

45th
People *Plus!*
The center that builds community
ANNIVERSARY



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20th Annual
Music
in April
2002-2022

Online Auction April 1-29!

Find the auction link at www.peopleplusmaine.org

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Welcome to the 20th annual People Plus Music in April fundraising auction!

Can you believe it's been 20 years since all this fun started? Twenty years of coming together to raise funds for our older adults and homebound elders. It is fun and gratifying work that we are proud to be doing! A big thanks to Jeanne d'Arc Mayo and Frank Connors for growing this fundraiser from a little evening into one of the premier events of the year in Brunswick – that has brought in over \$600,000!

We are BACK with our fantastic Online Auction! We are thrilled to bring you this fun way to partner with us to raise funds for our senior and elder communities! And this year we have a NEW LIVE AUCTION on Friday, April 29th at 7 pm to wrap up the month of BIDDING! Join me and the iconic Frank Connors as we spend a fun hour hawking wares and raising funds for the Center!

See below for details or check our website for online auction details and instructions.

We have spent the year collecting, cataloging and organizing what we think is the BEST AUCTION we have EVER had! We hope that you will find

loads of stuff, adventures, and collectibles that you just HAVE TO HAVE! And please tell all your friends about it, too! The more bidders — the better!

So, as we are emerging into the light this spring, we are excited to see lots and lots of faces at the Center. Two years after the pandemic began, we are stronger than ever, have offered more classes, programs, and events than ever and have more members and new friends THAN EVER! We've delivered over 10,000 meals, grocery bags full of food, food pantry boxes, masks and prescriptions. We've driven 60,000 miles of FREE transportation, placed thousands of birthday calls, and had over 10,000 hours of volunteer service hours logged!

I'm so proud of our staff and volunteers and the work they have accomplished at the Center that Builds Community.

Together we want to thank you for helping us do all of this amazing work! We could not have done it without your support.

Thank you and HAVE FUN BIDDING!

Stacy Frizzle-Edgerton
Executive Director, People Plus

In this guide you will find many of items that will be available in our auction – be sure to check our online catalog frequently for newly added items.

Start Your Bidding April 1st! Here's how!

Find the online auction link at www.peopleplusmaine.org

Have fun and win fantastic items or donate straight to our programs – for the entire month of April!

- Online Auction launches **Friday, April 1, 9 am** with 50 items and closes **Friday, April 29, 10 pm** with over 200!
- NEW ITEMS added regularly – **check back often!**
- See something you like? Download the Auctria app or register online and make a bid!
- Auctria sends notifications if you get outbid, and you can increase your bid!!
- Bidding really heats up during the last week!
- Winning bidders will be notified via email.
- Pay online or by cash/check with pickup at the People Plus Center.
- Most items can be shipped at buyer's expense.
- Good luck!

Don't miss the **Live Auction Finale, April 29th, 7-8 pm!**
Our interactive live auction will be a festive hour with Frank and Stacy – LIVE, see page 5.



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* item list is accurate as of print date and subject to change

Find the auction link at www.peopleplusmaine.org



Our Brunswick Branch has moved to **Cook's Corner!**

WE'RE EXCITED ABOUT OUR NEW LOCATION, AND WE KNOW YOU WILL BE TOO.

Our Brunswick Branch has moved to a new location at **27 Gurnet Road**. Not only are we more centrally located, but we also have drive-up service, plenty of parking, safe deposit boxes and a coin counting machine!

We look forward to serving you at our new location. Stop in and say hello!



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Live Auction Finale is April 29th, 7-8 pm



Soup of the Month – Starts tonight!

Take a night off from cooking and enjoy a delicious bowl of home-made soup once a month, made by our very own People Plus Office Coordinator Sarah Deck. You will receive two (2) twenty-four ounce containers each month for a year! Each soup may be different and will complement the season. Your year of soup begins the night of the Live Auction Finale and runs until March of 2023.

Big Top Deli Monthly Meal Deal (for a year!)

Enjoy a meal every month for a year at this famous Downtown restaurant, serving delicious breakfast and lunch

on Maine Street in Brunswick. This gift certificate is for \$10/month for 12 months! What a deal!



Mary Alice Treworgy Limited Edition Giclee Print “Monhegan Lighthouse Dory”

Mary Alice Treworgy prints are a popular item at our auction each year! Begin a new collection or add to your existing one with this lovely print! 12” x 14” ready to be framed. Limited edition - signed by the artist - giclee print 45/100.



Jane Connors’ Famous Pies – Enjoy one Tonight!

Jane Connors’ pies are famous and delicious! We’ll deliver one to you at your home after the auction tonight (within 20 miles) - for you to enjoy right away! Comes with ice cream and a hand turned ice cream scoop made by much-loved, retired Brunswick dentist Dr. David Taft. And you’ll also receive a certificate to order two more pies later when you want them. (Certificate good for one year.)



