



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



'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)

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

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

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

People Plus is all about helping others, and 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

keep seniors connected, for our free rides to folks needing to get to the pharmacy or grocery store, and for our equipment loan program. And let's not forget how much folks need the fun of a rousing ping pong game or the gentle, quiet movements of Qigong or the camaraderie of cribbage. At the Center, you can dance, you can speak French, you can learn how to avoid falls and lower your heating bill. That's just some of what goes on here, and we need your support to make it all happen.

This year's goal is \$80,000, which is specifically slated for our programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, free events, and more.

"We are hopeful our members and commudonating to our Annual Fund helps us do that. nity 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, in order to: sponsor breakfasts and lunches to 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



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!

December 2023

People

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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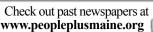
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DIGNITY | RESPECT | COMPASSION

STETSON'S

12 Federal Street—Brunswick, ME 04011—725-4341



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!

ing 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 I still know very little Jonathan got me my very own beekeeping suit, so

winter. It was fascinating and incredible to be up close to so many tiny creatures us there. They got right down to protectletting 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

First of all, I did not the world, cleaning the

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

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

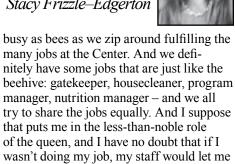
There are so many facets of our beehives

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**





know about it! After all, we all have one

goal of supporting our amazing community

December 2023

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

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



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 some tools and strategies that you might find



(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
- Red and green pepper strips

Directions:

- 2. Add the next three ingredients.
- 3. Circle the pepper all around the dip. Note: I recently made this when I visited my





When you are contemplating a move...

to a Retirement Community, please visit us at Coastal Landing. (Assisted Living available on the same campus.) Included in your monthly rent:

- * Choice of two meals daily
- * Activities & Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.



142 Neptune Drive, Brunswick, ME, 837-6560



Books a la Carte might be for you. There is no outlier book dared to argue that Lee assigned list. We talk about books of all types. Harvey Oswald acted alone. It confronts Send comments to news@peopleplusmaine. the conspiracy theory point-by-point. org. Thanks. December recommendations: **FICTION**

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

Charlie was a member of the Teen Center program in Brunswick while his dad was stationed

kids now? Thank you in advance for your donations!

tumultuous time in his teen years. Will you help us keep it that way for the

program. It was auctioned off at Music in April and brought in nearly \$10,000 for the kids!

at Brunswick Naval Air Station in the '60s. It was his place of safety and respite during a

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 elderly, unemployed, underpaid, and sick. How would life be different if JFK had not Fatherland by Burkhard Bilger. This a time travel book then historical fiction. been assassinated? King's imagination is on memoir about war, conscience, and family

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.

neighborhoods.

Seed's life hits bottom when she suffers a case. It's now a movie. series of losses. An attempted suicide sends Also a Long Way Gone by Ishmael Beah. her to the Midnight Library, where she tries In this memoir, the author writes about 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 and how his character affected everything he

Mary Lee Fowler. This Brunswick's author's play out.

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.

If you want to meet people who like to read, Case Closed by Gerald Posner. This

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

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 **Boston Noir.** These short stories by assorted *Grann*. Members of the oil-rich Osage authors take place in various Boston nation in Oklahoma in 1921 were being murdered in an attempt to take over their **The Midnight Library** by Matt Haig. Nora property. The FBI was sent in to solve the

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. bio emphasizes his moral and religious beliefs Bombay's first female lawyer in 1920's India becomes involved in the death of a university student during a royal visit. Full Fathom Five: A Daughter's Search by Local politics, riots, and British security



The practice of beekeep-

a healthy hive community. about beekeeping, however I donned it last month to

see how he "puts the bees to bed" for the who were not particularly happy to have ing their hive, protecting their queen and

their winter insulation,

we could clearly see the different roles of all the 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

hive and disposing of

How to navigate holiday meal bonanzas

was overfull after a Thanksgiving meal and I do not want to feel that way again! Here are











from a craft fair.)

1. Place the labne on a festive plate.

brother in Boston. He texted me a few days *later asking for the recipe!*



What's Happening at the Center!

the goal before Christmas, I put on the suit, and

- 1,000 pieces, 1,000 pounds, \$1,000 dollars,

People Plus Elves Love to Give Back!

757 PUNCH CARD



Holiday food drive adds cash donations to the cause

NEW Lunch & Connections Punch Cards!

Visiting the Center last month to pick up the MCHPP, "We can turn every \$1 donated into first donations of the 2023 Holiday Food Drive, \$3 worth of food." (To do that, they leverage organizer Frank Connors (staffer emeritus) their food network such as federal programs was approached by a generous member who and community partners.) wanted to offer money in place of non-perish- Last year's goal was met "just in the nick able foods. When Frank said he'd happily take of time," Connors notes. So once again, his check, the member said, "Why don't you Christmas Eve last, he put on his Santa suit challenge members to raise \$1,000, along with and delivered the last of the collected food to your traditional goals of 1,000 pieces weighthe MCHPP center at Brunswick Landing. ing 1,000 pounds?" That posed the question, "That's the deal," Frank explains: "We reach "Why not?"

