



Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus
P. O. Box 766
Brunswick, ME
04011-0766

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

35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org

December 2023

Volume 23, No. 12



United in service to our community! People



PEOPLE PLUS AND SPECTRUM GENERATIONS (SG) HAVE PARTNERED IN SERVICE TO SENIORS FOR 10 YEARS! Last month SG hosted a pizza party and conversation with President and CEO Gerard Queally at the Center. About 35 people were provided the opportunity to ask questions, express concerns, and generally chat about the state of aging in Maine. It was a really good Q&A session that lasted over an hour and a half. The pizza was delicious thanks to Rusty Lantern Market. In addition to the talk, SG sponsored a flu and Covid vaccine clinic at the Center! The medical staff from Northern Light Health administered over 60 shots! Services provided by Spectrum Generations include free aging and disability resource counseling sessions, as well as Meals on Wheels and Medicare counseling. People Plus provides health and wellness opportunities, meals, social clubs, and technology support – partnering with Spectrum Generations as a full-service center serving our older adults community.



‘Tis the season for giving back!

Will you join us in supporting your community this holiday season? A financial gift to the Center, a gift to fill the stockings for the Teen Center, a donation of canned goods for Frank’s red wheelbarrow, or your volunteer time and effort – giving a neighbor a ride, picking up someone’s groceries, or lending a hand at the Center. There are so many ways for each of us to give back... as we take care of those who have less. Thank you!

Help fill our teens’ stockings!

Seeking donations:

- \$15 Visa gift cards
- Smitty’s movie ticket vouchers
- Fun and comfy socks for boys & girls (medium adult size)



Help us help others... and help yourself, too!

People Plus is all about helping others, and donating to our Annual Fund helps us do that. It also helps you because it turns out giving is good for your health! (See highlight box.)

You probably have received your Annual Fund appeal letter for what is our largest fundraiser of the year – one that is absolutely critical to the success of our activities and outreach. We appreciate whatever you can give, because it’s how our organization keeps going. The bottom line is that we need your generosity in order to: sponsor breakfasts and lunches to

“We are hopeful our members and community partners will continue to send their contributions to keep this Center going,” says Stacy. “We welcome the challenge to provide these services and your support is invaluable.”

The programs and services that are facilitated by staff and volunteers at the Center have a tremendous impact on literally thousands of people. More than 1,500 members can take exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games, attend presentations; the list is almost endless.

It’s a place to meet and make new friends.

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, but the Center must raise over \$300,000 a year to meet the total budget demands. We build community and you are an important part of that community!

Donations can be mailed to People Plus, PO Box 766, Brunswick, ME 04011 or to donate online scan the QR code below or visit www.peopleplusmaine.org and click Give Now. For more information visit www.peopleplusmaine.org or call 729-0757.

As always, we thank you for supporting the People Plus Center!



Feeling groovy

It turns out that the joy of giving has a scientific basis! Research cited by the Cleveland Clinic shows that when you give a gift or volunteer your time, the human brain secretes ‘feel-good chemicals’ like serotonin and dopamine. Additionally, helping others can boost your physical and mental health by lowering your blood pressure and reducing cortisol, the stress hormone that causes anxiety. Giving/helping can also combat depression by stimulating your brain’s reward center – ultimately leading to a “helper’s high” that boosts self-esteem and happiness. It’s a win-win!

Come celebrate the season with us!

December’s musical luncheon features holiday caroling, students singing and a cookie swap!



Thursday, Dec. 21, 11:15 am. Join us for our December luncheon featuring carols sung by the Brunswick High School Honors Chamber and Treble choirs followed by a meal of baked ham with raisin sauce on the side, honey-glazed carrots, buttered green beans, cheesy potato casserole, traditional green salad, corn bread, and for dessert our annual cookie swap takes center stage. Bring a dozen or more of your favorite holiday treats to share on our dessert buffet!

Meals are underwritten by our friends at Spectrum Generations and are intended to focus on nutrition, useful information, variety, socialization, and fun.

This month, the dining room opens at 10:30 am. **Please be in your seats by 11:15 am** as the choirs will start singing at 11:30. Lunch will be served at noon, following the caroling! Wear festive attire! MEMBERS ONLY, \$7 (check out the new Lunch & Connections punch card on page 4!) Registration is required; call the Center starting Dec. 1 at 729-0757.



Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email news@peopleplusmaine.org.

ADVERTISE WITH US!

Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. For advertising or sponsorship queries, please contact Barbara at 729-0757 or office@peopleplusmaine.org. Submissions must be received by the 15th to be included in the next month's edition.

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Check out past newspapers at www.peopleplusmaine.org

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Creating a community of busy bees

We've been creating an apiary for the last year or so up at Mossy Ledge Farm, our home in Bowdoin. Jonathan took the beekeeping class last winter and constructed our hives in the spring. Our new, busy baby bees came home to their freshly painted, creamy-yellow hive boxes in May, and it's been an adventure ever since!

The practice of beekeeping is in many ways the study of how community works together for productivity and success. And it's been a fascinating journey as we begin to get to know our bees and how they function, how they thrive, and how every facet of their existence is based on a healthy hive community.

I still know very little about beekeeping, however Jonathan got me my very own beekeeping suit, so I donned it last month to see how he "puts the bees to bed" for the winter. It was fascinating and incredible to be up close to so many tiny creatures who were not particularly happy to have us there. They got right down to protecting their hive, protecting their queen and letting us know in hundreds of buzzing little ways that they were not happy.

As we opened the hives to get them cleaned up before we gave them food for the winter and then wrapped the boxes in their winter insulation, we could clearly see the different roles of all the bees.