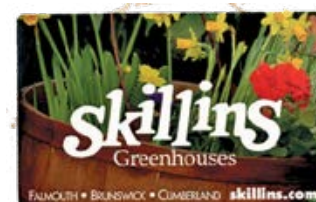
Sunset Sailboat Cruise for Four (4)

Enjoy a spectacular afternoon with up to four (4) friends on the 40-foot cutter, Prudence. Leaving from its home berth at Robinhood Marina, you’ll sail down the Sheepscot River toward Hendricks Head Lighthouse in search of Osprey, seals, porpoise, and other wildlife. We will watch the sunset with cocktails and light hors d’oeuvres at

the end of the cruise - safely moored back in Riggs Cove. Cruise date and time to be arranged between July 15 and Sept. 15, 2022. Leaves from Robinhood Marina in Georgetown.

Gourmet Chinese meal for Eight (8) in Your Home

Gourmet Chinese meal for eight (8), prepared in your home by Mike Feldman, menu to be developed with the chef from extensive list of over 50 Chinese delicacies, including Szechuan dishes from Chengdu region and less-spicy Cantonese dishes, good until March 31, 2023. (with sous chef Jonathan Edgerton and waitress Stacy Frizzle-Edgerton to complete the dining experience).



Spring Gardening Basket

Just in time for spring - this lovely basket includes a \$50 gift card to Skillin’s Greenhouses, a perennial plant for your garden, a hand-made dibble by David Taft (do you know what this is?) plus a set of new gardening gloves, heirloom bulbs, and a five gallon bucket of rich compost!

Find the auction link at www.peopleplusmaine.org



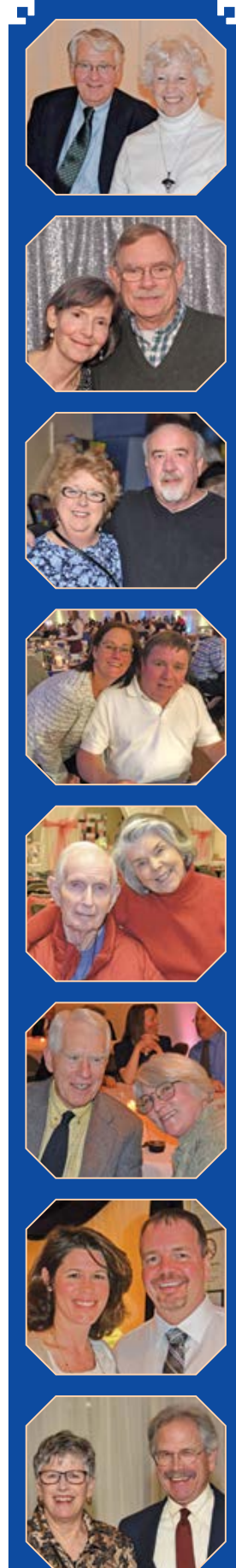
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jhrdevelopment.com

A Look at Twenty Years of Music in April Festivities!



Special Thanks to our Sponsors, Volunteers and Participants!



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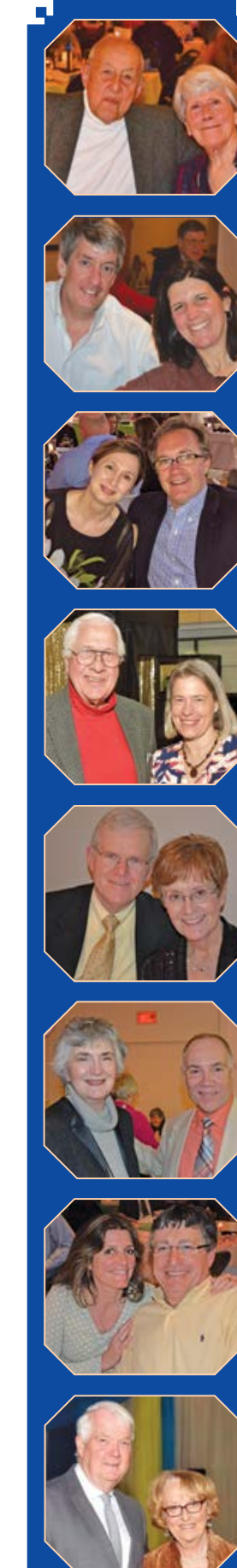
For more information, contact your Edward Jones Financial Advisor.

Edward Jones cannot accept gift cards, cash or checks as donations.



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Financial Advisor

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Gift Certificates

Dog Bar Jim \$20 Gift Certificate



Portland Sea Dogs Ticket Voucher

Gulf of Maine Books \$30 Gift Certificate

Pura Vida Day Spa \$85 Gift Card

Family Pizza Night from Warmings Market

Massage from Serene Healing Arts

Anew Studio Classic Skin Treatment

Skillins Greenhouses \$100 Gift Card

Nail World \$42 Gift Card



Bay Bowls \$25 Gift Card

Sam's Italian Foods Large one (1) Topping Pizza

Sam's Italian Foods - Two Spaghetti Dinners

Institute of Contemporary Art/Boston Museum Passes

Renys \$35 Gift Card

Hammond Lumber Company \$100 Gift Card

Bath Area Family YMCA One (1) Month Membership

Wild Oats - A Year of Cake



Edible Arrangements \$50 Gift Certificate

Petit Jete Dance Boutique \$50 gift card set

Amato's \$25 gift card

Gift Certificate for Six (6) Fresh Lobsters

Pet Grooming \$25 Gift Certificate

WellTree, Inc. \$100 Gift Certificate

AAA Classic Annual Membership (or renewal)

