is — usually! — great fun, whether you're zipping (or plodding) around in a power boat, or silently and smoothly gliding along in a sailboat. Either way, the trip is much more pleasant than the destination — where you're faced with tying up to a pier (or trying to find an empty spot), washing the boat down, cleaning up things in general and just being ashore again. The trip is way better.

And there's nothing to beat flying, preferably in a small plane at low altitudes, where you can see things. And pretty much go where you want and when you want, with no speed zones, radar guns, crazy drivers or complicated intersections. A vast improvement! — safer too, but be careful — it's addictive. Ask me how I know that.

Write on Writers
Wednesdays at 1 pm

A Family Treasure

By Doris Weinberg

They can come in different sizes and shapes and be made of anything. Some are very costly, while others are next to nothing!

My first one was a wedding gift, made of bronze and room for nine lights. Over the years some came as souvenirs, to remember special places with delight.

You've probably guessed I am referring to menorahs, the Chanukah candle holders. They are lit every year for that celebration, a tradition that keeps getting older.

Although I had some fancy ones, my favorite was from my husband's father. He was a simple man, a plumber by trade, and a handmade one was no bother!

Using copper tubes and sheets of metal, he welded one together. And to me it symbolized tradition, handmade was all the better!

I used it for many years and now my daughter treasures it. It stood shining on her table, with all nine candles lit!

I hope the candles in it glow for many years to come. And the story of its origin will tell my descendants where it is from.



Trash or Treasure?

By Doris Weinberg

Stored away, up in the attic are things that look very strange. Someone, a very long time ago, took the time to place there and arrange.

They have been there so long and are covered with dust, and causing me to sneeze! I will bring them downstairs to look at more closely, where maybe I won't sniffle and wheeze.

The first item I see is a clock on a chain. It's too long for a wrist or a neck. Maybe it belonged to a train conductor, when the arrival time he had to check.

Look at this doll with a raggedy body and eyes that don't even close. She is soft and stuffed and poorly made, but was probably loved, I suppose.

Here's a box filled with all sorts of stuff, I see stamps and even some letters. And buried at the bottom but won't fit me, is a well-worn bright red sweater.

Taking time in the attic on a rainy day, you don't know what you may discover. It might even be something of value, like a painting you uncover.

Maybe your own things you tuck in the attic, just to get out of your way. In a hundred years, someone will find them, and think it's their lucky day!

Remembrance

By WA Mogk

Remembering the days of winters gone by; the cold frigid air, sun low in the sky. We played all day with snowballs and gloves. Building snowmen when there was snow enough. We slid down hills in ones, twos, and threes; going so fast, as if riding on grease! Then back up again; our chariots in tow. For one more ride before heading home. Those times still abide in memories of old. Days of joyous youth; my memories of gold.

Looking forward to what's ahead in 2022



Happy New Year from the Teen Center!



Welcome 2022! We made it through a better but tough second year (of COVID-19), which is something to feel good about.

Kids in school, more kids at the Teen Center, more adults at People Plus, businesses open, more people getting vaccinated and more people out and about. We are still wearing those masks though, which I'm sure we are all looking forward to stopping!

It's difficult to write about what is upcoming in 2022 because we still don't know what that will look like. I imagine that we are all hoping for a better year to come.

At the Teen Center, we have chosen to take a break and ride out the next holiday wave (outbreak). We will wait to re-open after the school break ends as we assess COVID case numbers at schools and in the area. We want to keep our kids and staff healthy!

Prior to the break we were able to send our teens home with stockings filled with candy and gift cards for the holidays. We had fun decorating our space and think we will leave all the colorful lights up longer than usual. We made cork and other Christmas trees with some of the kids this year which reminded me of the bubblegum machine ornaments we made two years ago with Kim. Our new assistant, Simone, is crafty as well and knitted the garland for some of the trees!

We have been lucky with winter weather

Teen Center News

Jordan Cardone



with our first real snow on the ground as I write this! So far, we still have kids who are walking and biking to get to the Teen Center.