First of all, I did not know that the majority of the hive is made up of female worker bees. They all have different jobs that include building the wax structure of honeycomb, gathering nectar and pollen out in the world, cleaning the hive and disposing of waste product, caring for the queen and all of the eggs that she lays.

There are even female worker bees who guard and act as security for the hives and in general the bees go about their business, keeping busy in their well-structured community.



There are male bees as well – the drones – but not really all that many of them, and their primary purpose is to fertilize the queen's eggs. In fact, they don't really need that many drones to do the job, so over the winter months the females will often push them out of the hive so they don't need to feed them all winter.

And lastly, the role of the queen is to lay the precious eggs. If she's a good queen, she will keep her community happy through years of healthy egg-laying, and general community wellness. If the queen is not doing well, or if the bees think that hot weather or cold weather or other issues are being caused by the queen, they have no problem pushing her out of the hive and making a new queen for the throne.

There are so many facets of our beehives that reminded me of our busy little community at People Plus... For instance we are primarily an all-female team, with Frank Connors and Taylor Carter as our token "drones." Lucky for them, we do plan to feed them this winter. And our amazing staff of ladies is always



From the Executive Director
Stacy Frizzle-Edgerton



busy as bees as we zip around fulfilling the many jobs at the Center. And we definitely have some jobs that are just like the beehive: gatekeeper, housecleaner, program manager, nutrition manager – and we all try to share the jobs equally. And I suppose that puts me in the less-than-noble role of the queen, and I have no doubt that if I wasn't doing my job, my staff would let me know about it! After all, we all have one goal of supporting our amazing community hive.

And that incredible hive would not function without our hundreds of busy volunteer bees. They are the lifeblood of what we do at People Plus and most of our best stuff would not happen without them! They are the true workers in this hive and they make us lunch every month, drive homebound elders for free, teach classes, run the clubs, stuff fundraising envelopes, manage the organization as board trustees, and help us create the incredibly happy environment at the Center.

So the next time you're down at the People Plus Center, I hope you realize how sweet we think our jobs are as we buzz about the place making sure everyone in our community has access to health and wellness opportunities, a nutritious meal, a free ride, educational clubs and classes and fun social events.

And at our farm, Jonathan and I can't wait to see our bees again in the spring – to have a look at how they've fared this winter and to see the golden amber of their community and how it has grown.



How to navigate holiday meal bonanzas

I like to remind myself of the tools and strategies I use to help me make good food choices most of the time. This is especially important as we approach the holidays that often have many gatherings. We may have many reasons why we want to make good choices over the holidays. My "why" is that I do not want to feel overfull after a meal. I was overfull after a Thanksgiving meal and I do not want to feel that way again! Here are some tools and strategies that you might find

From Anita's Plate

Anita Nugent
(207) 504-6439
info@nutritionforeveryday.com

- helpful this holiday season:
• Try not to go to a party hungry.
• Bring a healthy food choice.
• When you are the host, try to make just enough food.
• Think about what you are going to put on the plate.
• Put plenty of veggies on your plate.
• Eat mindfully.
• Listen to your level of fullness. Try to be satisfied, not full.
• Pause, delay, and wait 15 minutes when you want to go back for more.

I hope that you find a tool or strategy that helps you navigate the food choices at your holiday gatherings. Enjoy!

Labne yogurt dip

- Ingredients:
• 1 container of labne (You can find this near the hummus.)
• Drizzle of lemon olive oil
• Drizzle of honey
• (Optional) Sprinkle of Skordo Syrian Za'atar (my daughter got this from a craft fair.)
• Red and green pepper strips

- Directions:
1. Place the labne on a festive plate.
2. Add the next three ingredients.
3. Circle the pepper all around the dip.
Note: I recently made this when I visited my brother in Boston. He texted me a few days later asking for the recipe!



DURING THIS SEASON OF GIVING all the kids at the Teen Center program are hopeful that you'll help them reach their Annual Fund goal of \$45,000 this year! Artist Charlie Hewitt (inset) has done his share by donating this amazing "Hopeful" sign to raise funds for the Teen Center program. It was auctioned off at Music in April and brought in nearly \$10,000 for the kids!

Charlie was a member of the Teen Center program in Brunswick while his dad was stationed at Brunswick Naval Air Station in the '60s. It was his place of safety and respite during a tumultuous time in his teen years. Will you help us keep it that way for the kids now? Thank you in advance for your donations!