Big Top Deli Monthly Meal Deal

One (1) Hour Bowling Bayside Bowl

Sherman's Book Shop \$15 Gift Card

Fairground Cafe \$20 Gift Certificate

Pepper's Landing Lobster Company \$50 Gift Card

Pat's Pizza \$25 Gift Card

Richard's Restaurant \$50 Gift Card

One Hour of Axe Throwing for up to Six (6)



Seacoast Nutrition \$25 Gift Certificate

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Find the auction link at www.peopleplusmaine.org



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Adventures

White Water Rafting Adventure with North Country Rivers

Maine Forest Yurts Overnight Stay



Theater at Monmouth Summer Tickets

Boston Duck Tour Passes

Smitty's Cinema Family Four Pack



Maine Mariners Tickets for Four (4)

Two (2) tickets to Waterfront Concert of your choice

Story Land Passes for Two (2)



Guestroom & Dinner for Two at The Brunswick Hotel

Maine Wildlife Park Children's Passes

Six (6) Guest Passes to Boothbay Railway Village Museum

Bowdoin International Music Festival Tickets



Maine Maritime Museum Admission Certificates

Voucher for Six Week Sports Focused Conditioning Session

Old Sturbridge Village Family Admission Voucher

Ogunquit Playhouse Tickets



Guestroom & Dinner for Two at The Brunswick Hotel

PORTLANDSTAGE Ticket Voucher

"Frank's Field Trip" adventure for up to six (6) people

Keep it Twisted Snow Board

Monkey C Monkey Do Gift Pass for Family of Four (4)



continued on page 11

Find the auction link at www.peopleplusmaine.org

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Gift Baskets

Heidi Boyd Sewing Kit Gift Basket



Girl Scout Cookie Basket

"For the Birds" Basket

Rusty Lantern Market Gift Basket

"Cock a Doodle Doo" Basket

Apple Themed Basket

Dinner and a Movie in Portland

Pamper Yourself Basket

People Plus Basket

Stonewall Kitchen Gift Basket

Tess' Market Gift Basket

Midcoast Senior College Gift Package

Home-made Jams, Pickles and More Gift Basket

Trader Joe's Bag of Goodies

Breakfast Club Basket from Gentleman Farmer in Maine



Hand-made Organic Lavender and Rosemary Soap Basket

continued on page 12

Find the auction link at www.peopleplusmaine.org



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Brackett Funeral Home

Our History tells you who we are.

The firm began as Robert's Funeral Home in 1862, later becoming Gordon Funeral Home, then Law's Funeral Home, and finally established as Brackett Funeral Home in 1956. Located on historic Federal Street in downtown Brunswick, it has faithfully served our community for over 150 years.

With the purchase of the Brackett Funeral Home in 1973, Peter W. Ladner began with a promise "to provide the highest quality of customer service, to serve each family's individual needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

Hoping to improve the quality of lives in our community, Mr. Ladner's promise remains our mission now and for the next 150 years.