Since around 2009, People Plus has marked say thank you to everyone who participates." the holiday season by trying to collect and This year's drive is off to a good start. Frank's deliver at least 1,000 "pieces and pounds" of famous lobby wheelbarrow was filled 2-3 times non-perishable food to benefit the Mid Coast before Thanksgiving, and he's confident this Hunger Prevention Program. More years than season will be another success story. "Members not, several checks to benefit MCHPP have of this Center have such a history of generosity accompanied the donation of foodstuffs.

"Why not dollars?" Connors asks. Indeed he says. As Frank says, "Why not?" why not, because according to Rena Pulfer at

With the great success of our Activity Punch Cards, we

have added Lunch & Connections punch cards. \$35 for 5 People

lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!

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

Dec. 20. Swinging Bridge Walk. Arrive at PP

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

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'

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

December 2023

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!

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

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

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



Calendar page sponsored



Travel with your friends at People Plus and Collette Travel!

Alaska Discovery Land & Cruise - deposit due 1/24/24

Majestic Cities of Central & Eastern Europe - deposit due 2/21/24

July 31-Aug. 11, 2024. Trip features a Sept. 29-Oct. 12, 2024. Collette Small Group 7-night Holland America Cruise. Highlights | Excursion with just 12-24 passengers for more include Fairbanks, Sternwheeler Discovery, personal adventures. Highlights include Berlin, Music of Denali Dinner Theater, Denali Dresden, Prague, Prague Castle, Vienna, National Park, Tundra Wilderness Tour, Schonbrunn Palace, Viennese Candy Workshop, Luxury Domed Rail, Anchorage, Hubbard Impact Moment, Budapest, Dinner with Locals, Glacier, Glacier Bay, Skagway, Juneau, Matthias Church, and choice of House of Terror Ketchikan, and Inside Passage. FMI Museum or Szechenyi Thermal Baths, Krakow, gateway.gocollette.com/link/1190235 | Auschwitz. FMI gateway.gocollette.com/



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.gocol**lette.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



Get fit and have fun for free in January!







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.



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 classical uprising. org/tickets.

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



46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net

* 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

Christmas decorations, planning, and holiday spirit years, were retrieved from the closet and spruced 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

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 nemories.

December 2023

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

The Spell of Christmas

By P.K. Allen

- is for Christmas tree, all lit up at night is for Happiness, brought on by such a sight
- is for Reindeer, harnessed and ready to leave is for Icicles, hanging from the eave
- is for Santa, all dressed for the flight
- is for Toys, that he'll deliver tonight M is for Manger, as peaceful as can be
- is for Angel, placed atop of the tree, and
- 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

December

By Vince McDermott Bleak, cold, snowy Gray skies Little sun

Counting days Until spring Too, too many Right now

Depressing

Sunshine needed Florida or Arizona? Should I pack? Grab a plane?

Then at the worst Sleigh bells jingle Santa Claus arrives All is well

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!'

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



By Sue Linkel

It is always such a chore When you shop at every store To find a perfect gift for The one you still adore For which you will be kissed So taking pencil in your fist You attempt to make a list And hope no name is missed At last your chore is done And now begins the fun Of wrapping every one Now your under the gun Of where to hide away Everything till Christmas Day And then to your dismay Comes all the bills to pay!

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

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.

he forgets it in the microwave oven

and then hunts around for it for half a day.

He frets and complains when he loses his cup,

So please, next year for his sake and mine,

He also leaves it in his van or on the garage shelf.

There is one problem though,

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

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

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.

under the tree. And at six in the morning the kids shouted with glee. One at a time they opened each gift,

The presents were placed neatly

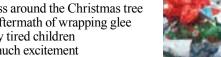
Which to their spirits brought a great lift. It's a time for joy, may it never cease, And to the whole world bring love and peace.



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?





A winter song By Bonnie Wheeler

Standing at my door, looking out at the snow, 🚲

I smile, thinking of my warm clothes, house, car,

dreading the blast of cold air as I step out,

I stop to listen to a wee bird singing

and I'm complaining of the bitter cold

while this tiny bird has none of these,

with a sudden feeling of abundance.

How that humbles me as I walk outside

my pantry full of food –

yet it sings to the world.

Christmas Travel Problems

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

By Vince McDermott



Celebrate Yourself 2023 By Lucy Derbyshire

Prevention magazine suggested to fill my life with positive thoughts. I am 76, so decided I would do that by celebrating what I have accomplished this past year. First, I am proud that I just completed a class from Randy at Merrymeeting Adult Ed about learning to play my new guitar, a Fender, from the music store in Topsham.

Second, I enjoy Panera almost every day of the week about 7 or 7:30 a.m. Music plays. People talk. Dishes and pots and pans make noise as I plan my day. And best of all, I can do whatever I want. I have no bosses telling me to do this or that. Windows are on three walls so I enjoy either sun, rain, or snow. It is like a touch of heaven at the beginning of my

Finally, I celebrate my church. We all know we have a wonderful, loving, kind heavenly Father. I guess I am celebrating

Christmas bricks By Sue Linkel

When we moved to Maine, it took a while to get accustomed to winter. The first Christmas we spent was really cold. Our big house was over 200 years old, very drafty and difficult to keep as warm as we enjoyed in California. Wood stoves were practical financially with the woods we owned.