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Books a la Carte
If you want to meet people who like to read, Books a la Carte might be for you. There is no assigned list. We talk about books of all types. Send comments to news@peopleplusmaine.org. Thanks. December recommendations:
FICTION
About a Boy by Nick Hornby. A confirmed bachelor in the process of trying to find bedable partners, becomes the friend of a very bright but socially clueless 12-year-old. The story describes their developing relationship.
11/22/63 by Stephen King. This work is more a time travel book than historical fiction. How would life be different if JFK had not been assassinated? King's imagination is on display.
This Other Eden by Paul Harding. This story is inspired by the people who lived on Malaga Island off the coast of Maine in the late 19th and early 20th Century.
Boston Noir. These short stories by assorted authors take place in various Boston neighborhoods.
The Midnight Library by Matt Haig. Nora Seed's life hits bottom when she suffers a series of losses. An attempted suicide sends her to the Midnight Library, where she tries on parallel lives based on books.
NONFICTION
On Great Fields - The Life and Unlikely Heroism of Joshua Lawrence Chamberlain by Ronald C. White. This new Chamberlain bio emphasizes his moral and religious beliefs and how his character affected everything he did.
Full Fathom Five: A Daughter's Search by Mary Lee Fowler. This Brunswick's author's father died in WWII before she was born. Her mother remarried quickly. This memoir examines those events, amid the search to discover what happened to her father's submarine.
Case Closed by Gerald Posner. This outlier book dared to argue that Lee Harvey Oswald acted alone. It confronts the conspiracy theory point-by-point.
The Woman Behind the New Deal by Kristen Downey. This is the remarkable story of Frances Perkins, who impacted the lives of every American living today. When asked by FDR to become the Secretary of Labor, she agreed only if he would support her efforts to help the elderly, unemployed, underpaid, and sick.
Fatherland by Burkhard Bilger. This memoir about war, conscience, and family secrets is set around Alsace in France. A German-American wonders how culpable his maternal grandfather is for Nazi atrocities during WWII.
Killers of the Flower Moon by David Grann. Members of the oil-rich Osage nation in Oklahoma in 1921 were being murdered in an attempt to take over their property. The FBI was sent in to solve the case. It's now a movie.
Also a Long Way Gone by Ishmael Beah. In this memoir, the author writes about fleeing rebels in Sierra Leone, then being picked up by the army and forced to become a soldier at 13.
MYSTERY NOVEL
The Bombay Prince by Sujata Massey. Bombay's first female lawyer in 1920's India becomes involved in the death of a university student during a royal visit. Local politics, riots, and British security play out.

What's Happening at the Center!



Holiday food drive adds cash donations to the cause

Visiting the Center last month to pick up the first donations of the 2023 Holiday Food Drive, organizer Frank Connors (staffer emeritus) was approached by a generous member who wanted to offer money in place of non-perishable foods. When Frank said he'd happily take his check, the member said, "Why don't you challenge members to raise \$1,000, along with your traditional goals of 1,000 pieces weighing 1,000 pounds?" That posed the question, "Why not?"

Since around 2009, People Plus has marked the holiday season by trying to collect and deliver at least 1,000 "pieces and pounds" of non-perishable food to benefit the Mid Coast Hunger Prevention Program. More years than not, several checks to benefit MCHPP have accompanied the donation of foodstuffs. "Why not dollars?" Connors asks. Indeed why not, because according to Rena Pulfer at

MCHPP, "We can turn every \$1 donated into \$3 worth of food." (To do that, they leverage their food network such as federal programs and community partners.)

Last year's goal was met "just in the nick of time," Connors notes. So once again, Christmas Eve last, he put on his Santa suit and delivered the last of the collected food to the MCHPP center at Brunswick Landing. "That's the deal," Frank explains: "We reach the goal before Christmas, I put on the suit, and say thank you to everyone who participates."

This year's drive is off to a good start. Frank's famous lobby wheelbarrow was filled 2-3 times before Thanksgiving, and he's confident this season will be another success story. "Members of this Center have such a history of generosity – 1,000 pieces, 1,000 pounds, \$1,000 dollars," he says. As Frank says, "Why not?"

WEDNESDAY WALKERS

Wednesday Walkers Club Destinations for December:

Please note the meeting time for each week. Call 729-0757 to let staff know if you will need or can give a ride. In inclement weather walk will move indoors to the Rec Center track. Note time change to 1 pm for the colder months. **Walks begin once carpool arrives.

Dec. 6. Planning meeting & coffee at PP @1 pm. Come share your ideas and help plan the walks for January!

Dec. 13. Kate Furbish East Carpool: meet @PP by 12:45 pm or arrive at the site by 1 pm.**

Dec. 20. Swinging Bridge Walk. Arrive at PP by 1 pm.

Dec. 27. Mitchell Field, Harpswell. Carpool: meet @PP by 12:30pm or arrive at the site by 1 pm.**

Register at 729-0757

Exercise at the Center!

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre - \$5/class for members (\$10 for non-members)

Donation "tree"

Frankie's back in the Center lobby! Among the decorations you'll see wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Teen Center, gas cards for the Volunteer Transportation Network, and other items for the Center.



Balance & Falls Clinic with Reform Physical Therapy

Monday, December 11, 1:30 pm. Dr. Christina Levesque, PT, DPT of Reform PT is back for her famous quarterly Balance and Falls Clinic at the Center. She will teach us what balance means, how to prevent a fall, and how to properly handle a fall if one occurs – very important information, especially during the winter months! Free, open to the public. FULL - call to be put on the waiting list.

Good Eats – Good Friends!

Women's Breakfast

Thu, Dec. 7, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men's Breakfast

Thu, Dec. 14, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

Apple Device Tutoring

Thursdays, 9:30-12noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, MacBook, etc. Members only, by appointment, call 729-0757.

Program Notes for December:

- Wednesday Walkers moves to 1 pm
- Note time change for lunch on Dec 21: Choirs, Carols and Cookies! See page 1
- No Art class Thursday, Dec. 21
- Center closed Monday, Dec. 25
- Center closed Monday, Jan. 1

Calling all game players!

Play Bridge, Cribbage and Mah-Jongg several days a week. Free, members only.

CENTER CLUBS

FREE- members only, however anyone can try any club once!
FMI: 729-0757

"Bandstand!" Dance Club
Wed, Dec. 13, 1:30 pm ('80s music) Join this casual group to enjoy unstructured dancing and socializing!

Apple Club
Thu, Dec. 14, 1:30 pm. Bring your Apple device and questions.

Table Tennis
Mon & Tue, 11 am; Thu, 9 am; Sat, 10:15. *Times are subject to change; check online calendar.

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

Fiber Spinners
2nd & 4th Fridays, 10 am. Bring your spinning wheel or spindle to chat with friends while you transform fiber into yarn.