A big goal for 2022 is to address transportation, both for students from school and older adults for outings. As times change, with shortages of workers and vehicles in places, we realized that the ability for us to provide transportation will be a key factor in enabling many of our youth members to get to the Teen Center from school. The organization is in the process of looking at the possibility of purchasing a vehicle to meet this need.

I want to thank so many of you who have supported us through the first six months of our fiscal year! The great response to our Back-to-School letter, as well as other donations, has been much appreciated and we are at a great halfway point as we enter a new year.

We wish everyone a safe and happy New Year ahead!

Jordan and the gang!

Concerts for a Cause presents Jud Caswell

Award-winning singer-songwriter Jud Caswell will perform at the Brunswick UU Church for their Concerts for a Cause series on Jan. 8, 2022, at 7:30 pm to raise money for this season's charities, Mid Coast Hunger Prevention Program and Immigrant Legal Advocacy Project.

Masks are required. Everyone 12 years of age or older must show proof of COVID vaccines or a negative test at the door.

One of the leading singer-songwriters on the current scene, Caswell is a master multi-instrumentalist, playing guitar, banjo, cittern, whistles and Irish drums. His interpretations of songs from modern acoustic to traditional folk and Irish are done with precision and care.

Adults: \$15 in advance, \$18 at door. Students & children: \$10. Available at the church office, Gulf of Maine Books or www.ticketstripe.com/caswell. Seating is limited.



BEING on BOARD

Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.



Q. Your name, please?

A. Rodie Flaherty Lloyd.

Q. The community where you live?

A. Yarmouth, Maine.

Q. Your professional occupation?

A. I am the Alumni Relations Director at Bowdoin College, helping keep alumni connected to Bowdoin and to each other.

Q. How many years on the People Plus board and positions served?

A. I am in my fourth year, and I serve on the programming committee.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?

A. I consider myself to be so lucky — I grew up in South Portland, Maine, attended Bowdoin, worked for L.L. Bean for almost 25 years, and then came back to Bowdoin 15 years ago to work in Alumni Relations.

I have six siblings and we enjoy gathering with our large extended and close family as often as we can. My husband, Doug, and I have been married for 31 years and have two sons — Sam and his girlfriend Katie live in Texas, where they are in their second year of residency — he in emergency medicine and she as a pediatrician. Peter and his fiancée Erinn live in South Portland and he is a fourth grade teacher in Cumberland and she is a baker at Scratch Baking in

South Portland. They'll be married in September 2023.

Doug and I have a small wooden boat that he restored and we love to boat around Casco Bay in the summer, and snowshoe in the winter. We are also National Parks fans and are well on our way to visiting all of them.

Q. Your view of People Plus and why you believe it's so important to serve on the board?

A. I remember People Plus from when I was a student at Bowdoin — at the time, the Center was in the brown building where the hotel is now, right across from campus. Flash forward 40-plus years and I am happy to be a small part of such a lively, vibrant, and well-run organization. I don't do half as much as most of my fellow board members, but have learned so much from all of them, and from Stacy.

I think it's critical to provide the sense of community, belonging, and support to our members and I'm certain that People Plus makes such a difference in so many seniors' and teens' lives.



SAND FOR SENIORS IS BACK! Merrymeeting Bay TRIAD, Brunswick, Topsham, Bath, and Lisbon Police Departments, along with the Cumberland and Sagadahoc County Sheriff's Departments, have again partnered with the Brunswick Lowe's to provide a bucket of sand to our seniors in our respective communities. If you are a senior or know a senior or neighbor, please call your respective law enforcement agency, and they will deliver a bucket of sand!!



DONATED FLOWERS SPREAD CHEER THIS HOLIDAY SEASON. Brunswick High School band and choir members delivered over 100 beautiful poinsettias to be delivered to Meals on Wheels consumers along with their weekly meals. Pictured is Spectrum Generations' Assistant Nutrition Director Rachael Gerow with some of the plants.