Collectible Teddy Bears

Collectible "Brittany" by Kirby Bears



Collectible "Jacob" by Kirby Bears

Collectible "Shelby" by Kirby Bears

Merrythought Diamond Jubilee Limited Edition Collectible Teddy Bear

Vintage 24" Collectible Vermont Teddy Bear

Vintage 24" White Collectible Vermont Teddy Bear in White

Vintage British Canterbury Bears Set



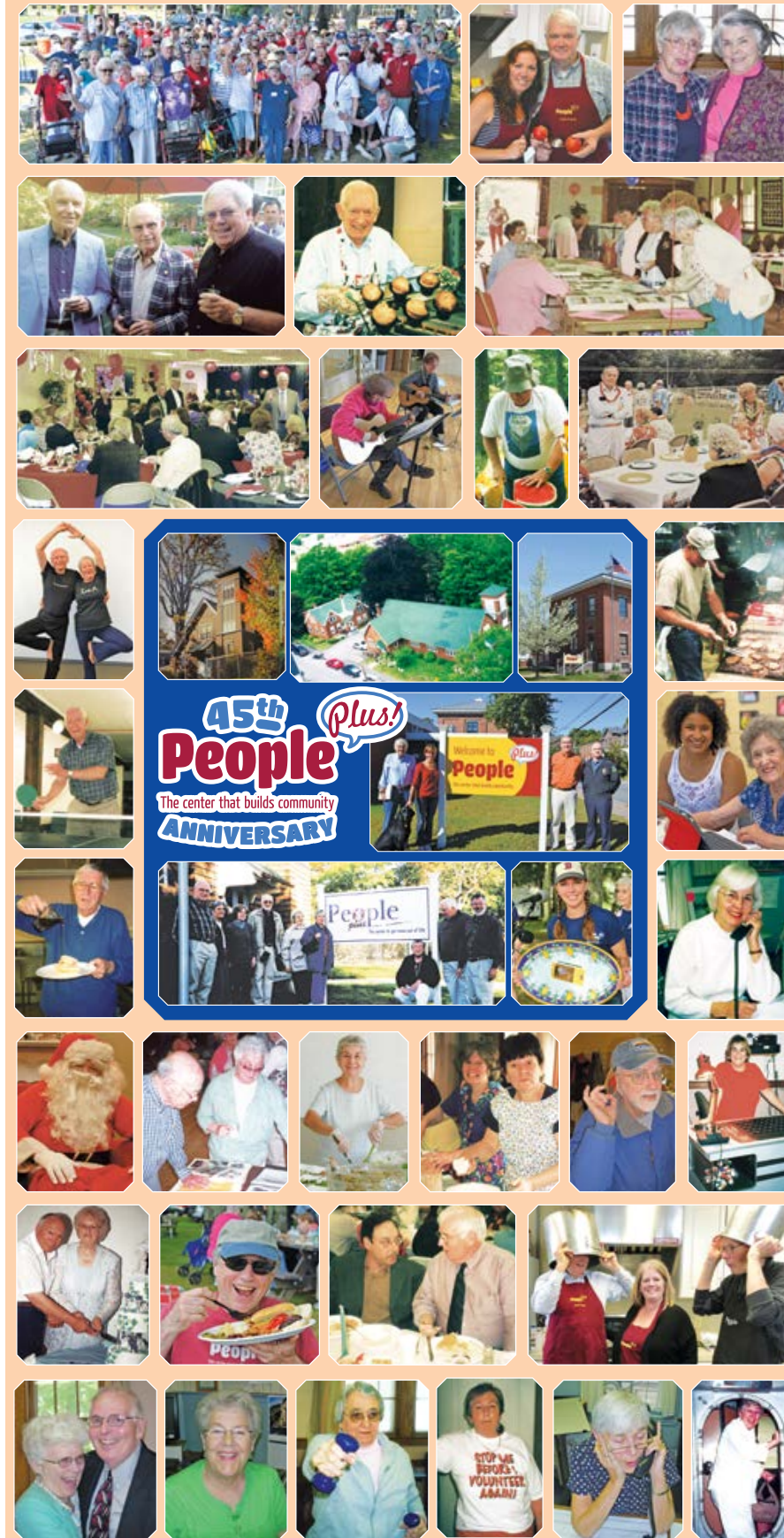
continued on page 14

Find the auction link at www.peopleplusmaine.org

45th People Plus! ANNIVERSARY Look at all we do!

Your support funds our outreach:

- over 4,000 grocery and meal deliveries
- over 1,000 reduced price haircuts
- over 10,000 birthday calls!
- over 100,000 miles in free rides!
- thousands of daily check-in calls
- 3,000 face masks distributed
- hundreds of food pantry pick ups and locally grown food deliveries
- hundreds of classes, clubs, meals and events held at the Center each year
- hundreds of update, exercise & interest videos available with 20,000 views from 40 countries!



45 Years of People Plus!

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Paintings and Prints

Vintage Frame Ski Print, "Rigi Ski-Rennen" 1907



"The Evening Primrose" Original by C.G Bailey

"Leaving Home" Signed and Numbered print

"Maine Street Holidays" by Benjamin Williamson Photography

"Winter in Newbury" print by Willis Lefavour

"Bay Birds #2" Encaustic by Jane Page-Conway

Whimsical Purple and White Gnome Painting on Wood

Vintage Christmas Scene Tinsel Painting by Leroy

Pair of Roelof Rossouw Signed Limited Edition Prints

Popham Beach by Willis Lefavour

Framed Vivian Wixom Limited Edition Print "Two Islands"

"Distant Sun" by Daphne Frizzle

Jamaican Painting on Canvas

D. Steiner Framed Print "Halfway Rock"

"Lobster Pound" Print by Consuelo Eames Hanks

"Ledge Light" Print by Consuelo Eames Hanks

Village in Spain Block Print and Watercolor

"Stand Up" Print by Jennifer Judd-McGee

"Talking Heads" Print by Jennifer Judd-McGee

Original Impressionist Oil on Canvas by Montrec

Nut Hatch by Edythe A. Laws

Original Edythe A. Laws Painting

Large Seascape Painting on Canvas

Large Vintage Reverse Painting on Glass

Pair of Watercolors of English Scenes

F. Caswell Gurnet Bridge, Orrs Island Framed Print

Vintage Framed Ski Print, "L'Hiver Barbier"



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Find the auction link at www.peopleplusmaine.org

Clothing and Bags

Vineyard Vines Tie



Hand-Knit Wool Shawl and Shawl Pin

LL Bean Women's Trail Model Fleece Vest, Large, Bright Green

Pandemonium Millinery Faux Fur Rosebud Hat and Neck Warmer Set

SCOUT Insulated Lunch Bag



Rareform Light Duffle Bag - Made from Old Billboards!