Wednesday Walkers
Wednesdays, 1:00 pm. Meet for a walk or hike (usually an hour). Destination/ carpool info listed in the People Plus News and "Peek at the Week" email.

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

Civil War & History Book Club
3rd Monday, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

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

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

Books a la Carte
3rd Tuesday, 2 pm. Join an interesting and fun discussion about books and authors with varied genres and no assigned reading list.

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

Mon	Tue	Wed	Thu	Fri	Sat		
People Plus THE CENTER THAT BUILDS COMMUNITY SINCE 1976 Scan QR code for People Plus online calendar HOURS Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm Call 729-0757 to register for activities			1 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 3:30pm Frank's Field Trip - "Gardens Aglow" 6:30pm Folk Dance Brunswick		2 9:00 Zumba 10:15 Table Tennis		
4 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	5 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters	6 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Wednesday Walkers 6:00pm Belly Dancing	7 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 11:00 Yoga 6:00pm Int/Adv Belly Dancing Hanukkah begins at sundown	8 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9 9:00 Zumba 10:15 Table Tennis		
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18 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club	19 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:30pm Toastmasters	20 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Wednesday Walkers	21 9:30 Apple Tech Tutoring 11:15 Lunch and Connections "Choirs/Carols/Cookies" 6:00pm Int/Adv Belly Dancing	22 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	23 9:00 Zumba 10:15 Table Tennis		
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NEW Lunch & Connections Punch Cards!

With the great success of our Activity Punch Cards, we have added Lunch & Connections punch cards. \$35 for 5 lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!



People Plus Elves Love to Give Back!



Calendar page sponsored by Mid Coast-Parkview Health
MaineHealth

Travel with your friends at People Plus and Collette Travel!

Alaska Discovery Land & Cruise - deposit due 1/24/24
July 31-Aug. 11, 2024. Trip features a 7-night Holland America Cruise. Highlights include Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Dined Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, and Inside Passage. FMI gateway.gocollette.com/link/1190235

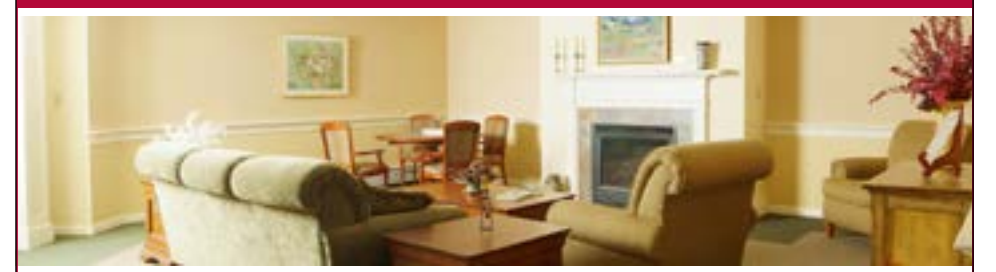
Majestic Cities of Central & Eastern Europe - deposit due 2/21/24
Sept. 29-Oct. 12, 2024. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Berlin, Dresden, Prague, Prague Castle, Vienna, Schonbrunn Palace, Viennese Candy Workshop, Impact Moment, Budapest, Dinner with Locals, Matthias Church, and choice of House of Terror Museum or Szechenyi Thermal Baths, Krakow, Auschwitz. FMI gateway.gocollette.com/link/1190186



The Plains of Africa - deposit due 9/21/24
April 27-May 10, 2025. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Nairobi, Aberdare National Park, Shaba National Reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 11 Game Drives, and Africa's "Big 5". Visit with Rothschild giraffes up-close at a sanctuary, learn the traditions of the Saburu people during visit with a tribe member and enrich yourself in the culture during a visit to a Masai village. FMI gateway.gocollette.com/link/1190216



Welcome Home



Mid Coast Senior Health Assisted Living at Thornton Hall offers a relaxed environment with professional care services that encourages each resident to live as independently and comfortably as possible. We invite you to come visit our warm and inviting home, and learn about the breadth of healthcare services and social activities readily available.

For more information or to schedule a tour, please call (207) 373-3646 or visit www.midcoastseniorhealth.com

Mid Coast Senior Health
MaineHealth

Get fit and have fun for free in January!

Yoga

Wednesday Walkers

Table Tennis

Write On Writers

Fiber Spinners

Qigong

Mah-Jongg

Chair Yoga

Cribbage

Bridge

Zumba

Art Class

Fiber Arts

Check out People Plus for everything you need to stay healthy, engaged, and busy this coming year – as we offer clubs, lectures, meals, games, and fun! When your body is moving, your brain is working, you're eating well, and you're having fun with others, then you've got the full package of wellness. Join us at the Center for clubs, games, lectures, meals, exercise classes, technology support, grocery and pharmacy deliveries, videos, and more! There is always something going on – and in January it's all free for new attendees – membership not required! As we enter 2024, let's resolve to make it our best year ever!

Holiday donations bring cheer to Meals on Wheels



Left: Bath Garden Club volunteers show off some of the holiday greenery decorations donated by the club to Meals on Wheels recipients every year! Bringing a little holiday cheer to homebound elders on the Midcoast, these adorable table centerpieces come in a cup that can also later be used to fill with a cozy hot chocolate or coffee this winter. Meals on Wheels, a Spectrum Generations program that runs out of the People Plus Center, is very grateful for the partnership and donation from the Bath Garden Club for almost 10 years!