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check www.peopleplus-maine.org or local media for closure information.




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— James Tierney, BHS Class of 1965

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Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

January 2022

2021 Year in Review

At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. Each January, we like to share some of our achievements in FY20 (services were delivered between 10/1/20 – 9/30/21).

Spectrum Generations served **10,225 people throughout our area** – many of whom are your friends, family, and neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

Through our Meals on Wheels program, **2,455 people** received **351,985 meals** and **799 people** enjoyed the socialization and nutrition that congregate dining offers.

We provided **439 people** and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver. This also represents **5,235 hours of respite care**, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters. We also provided **1,210 Information and Assistance** contacts to **863 people** seeking resources to care for a loved one.

Our Bridges Home Services division provided **21,950 hours of care** to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

These are just a few of the ways we help our communities, and we are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!



Volunteer with us! Future Caregivers

There are many benefits people experience when they volunteer. For teens especially, volunteer work can help them broaden their horizons, meet new friends, experience different cultures or learn a new language, all while contributing to society's needs.

We are thankful to the children of our employees who volunteer with us!



If you are interested in volunteering, please email our volunteer coordinator at volunteer@spectrumgenerations.org.



Meal Prep Simplifying for Caregivers

Being a Care Partner means you are not only responsible for our own quality of life, but you are responsible for the quality of life of those we care for. This can be challenging for those with multiple health issues, or when caring for someone who's taste changes and they only want sweet foods.

Class participant feedback

"I took an evidence-based class called Living Well with Diabetes through Healthy Living for ME. My intention was to learn how to prevent getting diabetes, knowing that I am at risk. Instead, I found myself taking the class from a Care Partner's point of view. After the second session, I realized this class was making it easier for me to prepare healthy meals that the household would enjoy, I could use what I learned to create a healthy relationship with food for my child, and I could prepare easy and healthy meals for my mother. The great thing is, I don't have to prepare multiple meals for one dinner; we all eat the same foods together."

In class, you create sample meals and learn about the plate method to help simplify it even more. No foods are off limits, and you learn how to adjust portions. Call us at 1-800-620-6036 or email info@healthylivingforme.org for more information or to register.

Proud to partner with People Plus

Nothing soothes the soul like a spot of tea

I'm not exaggerating one bit by saying I've literally had cups of tea by the thousands. In fact, I'll probably end up having a cuppa or two during the writing of this column.

It's weird that I have never been a coffee drinker. I like the smell of it, just can't stand the taste. Not even in ice cream or booze — not anything.

It all started with the "Tea Ladies" at St. Thomas' Hospital in London, where I found myself in 1982 recovering for two months from a bicycling accident. They would serve this very traditional British beverage all day and every day. You could almost set your watch to their regimental-like timetable. At 6 a.m., 8 a.m., 10 a.m., noon, 3 p.m. (with biscuits, i.e., cookies), 6 p.m., and 8 p.m. It also should be noted that the "Tea Ladies" filled a very important role in the hospital wards, often serving as confidantes for many of the patients.

For me, the drinking of tea developed into a soothing habit that has become a lifelong affair, especially with my marriage to an

Englishwoman.

But I read the other day that the tea custom is on shaky ground, with all the different types of coffees, fancy herbal infusions, etc., now available to thirsty consumers.

The Guardian article mentioned that coffee sales in Britain were more than double those of tea. And the latest blow to the national drink was Unilever's recent decision to sell its popular black tea brands, which include Brooke Bond, PG Tips, and Lipton, to a private equity firm.

The newspaper story went on to say, "The tea break has been a British institution for at least two centuries, with the drink's history going back further to the first advert for tea, which appeared in the London republican newspaper Mercurius Politicus in 1658. It announced that a 'China drink called by the Chinese, Tcha, by other Nations' Tay alias Tee' was now available in a coffee house."

Tea, indeed, is what I would call a staple in the Gabriion household. It is a

very emotional beverage, with my wife Vicky often uttering the words "Cup of tea, please" upon arriving home after a trying day. We are never low on tea bags, and heaven forbid if there's no milk in the refrigerator; tea without milk just isn't done — at least by Vicky. It's not an issue with me, as I prefer mine black.