LL Bean Women's Puffer Down Vest, Small



Paloma Picasso Suede Crossbody/Clutch Hand-made Men's and Ladies' Mittens

Hand-made small mittens

Birkenstock Birki's Provence Clogs

Vineyard Vines White Baseball Cap

Vintage Real Fur Jacket

Metropolitan Museum of Art Crossbody Bag

BocaBag Quilted Zippered Top Tote Bag

Vintage Hand-made Icelandic Sweater, cream/light brown

Vintage Hand-made Icelandic Sweater, cream/dark brown

continued on page 18

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Mid Coast Senior Health
MaineHealth

Rest Up with Respite Care at Mid Coast Senior Health in Brunswick

By Faith Perry, BSN, RN, Director of Residential Services, Marketing & Admissions. Mid Coast Senior Health · 207-373-3646

Being a caregiver is an equally rewarding and demanding job. Senior care patients require a significant amount of support, assurance, and reliability from their caregivers, who in turn shape the lives and wellbeing of those entrusted to them. However, being a caregiver can take an exceptional toll on an individual, and it is vital for caregivers to practice quality self-care.

Caregiving brings out many different emotions, both positive and negative. Feeling frustrated is a common experience, and taking care of oneself is one of the most important things a caregiver can do to combat these types of negative emotions. Seeking support and maintaining one's health is extremely important as a caregiver. Caregivers should make sure they have dedicated time alone; access to healthful and nourishing food; and ways to incorporate some type of physical activity into their lifestyle. These are simple but important considerations that caregivers need to include in their daily routines so they can continue to care for those who rely on them.

Respite care programs help to balance the needs of the caregiver against their important responsibilities, offering an opportunity for deserving caregivers to rest, recharge, and find relief. Respite programs are also a good way for individuals to try out new living environments without long-term commitments, allowing them to leave physically demanding tasks like shoveling snow or taking care of yard work to others. This freedom allows them to focus on themselves and their loved ones, improving their mental state and enabling them to continue their important work as a caregiver.

Respite care can happen in the caregiver's home, at day-care centers, or at senior living facilities that offer overnight stays. Both in-home care and overnight stays allow caregivers to take an extended break or vacation while the person they care for stays in a supervised, safe environment. Having the right senior care that completely focuses on the health and wellness of patients ultimately promotes physical, emotional, and spiritual wellbeing, and should be applied to both the person receiving care, as well as the caregiver.

The Respite Care Program at Mid Coast Senior Health offers primary caregivers temporary relief from overseeing a sick, aging, or disabled family member. It provides a support system that can offer a sense of security and comfort, as well as help relieve stress, restore energy, and promote life balance.

Our program includes all of the basic services and amenities enjoyed by senior care residents including state-of-the-art medical care, nursing and professional care,



and activities seven days a week, as well as in-home podiatry, dental, therapy, salon services, house-keeping, and laundry. Both the caregiver and the person they are caring for can spend time in safe, supportive environments, as well as participate in activities designed to match personal abilities and needs. Stays can be as short as two weeks, as long as a month, or even open-ended to accommodate your needs.

Some benefits of respite care include:

- A chance to spend time with other friends and family.
- Time to take care of errands such as shopping, exercising, getting a haircut, or going to the doctor.
- Comfort and peace of mind knowing that your family member is spending time with another caring and responsible individual.
- Outside of the Respite Care program at Mid Coast Senior Health, there are other ways for caregivers to find some relief:
- Reach out to family members to engage their assistance. If you have multiple loved ones and friends who can help, consider making an online calendar to help you organize relief. Keep your family up to date on your loved one's condition, and maintain open lines of communication with your loved ones.
- Changing roles can also improve family involvement. There may be different ways of approaching situations, and family can assist with many limitations that may be encountered. Keep an open mind and allow yourself to consider ideas and considerations from those you trust.
- Support groups for caregivers can also offer relief. Learning how other families handle these challenges can provide new strategies for coping. Building and developing peer relationships with other caregivers can also offer opportunities to share respite services. Over time, these individuals can also become close friends who provide immense, invaluable support.

Overall, respite care can provide caregivers a chance to spend time with other friends and family, time to take care of errands such as shopping, exercising, getting a haircut or going to the doctor, and the comfort and peace of mind knowing that the family member in need of care is spending time with another caring and responsible individual. Both the caregiver and the person they are caring for can spend time in safe, supportive environments, as well as participate in activities designed to match personal abilities and needs. Someone who is elderly or ill may feel isolated if time is constantly spent at home. Caregivers can feel isolated too, and respite care can be a welcome break for both of you.

For more information about Mid Coast Senior Health's Respite Care Program, please visit www.midcoastseniorhealth.com or call (207) 373-3646.

Celebrating Twenty Years of Music in April!



Mid Coast–Parkview Health
MaineHealth

Jewelry

Beaded Talbots Bracelet



Hand-beaded Necklace and Earring Set in Bronze and Gold tones

Hand-beaded Necklace and Earring Set in Blue and Purple

Blue Topaz Earrings from Keith Field Goldsmith

Hand-beaded bracelet in Burgundy tones

Hand-beaded Bracelet in Amethyst Jeweled Tones and Silver Pearl

Sterling Silver Compass Necklace



continued on page 20

Find the auction link at www.peopleplusmaine.org

Driving for others!