Right: Brunswick High School choir member Owyn Moncure and BHS Music Booster (and People Plus member!) Joseph Lisi, helped deliver over 80 beautiful poinsettias to the Center last month for the Spectrum Generations Meals on Wheels program. The holiday flowers were delivered to MOW consumers along with their weekly meals. The BHS Music Boosters hold an annual poinsettia sale partnering with Skillins Greenhouses, and one option is to purchase plants to donate to Meals on Wheels, a great way to bring holiday cheer to those in need.

Elder Memoirs Project

Join the Elder Memoirs Project and write your story!

Midcoast Literacy is seeking new participants for its Elder Memoirs Project to write your life story. You'll meet with trained volunteers (typically Bowdoin students) one-on-one, once a week for 8 weeks to create an original book that captures your special story, photos and memories. You'll finish with a spiral-bound copy of your personal history that you can share with family and friends! FMI contact Midcoast Literacy at 443-6384 or admin@midcoastlit.org.

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December 9 and 16, 2023

IN CAPE ELIZABETH AND BRUNSWICK

Classical Uprising | 2023-2024 Season
Emily Isaacson, Artistic Director
classicaluprising.org

Saturday, Dec. 9 | 1, 3 and 5 pm.
St. Alban's Episcopal Church, Cape Elizabeth

Saturday, Dec. 16 | 3 and 5 pm.
St. John the Baptist Church, Brunswick

Reconnect with your children, your inner child, and the spirit of the season. This family-friendly event, dubbed "a gift to the community, a rare moment of love and light," includes sing-along carols and a cocoa and cookies reception.

TICKETS: Adults \$25/Under 18 \$10. Advance tickets highly recommended. FMI or to purchase, visit classicaluprising.org/tickets.

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Season's Greetings from the Write on Writers

The Signs of Christmas

By P.K. Allen



Fir trees all lit up
Carolers at the door
Last minute shopping
In a department store
Scenes of the Nativity
Decorate the town
Cold winter wind
Snow falling down
Children sitting on Santa's lap
Excited and full of glee
Asking for toys and presents
Under their Christmas tree

But it has a deeper significance
More important than material things
You can feel it in your heart
By the warmth that it brings

So we gather at Christmas services
To celebrate the life
Of a man born 2,000 years ago
To relieve mankind of its strife

Shopping

By Bonnie Wheeler

Christmas Eve was freezing cold and icy – not a shopping day, but I could not disappoint my 4-year-old grandson, Branden. It was his day to buy his Christmas presents. He had his list and 10 dollars. Since it was so bad outside and I had to go grocery shopping, I decided he could do his shopping at the base commissary while I picked up food, so off we went. I convinced him it would be better than Walmart, and it was. He chose a box of candy for his mother and me. Of course, I did not watch. He chose cans of nuts for his dad and pop. He chose holiday LifeSavers and a favorite cereal for his brother and sister, cookies for Santa, and carrots for the reindeer – all good choices. All went well. Now, with five rolls of tape, he was wrapping his gifts.

We made it home safely and happy to be off the icy roads. Everything was wrapped and ready for placing under their tree. When his mom came to pick him up, he was so excited, he ran to tell her he had done all his Christmas shopping with Meme at the cemetery.

Christmas Story Memories

By Betty Bavor

Christmas decorations, planning, and holiday spirit began after Thanksgiving when I was growing up. Our Sunday school teachers directed the story of Jesus' birth for us to present at the family Christmas Eve afternoon service. We all looked forward to who the cast would be in the pageant. Our teachers must have made the selections; there were no auditions. Mary and Joseph, angels, wise men and animals, there was a part for everyone. Each year we experienced a new part in the performance. I remember how proud I was when my brother was Joseph. Years later, I was Mary. We girls enjoyed being angels with sparkling halos. The boys liked being animals with no verbal lines to learn.

Sunday school classes were on hold as we practiced for this annual pageant. Costumes, carefully stored from former

years, were retrieved from the closet and spruced up to fit the characters. We practiced singing related Christmas carols and memorized our speaking parts. "Away in the Manger" and "Silent Night," the finale with all the cast gathered before the congregation, were my favorites. The sanctuary was transformed with a manger, the Star of Bethlehem, and related scenery. Every pew in the church was filled on this glorious afternoon.

After refreshments and fellowship, Christmas wishes with family and friends, we departed. The Midnight Candlelight Service was for adults. We children were tucked snug in our beds waiting for Santa Claus to come down the chimney! Cherished memories.

May the magic and wonder of Christmas bless your home and bring you peace in the New Year. Merry Christmas, everyone.



The Spell of Christmas

By P.K. Allen

C is for Christmas tree, all lit up at night
H is for Happiness, brought on by such a sight
R is for Reindeer, harnessed and ready to leave
I is for Icicles, hanging from the eave
S is for Santa, all dressed for the flight
T is for Toys, that he'll deliver tonight
M is for Manger, as peaceful as can be
A is for Angel, placed atop of the tree, and
S is for Savior, who saved both you and me

Christmas Wish

By Bonnie Wheeler

What would your perfect Christmas gift be?
Lots of money? A new car? A 50-inch TV?
I'm thinking my wish would be
Sitting safe and warm by my Christmas tree
Beside family and friends singing Christmas songs with me
With a grateful heart to be living free

ChristmasTime

By P.K. Allen

T'was the day before Christmas
People shopping around
For last-minute Christmas presents
All over the town
While children wait impatiently
For morning to come
To open those presents
Marked – to who and who from
As nighttime approaches
Excitement is on the rise
Nearing the time
For Santa Clause to arrive

And when the morning sun rises
Faces light up with glee
To see all those presents
Wrapped under the tree



Family gift exchanges

By Sue Linkel

By now you all must be aware that I come from an unusual family. We drew names for gift exchange with our extended family members. One Christmas we decided that we would all be required to get next year's gifts from yard sales or rummage sales with the usual price limit. That gave us a whole year to shop. We had more fun opening those gifts and hearing from our extended families what they got. One newcomer to Maine

received an old used chainsaw with a 6-pack of Moxie. Lance was delighted with his high school mug with his name on it that he got at graduation. It disappeared years ago. It had been found at a rummage sale in Massachusetts. Grandson Daniel was given a decorated Christmas tree costume which he put to use the next Halloween.