Even our dog, Dudley, is a tea drinker, often finishing off my wife's mug of tea — once it has cooled down. He'll actually sit there and fashion a sort of gaze that says, "My turn."

It's time for tea just about any time or any place. I remember seeing Sir Anthony Hopkins in the film "The World's Fastest Indian." The character he portrays goes into a bar in New Zealand, very parched from a long motorcycle ride, and asks for a drink. The bartender inquires as to what he'd like — probably expecting a reply for a cold beer — and Hopkins orders a cup of tea. The man behind the bar gives a bewildered look, but the actor makes some remark that

Simply put

Patrick Gabriion



it's the most refreshing drink there is. So yes, we drink a lot of tea in our Hallowell home. I'd say, on average, four to five cups per day. Maybe more if there's a chill in the air. Or if it's a bit damp outside... like my wife's native England. Our favorite, you might be wondering? It is Barry's Irish Gold Blend hands down. We're such tea snobs that if we are going to be staying somewhere for a few days, we make sure to pack the Barry's tea along with our other important items. Thanks for reading, it's time for another cuppa of tea.

STACY FRIZZLE-EDGERTON AND HER HUSBAND, JONATHAN EDGERTON WERE THRILLED to host a pasta making dinner at their house last month! This fun Music in April auction item has always been a winner, both for the people who buy it and for the couple who give it! Thanks to Stacy and Jonathan, *the Gentleman Farmer in Maine*, for lending their home, their time and their expertise to raise money for People Plus! And thanks to Suzan Wilson and her husband Dan McLaughlin for winning the auction item and bringing their friends Gil and Lisa Butchley for dinner!

New and renewing members for December

Memberships received as of December 17.

* indicates new membership
• indicates donation made with membership

BAILEY ISLAND
Minerva Vazquez * •

BATH
Victoria Feazel * •

BRUNSWICK
Mildred Ackley
Susan Andrews *
Leslie Ballin *
Claircy Bernier

Lorraine Berte
Chrystal Bishop
Robert Broderick •
Sally Broderick •
Fred Dickey
Ann Wescott Dodd •
Rae Duval
Alice Franklin
Pamela Gavin * •
Henry Haley
Corey Hammond
Lester Hodgdon
Sidney Hodgdon
Matile Hugo •
Libby Hyatt
Nancy Kenney
Ed Knox

Carol Kohls
Ann Lindner *
Karen Madsen
Tina Phillips
Jane Primmer •
Stanley Primmer •
Alexandra Rudenko
Margaret Spinner
Myna Stephens
Sonia St. Pierre
(Lifetime Member)
Lorraine Suckow
Lois Thacker •
Donna Tompkins
Jonathan Waldo *
Liz Waldo
Meg Warren

BOWDOINHAM
Irving Brackett •
Jackie Jordan

HARPSWELL
Linda Blanton * •
Katherine Chatterjee
Hannah Dring •
Marie Durant *
Lisa Freitas *
Oscar Freitas *
Susan Millar

Pete Piedmont
Anne Towers
Marielynn Towers

TOPSHAM
Anne Cole
Mary Ann Green •
Heidi Hartz
Jerry Hartz
Marsha Hilton-Kingdon *
Sally Chater Kelley *

Bruce Kingdon *
Jane Littlefield
Beth Miller *
Sherman Milliken
Paula Palaza *
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Dorothy Selleck
Christine Six
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Books A La Carte

The Books a la Carte reading group meets on the third Tuesday of each month at 2 pm. Here are comments on a variety of books:

FICTION

Harlem Shuffle by Colson Whitehead (writer of *The Nickel Boys* and *The Underground Railroad*). The central character tries to run a legit furniture store, but old family ties cause problems. The mob is involved, and the line between good and evil is blurry. Overall, the book is an enjoyable upbeat read.