Can you help a neighbor in need?

People Plus has coordinated over 100,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. 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, Maine Community Fund, United Way of Mid Coast Maine and Spectrum Generations*, who help keep the program growing!

As invested members in our Brunswick Community, Rusty Lantern Market is pleased to support **People Plus** and the *20th Annual Music In April Fundraiser*.



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One of a Kind

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Boothbay Harbor Weekend Away



Natural Bowl Coral

Case of Assorted White Wines Personally Selected by our Board of Directors

Case of Assorted Red Wines Personally Selected by our Board of Directors

Three (3) home-made deep dish fruit pies made by Jane Connors

90 minute On-site Horticultural Consultation

Maine State Music Theatre Season Tickets and Dinner Package

Dinner for Eight (8) with Gentleman Farmer in Maine



Dont'a Hightower Autographed Football

Week at Popham Beach Cottage

Vintage 16th New York Film Festival Framed Poster

Digital Head Shot

Original (still in plastic) "Bert and I" 1958 Record



Four (4) Tickets to a Red Sox Game on May 21

Pasta Making Dinner For Four (4) with Gentleman Farmer in Maine

Tiffany White Photography Family Portrait Session

Private Shopping Party with J'Adore Consignment, Bath, ME



Hand-made Boston Sports Favorites T-Shirt Quilt



Bobby Dalbec Autographed Baseball

Two (2) Tickets to Paul McCartney Concert on June 8

Moosehead Lake Camp Weekend

Kombucha 101

continued on page 23

Find the auction link at www.peopleplusmaine.org

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People Plus - a great deal!

There are tons of good deals out there, but practically nothing beats a membership at People Plus. If you are a resident of Brunswick the cost is \$30 per year and if you live anywhere else, it's only \$35 for the year.

So little for so much. The activities are endless; from lectures on countless subjects to classes on everything under the sun, with online/video options to keep you connected while staying home. Want to join a French, German or Spanish club? We've got it. Want to exercise and work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, riding bikes, writing, and so much more.

And what a great way to meet your friends and make new ones. It is just a very friendly place to gather and spend part of your day. The companionship alone is worth the price of membership. Remember, People Plus is one of the reasons the Brunswick area is one of the very best places for seniors to live in our great state of Maine.

Other benefits include receiving our monthly newspaper and when you show your membership card proudly at area participating businesses, you'll have the opportunity to save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.

Don't miss the special membership deal on page 25!

Kids and Baby

Hand-made Puff Baby Quilt

Handmade Hexagon Puff Baby Quilt

Hand-made Flannel Baby Quilt

Vintage Wooden Bear Pull Toy

Baby Set

Lovely Reversible Baby Quilt

Thomas the Tank Engine Wooden Train Set



Golf



Five (5) Dozen Salvaged Golf Balls

Two (2) hours of Virtual Golf

Brunswick Golf Club Outing for Four (4) Plus Dinner at McAvoy's!

continued on page 26

Find the auction link at www.peopleplusmaine.org

Celebrating  170 Years

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Mon	Tue	Wed	Thu	Fri	Sat
20th Annual Music in April 2022-2023 Mark your calendars for the Live Auction Finale, April 29th, 7-8 pm! Our interactive live auction will be a festive hour of Frank & Stacy entertaining you as they review items and encourage you to bid online – LIVE!				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	9:00 Zumba
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:30pm Spanish Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Loosen Up 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm Women's Tea	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	9:00 Zumba
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:30pm Balance & Falls Clinic with Reform PT 6:00pm Belly Dancing	8:00 AARP Taxes 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Biking Club 12:30pm Medicare 101 2:30pm German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	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	9:00 Zumba
Center Closed PATRIOTS DAY		8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 9:30 Apple Tech Time 12:00pm Lunch and Connections	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	9:00 Zumba
9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:30pm French Club	11am-11pm Gelato Fiasco Teen Center Scoop-a-thon 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm Men's Coffee	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 7:00pm Music in April Live Auction Finale	9:00 Zumba

MID COAST HOSPITAL AUXILIARY

Grand & Glorious Yard Sale

3 ways to be part of the fun!

- DONATE** Drop off your "Good Goods" Saturdays & Wednesdays from April 9-May 14, 9 a.m.-12 p.m. Merrymeeting Plaza, 147 Bath Road in Brunswick (between Pet Smart and Bed, Bath & Beyond) For more information, please call (207) 373-2122 or visit midcoasthealth.com/auxiliary
- TAKE A SNEAK PEEK** Come to the Early Bird Sale Friday, May 20, 5:30-7:30 p.m. Get first dibs on purchasing. \$20 per ticket in advance (\$25 per ticket at the door). Advance tickets are available until 5 p.m. May 18 at Mid Coast Hospital's Gift Shop, Gulf of Maine Books in Brunswick, and Now You're Cooking in Bath.
- FIND A TREASURE** Saturday, May 21, 9 a.m.-3 p.m. and Sunday, May 22, 9 a.m.-12 p.m. Admission is FREE. Proceeds will benefit nursing and health career scholarships.