Every year someone received an old ugly urn and passed it on, sometimes out of state to those

who lived elsewhere, but still participated. (I usually picked the names to send to them.)

After a while the urn disappeared. Johanna, who started the urn tradition, passed away nine years ago and her children were pleased to locate it and honored her by storing her ashes in it. Recalling her great sense of humor, I'm sure she was laughing about it.

So – beware of gag gifts! You never know what will happen!

Christmas Eve

By Sue Linkel

When I was a child, on Christmas Eve there was no tree or decorations. We hung up our stockings and went to bed. The next morning it seemed that magically everything in all its glory appeared. The tree was all lit up, decorated, and surrounded by wrapped presents. That was the custom then. Of course that was 80 some years ago. But times have changed and trees, etc., begin to appear even before Halloween!

We tried to keep the old tradition alive by waiting till Christmas Eve to put up our tree. One year with a new baby due any day and John away in Maine where he accepted a new job, he came home in time to spend the holiday with us. We were to move to Maine in a couple of weeks.

So we went shopping for a tree on Christmas Eve, but not one single tree lot was still open! One store had some trees piled up ready for disposal behind it. They said we could have anything we could find. The best we could find was not very pretty, so we took an extra tree for branches to fill in where needed. The kids were disappointed and complained.

One of them declared in a disapproving voice, "Charlie Brown would sure be proud of us!" We began laughing and making jokes and had a lot of fun decorating that sad tree. It didn't look too bad all decorated, but it didn't look too good either.

Over the years memories of Christmases sort of blend together but that tree and year is remembered more vividly than any other. It is referred as the "Charlie Brown Christmas Tree Year!"



The Spirit of Christmas

By P.K. Allen

The socks were all hung on the mantle with care, Just so the kids would believe Santa was there.

Of the cookies and sugar we left on the sill, Santa and his reindeer had eaten their fill.

The presents were placed neatly under the tree, And at six in the morning the kids shouted with glee.

One at a time they opened each gift, Which to their spirits brought a great lift.

It's a time for joy, may it never cease, And to the whole world bring love and peace.



The Day After

By Bonnie Wheeler

A mess around the Christmas tree
The aftermath of wrapping glee
Happy tired children
Too much excitement
Adults stuffed and sleepy
A successful Christmas day
Wouldn't you say?



Christmas Coffee Cup

By Bonnie Wheeler

Thanks for the present of the red coffee cup for Christmas. He loves it and uses it every day. There is one problem though, he forgets it in the microwave oven and then hunts around for it for half a day. He also leaves it in his van or on the garage shelf. He frets and complains when he loses his cup. So please, next year for his sake and mine, give him a cup with a beeper.



Christmas Travel Problems

By Vince McDermott

I just watched the updated Christmas weather forecast. There will be snowstorms over much of the eastern United States.

I hate snow and ice. I can't tell you how many times my sleigh has almost slid off rooftops. And it is almost impossible to climb down snow-clogged chimneys.

But I'm just supposed to say "Ho, ho, ho," and carry on. I'm getting much too old for this. I've been doing it for many, many years. I'd like to retire, but there is nobody to take my place. So I'll just have to keep on going. "Ho, ho, ho." Right.



A winter song

By Bonnie Wheeler

Standing at my door, looking out at the snow,
dreading the blast of cold air as I step out,
I stop to listen to a wee bird singing.
I smile, thinking of my warm clothes, house, car,
my pantry full of food –
and I'm complaining of the bitter cold
while this tiny bird has none of these,
yet it sings to the world.
How that humbles me as I walk outside
with a sudden feeling of abundance.



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The Hymns of Christmas By Nonie Moody

The church was packed that evening for a special Christmas sing. Oh, how I loved it. The organ was played beautifully, but it was the pastor's wife who played the piano. She loved the bass notes and always played them the loudest with the melody blended in. Her playing was with gusto and no holding back.

Gentlemen /let nothing you dismay /Remember Christ our Savior /was born on Christmas Day. The next song was It Came Upon the Midnight Clear /that glorious song of old, and the music was getting softer, expressing peace and good will.



Winter Song By P.K. Allen

The laughter of children skiing down a steep slope Then pulled to the top clinging to a tow rope The scratching of skates digging into the ice Making figure eights that really look nice

Singing Through the Holidays By Deb Noone

As we close in on the holidays, I think about family traditions. And how traditions have been carried on through generations. And also, how traditions can morph from one generation to another.

with music and candlelight, and sometimes incense, which caused my dad and I to sneeze. Each person received a candle as they entered. Once seated, the candle of the first person in each pew was lit.



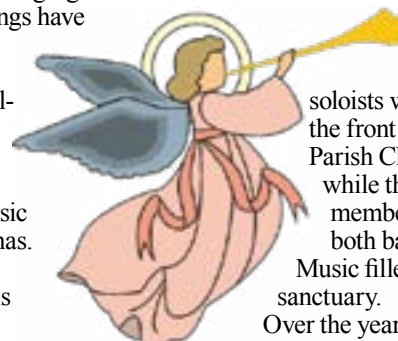
A Happy Jazzy Christmas By Alene Staley

I heard the bells on Christmas Day Their old familiar carols play, And wild and sweet the words repeat Of peace on earth, good will to men!