Hamnet (A Novel of the Plague) by Maggie O'Farrell. In 1580, the Black Death sweeps across England. A young Latin tutor falls in love with an unusual young woman, but she marries another and lives in Stratford-upon-Avon. Her husband is Shakespeare. They have a son, Hamnet, who dies at 13. Shakespeare goes on to write Hamlet. This work is a great read.

Dream Girl by Laura Lippman. In this thriller, a bedridden novelist is haunted by a woman who claims to be one of his creations, the title character in his most successful novel. But that character is fictional. The book blends psychological suspense and horror.

MYSTERIES

The Strange Case of Harriet Hall by Moray Dalton. This is a British mystery from the 1930s featuring Inspector Collier. A girl is invited to live with her aunt. She arrives to discover that her aunt has been killed. Was it really her aunt? There are a number of very interesting twists in this very readable story.

Spider's Web by Agatha Christie. Adapted by Charles Osborne. Christie wrote a stage play which was changed into a mystery novel by Osborne. He made very few alterations, so it reads like a play script with lots of dialogue and not much action. Lots of twists and turns in typical Christie fashion.

Writing a Wrong by Betty Hechtman. The amateur detective in this work is a writer for hire. One of the people for whom she writes is found dead. She had been writing love letters for him. It appears that the death was part of a robbery, but the writer does not believe it. She discovers the writer's real name and sets out to find the truth.

The Mist by Ragnar Jonasson. In this mystery set in Iceland, a female police detective is sent to investigate the finding of bodies at a remote farmhouse. The story is told from two viewpoints — that of the detective and that of the victims. The two stories eventually intersect. Very well written.

Happy New Year!

Comments: news@peopleplusmaine.org

January-February art show to feature Margaret Wailes



New year and, with it, a new art show being presented in the People Plus Café Gallery. For the months of January and February, the wonderful artwork of Margaret Wailes will be on display.

Here's her story, in her own words:
 "Two years ago, I moved to Midcoast Maine, where I have become a permanent resident."
 "Twenty-seven years ago, I visited Prince Edward Island and almost immediately fell in love with the island. I bought land on the Brudenell River and, the following summer, I moved into my new home — becoming a 'seasonal settler.' By 2000, I felt sufficiently 'settled' to look through the newspapers to find something fun to do. I read that art classes were being offered at the McPhail Homestead — no experience or art supplies needed. Attending my first class was a life-changing event."
 "One class led to another. In 2003, I

participated in a week-long art workshop with Brian Atyeo. His encouragement and my developing confidence led me to begin to show and sell my paintings both in Concord, Massachusetts, and PEI. In the summer months, I began to take masters classes."

"After retiring from a university teaching career in Boston, I was able to take classes in the winter in and around Concord. A quick glance at my repertory points to my painting scenes of Concord and PEI, and now Midcoast Maine. When the weather is not perfect for painting, I take photographs of the scenes I find compelling."

"Coming to painting late in life, I try not to be constrained by convention and to allow myself to experiment with subjects and media. This has led from watercolor painting to gouache and casein, to acrylics to pastels, and, most recently, to painting in oil or constructing collages."

"I am a juried member of several galleries on Prince Edward Island and, until recently, a member of the Umbrella Center for the Arts and the Art Association of Concord. For the the past several years, I have been director of the Trinity Episcopal Church Art Gallery in Concord, which features renowned artists both locally and internationally acclaimed."

"Currently, I am sharing a studio at The Highlands in Topsham and hoping to become part of the art community in Midcoast Maine."

So please come and view Margaret's creations. The collected works on display in the Café Gallery are for sale, which is accomplished by contacting the artist directly. A portion of the proceeds will go toward People Plus. The show, which is open to the public, may be seen free of charge during normal business hours (M-F, 9 am-1 pm, masks required) at the Center, located at 35 Union St. in Brunswick.

People Plus Business Hours

Monday-Thursday: 9 am to 4 pm, **Friday:** 9 am to 1 pm
 (masks required inside the building)

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