The yard sale comprises two unique shops located at Merrymeeting Plaza, 147 Bath Road in Brunswick.



midcoasthealth.com/auxiliary



Special Membership Deal!

Register in April for just \$25!

Call or stop by the Center M-F, before 1 pm to purchase your membership!

LOW YEARLY MEMBERSHIP RATES

Brunswick residents: \$30
All other residents: \$35

*Scholarships available

Meals, Clubs, Classes

MEALS

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

Men's Breakfast or Coffee
4th Thursday, time varies by season. Enjoy breakfast or coffee and a treat while socializing with the gents.

Women's Breakfast or Tea
1st Thursday, time varies by season. Enjoy breakfast or tea and a treat while socializing with the ladies.

CLUBS/GROUPS/GAMES

(Free, members only):

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

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

Bridge
Mon, 1 pm. Advanced Bridge. Tues & Thu, 9:30 am. Casual Bridge, all levels welcome.

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

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

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

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

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.

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

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

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

Outing Club
Wed, 9:30 am. Meet for a hike each week at a local or offsite location.

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.

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

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

CLASSES (\$5/members, \$10/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.

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.

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.

Loosen Up!
Mon/Wed/Fri, 9 am. Instructors Bea Blakemore (M) and Suzanne Neveux (W, F). A typical session (standing and seated) Includes

PEOPLE PLUS MEMBERSHIP APPLICATION

(35 Union Street), PO Box 766, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

Yearly Dues (Scholarships Available) <input type="checkbox"/> Brunswick (__ New __ Renew): \$30 <input type="checkbox"/> Other towns (__ New __ Renew): \$35 <input type="checkbox"/> Lifetime Member (65 or over): \$300 OFFICE USE: <input type="checkbox"/> Account <input type="checkbox"/> Data <input type="checkbox"/> Card Sent	Cash/Check (Payable to People Plus) Membership Dues: \$ _____ Additional Donation*: \$ _____ (*donations above membership dues are tax deductible) Total: \$ _____	Volunteer Opportunities at People Plus I'd like more information about: <input type="checkbox"/> Lunch Crew: cook/setup/cleanup <input type="checkbox"/> Reception: check-in/phone <input type="checkbox"/> Volunteer driving: rides to appts/shopping <input type="checkbox"/> Meals on Wheels <input type="checkbox"/> Teen Center
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Sure, Brunswick, ME is nice to visit.



But it's even better to call home.

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Help us Buy a Van!

A funding drive is underway to purchase a minivan that will be used to transport Brunswick area teens in grades six through 12 after school to the Teen Center program at People Plus. The van will also be used for both the Teens and People Plus seniors for outings, meals and other adventures!



“With all that went on during the two-year pandemic and everything else, our teens really need a place to unwind and be themselves. Coming up with an alternative (for rides) is crucial now and for the future,” said Jordan Cardone, Teen Center Coordinator.

“We hope that everyone knows of the valuable services we offer at the Center and also hope that our members and community partners will pitch in all together to help buy the minivan!” said Executive Director Stacy Frizzle-Edgerton. “Thank you to everyone who has already donated!”



TEEN CENTER MEMBERS WERE EXCITED to see the new minivan and can't wait to get a ride! Looks like they will love it!

Keep moving with People Plus!



At People Plus, we are here to help you get moving. With a long list of exercise class options to choose from every week, there is no shortage of activities to help you become and stay active throughout the entire year.



The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older may not be as loose and limber or trim and fit as they used to be, and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually why anyone should undertake exercise, and starting a program is super easy at People Plus.



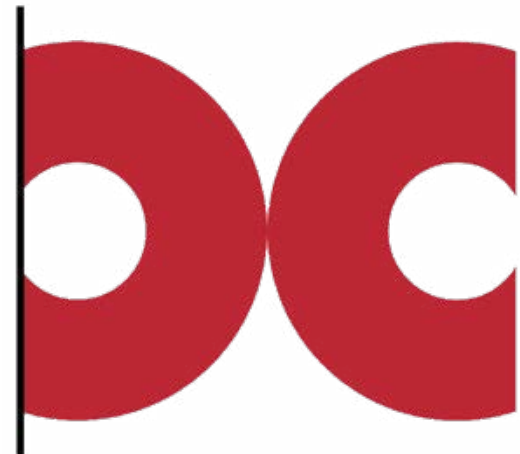
All of our classes are fun and accessible to everyone at all fitness levels AND are free the first time - so you can try it out! Check our online calendar for class details.

Or if you just want to try it from home, we have an entire video library available at www.peopleplusmaine.org with hundreds of exercise classes, programs, and more! Try any class – any time – from the comfort of your home for FREE!



Sooooo, come on down to People Plus OR stay at home – either way we hope you'll give it a try! Let's stave off the winter blues, scare away that winter weight, and end up next spring feeling happy, healthy and connected!

Proud sponsor of People Plus and the 20th Annual Music in April!