In my home in the 1950s in Chicago, family entertainment was found often on the radio and with a phonograph that played 78-, 45-, and 33 1/2-speed vinyl records.

Christmas Music By Sally Hartikkan

At the birth of Jesus, the Bible records, "And suddenly there was with the angel a multitude of the heavenly host, praising God, and saying, 'Glory to God in the highest, and on earth peace, good will toward men.'" We have come to interpret this as the angels singing at his birth, and songs have continued to play a large role in the celebration of this occasion.



I Heard the Bells on Christmas Day By Sally Hartikka

Longfellow wrote a poem one Christmas During the grievous Civil War. His son had just been wounded, And 'twas thought he'd walk no more.

A Happy Jazzy Christmas By Alene Staley

In my home in the 1950s in Chicago, family entertainment was found often on the radio and with a phonograph that played 78-, 45-, and 33 1/2-speed vinyl records.

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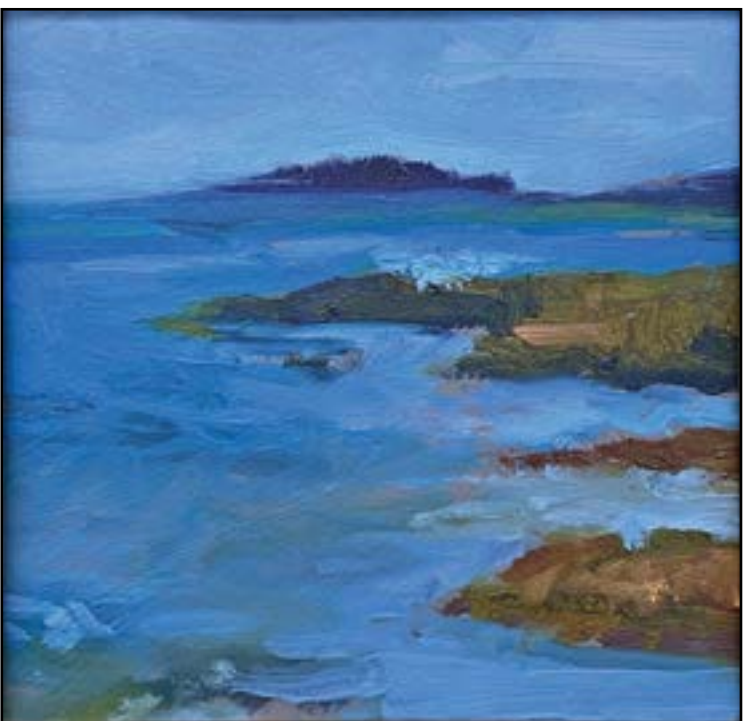


Sand Buckets for Seniors is now open!

The 'Sand Buckets for Seniors' program is conducted by local law enforcement agencies in our area. Senior citizens can sign up with their respective agencies to have FREE buckets (donated by Lowe's) of sand delivered to their door.

Be sure to order your new batch of Covid tests!

Every home in the U.S. is now eligible to order an additional four at-home COVID-19 tests for free at covid.gov/tests. (If an order has not been placed for your address since the program reopened on September 25, you can place TWO free orders now for a total of eight tests.)



DON'T FORGET to check out art instructor Ed Higgins' show in the Cafe Gallery, which will be up through the month of December. During the art show, 10 percent of all sales will go to People Plus, and the exhibit is open to the public during business hours.

Lunch Out! Dec. 12th at 11:30 am 112 Pleasant St, Brunswick PAT'S PIZZA

DO YOU LIVE ALONE? The Good Morning program is a FREE daily safety check-in phone call providing peace of mind. In partnership with Brunswick Police Department. SIGN UP NOW! FMI 729-0757 or www.peopleplusmaine.org

Gone but not forgotten - Frances Woodring (Nov 20, 1930 - Oct 16, 2023), Robert Patterson (Nov 15, 1930 - Oct 21, 2023), Lorraine Rich (Sept 13, 1939 - Oct 23, 2023), Gilberte Johnson (May 17, 1926 - Nov 2, 2023), Mark Petroff (May 23, 1954 - Nov 6, 2023)

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FRIENDSGIVING 2023!



OVER A DOZEN KIDS JOINED US FOR OUR FRIENDSGIVING FEAST and helped us cook up some ham, roasted veggies, corn bread, stuffing and apple crisp! A huge thank you to Rebecca for directing our young chefs and Marge for donating a pile of baked goods.

Teens: Turn on the holiday music, please!

As we wrap up 2023, we're already working hard to get things ready for 2024! The kids, however, are only focused on the holidays. We had barely taken down our Halloween decorations last month before they were clamoring to pull out all our winter decorations. The kids were devastated when they learned there was, in fact, another holiday to decorate for before December. As one kid tried to argue, "You don't need to decorate for Thanksgiving, the walls are already beige." They may have had a point.

We held off as long as we could, but may have caved to their demands by the time our Friendsgiving party rolled around. We even settled on allowing Christmas music for short bursts each day.

My favorite thing about this time of year is, and always has been, the snow! From what I've heard, there's a lot of talk about this winter being a wet one. I'm hoping that means we can start building some snowmen and snow forts before all of the teens leave for their vacation. The kids have been groaning about the cold for a while though, so they may be less enthusiastic than I am.