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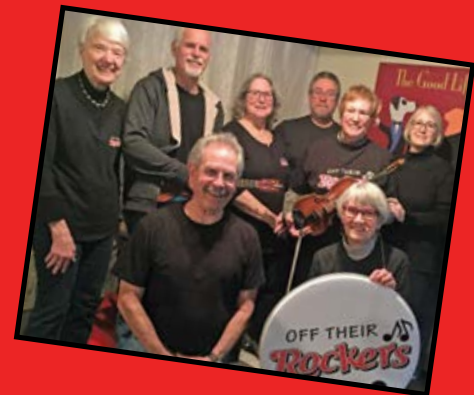
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Happy 20th Music in April!



OFF THEIR ROCKERS

An eclectic rock-and-roll band supporting non-profits and having fun.



Off Their Rockers is jamming to support People Plus!

For the Home

Whimsical hand carved painted pig set

Turquoise Enamel Lobster Pot

Kindle



Satin Pillow Cases - King Size - Grey

Satin Pillow Cases - Standard Size - White

MacKenzie-Childs Nutcracker Mug Tower Set

Avon Twinkling Musical Teddies Collectible

Large Beveled Glass Mirror

SMPL One-Touch Music Player

"The World's Best Pre-lit Concolor Fir" Christmas Tree from Hammacher Schlemmer

Hand-carved and painted Standing Eagle

Picnic Basket Package

Set of Spiegelau White Wine Glasses

Ceramic Decorative Vase

Lobster Wood Art

Granite Lazy Susan



Vintage Louis Mulcahy Brown Vase, Dingle, Ireland

Ben Owen Pottery Shop Small Bud Vase

Set of Four (4) Polish Mugs

Maine Motif Art - "The Venus-mytilus Rockettes" by Claude Bonang

Hand Beaded Christmas Ball Set

Hand-Carved and Painted Northern Cardinal

Swarovski Crystal Seahorses

Hand-made Bird Themed Quilted Wall Hanging

Gold Mosaic Tile Pier 1 Vase

Metal Art Cat Candle Holder



Waterford John Rocha "Signature" Crystal White Wine Goblets

Pier 1 Imports Round C-Table with Mosaic Accents

Hand-made Amish Picnic Basket

Handmade Pinecone Wreath

Easeurlife Computer Monitor Riser Multi Media Desktop Stand

Holiday Lighted Snowman

Vintage Poppytrail Pottery Canister Set

Golden Hour "One-of" Edition Owl Mug

continued on page 29

Find the auction link at www.peopleplusmaine.org

More For the Home

Gentleman Farmer in Maine Handcrafted Cherry Cutting Board

Georgetown Pottery Dinnerware Set

Pfaltzgraff Winterberry Pedestal Dessert Bowls

Pfaltzgraff Snow Bear Dinner Set

Seawicks Candle and Dish Towel Set

Handcrafted Casserole Dish

Shaker Nesting Boxes

Pfaltzgraff Frosted Floating Candle

Hand-made Lap Quilt

Pier 1 Imports Leaf Accent Table

Hand-made Artisanal Knife

Kazi Extra Large Bowl (Basket)

Blackstone Culinary 3-Burner Liquid Propane Flat Top Grill from Lowe's



Howard Miller York Station Oversized Clock

continued on page 30

Find the auction link at www.peopleplusmaine.org

How are you today??

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.peopleplusmaine.org/good-morning-program.



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





JUNE 8 - 25



JUNE 29 - JULY 16



JULY 20 - AUG 6



AUG 10 - 27



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- Vintage Wedgwood "Bowdoin College 1948" Plate Trio
- Vintage Wedgwood "Bowdoin College 1931" Plate Set
- Vintage Painted Ceramic Dog Figurine
- Vintage Painted Ceramic Chinese Umbrella Stand
- Vintage Ceramic Sea Captain Fisherman Decor Table Lamp
- Art Murano Glass Dove Sculpture
- Vintage Wedgwood "The Washington Elm Cambridge" Plate
- Vintage Amber "Patricia" Pattern Round Plate
- Brunswick Commemorative Plate Collection
- Vintage Copper Mayan Calendar Plate
- Vintage Crown Staffordshire Trinket Box in Blue Bow Pattern
- Vintage Framed Acorn Sampler Cross Stitch
- Sheffield Silver Co Silver Plated Serving Set
- Vintage Cat Cross Stitch
- Vintage Punch Bowl Set (with two bowls!)
- Vintage Longaberger Golden Fields Medium Flare Basket
- Vintage Longaberger 2001 Tarragon Booking Basket
- Instant "Camp" Game Package
- Vintage Glass Canister Set
- Large Vintage Art Deco Mirror
- Antique Limoge France Floral Serving Tray
- Pair of Mt. Ararat Stadium Seats
- Carnival Glass Pedastel Bowl
- Antique Caned Armchair
- Vintage Ship Model of the Clipper ship Rainbow



Find the auction link at www.peopleplusmaine.org

What's the Scoop?

BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

Come to Gelato Fiasco on April 27, 11am-11pm



Gelato Fiasco will donate a portion of sales **all day April 27th.**



EXPERTS ON AGING

Central Maine Area Agency on Aging & Aging and Disability Resource Center

We are continuously and diligently working to be a **community solution** for Maine's aging and disabled population.

Call or visit us today to see how we can help you!

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