The good news for the kids is that there's no shortage of food, fun, and festivities inside this month. We've been hitting all the best celebratory days, starting with International Cookie Day and Gazpacho Day – and we'll

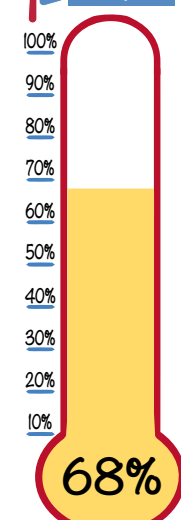
Brunswick Teen Center News

Taylor Carter



Back to School Appeal

\$30,618



definitely do Gingerbread House Day and Ninja Day (if we can figure out how that one would work.) All of this is before we get to our annual holiday party on the 21st. We'll be handing out gift bags to all the kids with fun socks, gift cards, movie tickets, and more! On top of all that we'll also be doing our traditional Yankee Swap to end the festivities.

If you're interested in donating some goodies for the party or helping us fill the gift bags for the kids, please reach out to us at Teens@peopleplus-maine.org. – Taylor and the gang

Teen Center Holiday Gifts Needed



We are looking for donations of:

- \$15 Visa gift cards
- Smitty's movie ticket vouchers
- Fun and comfy socks for boys & girls (medium adult size)



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Monthly Update

December 2023

All Spectrum Generations' locations will be closed on Monday, December 25 for Christmas.

Falls Prevention Tips from Healthy Living for ME

Did you know that fall related injuries increase during winter months? Here are some falls prevention tips to keep you on your feet:

- Slow down and allow extra travel time; walking quickly on slick surfaces can lead to falls
- Stretch often – cold weather and tense muscles increase your risk of falling
- Wear shoes with good grip and traction – think about investing in traction and stabilizing devices like 'Trex' or 'Yaktrax'
- Keep a container of salt or sand in your garage, near doors, and in the car for easy access
- Ask family or neighbors for help to clear snow from driveways and sidewalks
- Participate in an evidence-based falls prevention program – these programs offer proven ways to promote health, prevent disease and reduce falls among older adults. They are based on research and provide documented health benefits, so you can be confident they work!

MAINE'S COMMUNITY CARE HUB
Healthy Living for ME

UPCOMING FALLS PREVENTION PROGRAMS

EnhanceFitness
Cohen Community Center, 22 Town Farm Road, Hallowell
Monday/Wednesday/Friday, 3:30 - 4:30 p.m.
December 1 – January 12

EnhanceFitness is group exercise program that helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This program focuses on cardiovascular exercise, strength training, balance, and flexibility- everything you need to maintain health and function.

Bingocize
Offered concurrently at **Cohen Community Center**, 22 Town Farm Road, Hallowell, and **Lincoln Regional Center**, 767 Main Street, Damariscotta
Monday/Wednesday, 10 - 11 a.m.
January 17 – March 27

Bingocize combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement.

Tai Chi for Health and Balance
Lincoln Regional Center, 767 Main Street, Damariscotta
Monday/Wednesday, 12:30-1:30pm
January 17 – March 18

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise that is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

All programs are offered for free, with a \$20 suggested donation. For more information or to register, contact Spectrum Generations Healthy Living Coordinator *Monica Hawk*, (207) 620-1642, mhawk@spectrumgenerations.org.

Thank you to our friends, family, and community for making the 5th Annual Midcoast Tree Festival a success!

2023 TREE SPONSORS:

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Cheverus High School	Midcoast Federal Credit Union	Dead River Company
Autometrics	Reform Physical Therapy	Wild Oats/ Flight Deck Brewing
Ouellet Construction	Crooker Construction	Avita/Sunnybrook
Mann Law, LLC	Sunnybrook	Brunswick Business Center
Bath Savings Institution	The Brunswick Hotel	Maine Pine Catering
RENY'S	Big Brothers Big Sisters of Bath/Brunswick	Cook's Lobster and Ale House
Knickerbocker Group	Maine Community Bank	Bowdoin International Music Festival
Clark Insurance	Changing Tides Estate Sales	Sport Clips/Sun Tan City
Hammond Lumber Company	One River CPA's	FIORE Artisan Olive Oils and Vinegars
Priority Real Estate Group - Mega Tree	Anderson Green Homes	M.W. Sewall
Riley Insurance	RE/MAX Riverside	Management Accounting
Friends of the Chamber	Jorgensen Landscaping	
Ray Labbe & Sons		
Mainely Chiropractic		



Vaccination clinic

December 4 from 10 a.m. to Noon, at the Curtis Memorial Library, 23 Pleasant St., Brunswick

Spectrum Generations will be hosting a Flu and COVID vaccination clinic Dec. 4. Please bring your card - uninsured will be covered under a grant through Agewise. All ages are welcome. Reserve your spot today at agewisemaine.org or call 1-800-639-1553 for more information.

Thanksgiving feast for a HUNDRED!



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- The People Plus Art Class has a unique selection of note cards for just \$2 each.
- Or if reading is more your style, Frank Connors' books, *Stones & Stories* and *Speaking Frankly*, are on hand. Plus our Write On Writers' 10th book, *We Write*, is now available, along with *Write From the Heart*, *Out of Our Minds*, *Times & Seasons*, *Journeys and Reflections*, and *From Maine and Away!*



• We have numbered and artist-signed prints including "Chuting the Androscoggin," "High noon, High tide," and "Fall at Topsham Fair" – all by Woolwich muralist John Gable – and "Holiday at Merrymeeting Park," by Ernst "Bev" Bevilacqua. The prints are waiting for you on a first-come, first-served basis. These wrapped and boarded works of art cost just \$25 each or two for \$40. We

also have a good selection of cards, based on the prints, selling for \$2.50 for one large gift card, \$10 for five large gift cards, and \$7 for 10 small note cards. All of the purchase price benefits the Center so stop by and find the perfect gift!



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