The upstairs bedrooms were cold. Crawling into a cold bed wasn't very pleasant. Running upstairs to rinse out soiled diapers was just too difficult for me, and as disposable diapers were fairly a new product, I thought it prudent to change. So I had a lot of obsolete cloth diapers that I didn't throw out

Stacie decided what she would give each of her seven older siblings for Christmas. There was a pile of used bricks in a shed, so she secretly picked out seven bricks, cleaned them up, wrapped them in a no-longer-needed diaper, and tied a red ribbon around them with a bow. Then hid them under her bed til Christmas Eve.

After all the laughter when they were opened on Christmas morning, she explained that they were to be warmed up on the wood stoves and wrapped in the diapers to put in the foot of their bed to keep their feet warm. It worked! The bricks were joined in appreciation as much as the new socks and underwear everyone usually received among their gifts.



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The Hymns of Christmas By Nonie Moody

the bass notes and always played them the loudest with the melody blended in. Her playing was with gusto and no holding back.

We started out standing with songs that brought full voice: Joy to the World! the Lord is Come and O Come, All Ye Faithful /joyful and triumphant. Not catching our

breath after two songs, we went immediately into Angels We Have Heard on candles each one had picked up before going to High /sweetly singing o'er the plains. It was a our seats. The lights went out and while each

turned in our hymnals to God Rest Ye Merry, is bright

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.

In the throes of a depression, The poet felt deep despair And wrote about the war and hate; It was more than he could bear.

Then the Christmas bells began to peal, Mocking peace on earth he thought, But as they continued to ring and echo, He gradually became far less distraught.

He finally came to an understanding That "God's not dead, nor doth He sleep," That wrong would fail and right prevail And again he felt his faith run deep.

The poem was shortly put to music And became a most popular carol. It rings as true now as it did then As we suffer from wars and peril.

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!

And thought how, as the day had come, $\langle \zeta \rangle$ The belfries of all Christendom Had rolled along the unbroken song Of peace on earth, good will to men!

Till ringing, singing on its way, The world revolved from night to day, A voice, a chime, a chant sublime Of peace on earth, good will to men!

Then from each black, accursed mouth The cannon thundered in the South, And with the sound the carols drowned Of peace on earth, good will to men!

It was as if an earthquake rent *The hearth-stones of a continent,* And made forlorn the households born Of peace on earth, good will to men!

And in despair I bowed my head; "There is no peace on earth," I said; For hate is strong, and mocks the song

Of peace on earth, good will to men!

Then pealed the bells more loud and deep: "God I not dead, nor doth He sleep; With peace on earth, good will to men.' (in the public domain)

The church was packed that evening for a Gentlemen/let nothing you dismay/Remember special Christmas sing. Oh, how I loved it. The Christ our Savior /was born on Christmas Day. organ was played beautifully, but it was the The next song was It Came Upon the Midnight pastor's wife who played the piano. She loved Clear /that glorious song of old, and the music was getting softer, expressing

> peace and good will. Another time of reading scripture reflecting upon Jesus' birth was followed by the hymn of O Little Town of Bethlehem /how still we see thee lie! The next song with voices in total harmony was Away in a Manger /no crib for a bed.

It was now time to light the one held his flaming candle firmly, we quietly After a short interlude of scripture, we sang Silent Night, Holy Night /All is calm /all

Winter Song By P.K. Allen

December 2023

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 The clatter of sleet stinging icy window panes

While plows scrape snow from streets, roads, and lanes The crackling of a wood fire so comfy and warm

While safe and secure from the oncoming storm • The whistling kettle of hot water for tea

As the family gathers to decorate their tree Snow throwers clearing our sidewalks of snow

As the temperature drops and winter winds blow Angry winds howling through shrubs and trees And the whine of spinning tires yearning to get free

These are some songs that winter can bring As we impatiently wait for the arrival of spring

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. One holiday tradition that is global is music. Each religion has its own holidays and music. And so does each family. I attended a Quaker high school in Washington, D.C., and later directed the alumni office, where we celebrated

Christmas, Hanukkah, Kwanza, and any other holiday you can imagine. At assemblies we would celebrate each culture and religion in song, and reflect in either silent prayer or on our own, thoughts of hope and peace.

My favorite memory of music during the holidays revolved around my family tradition of celebrating Christmas Eve by attending midnight services. The service was always magical, because it was filled

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. We would light our candle off the person next to us. The entire church sat in semi-darkness, lit only by the flicker of candles. The quiet, the flickering candles and sconces, and the choir and parishioners singing carols, was breathtaking.

The children's choir stood in front of the adult choir. We sang all the favorite carols, and some older hymnal carols. I – who can't carry a tune – always mouthed the words or sang in a whisper. In this intimate setting, the meaning of the season seeped into each of our hearts and souls. Here's to music, seasonal or not, and to all who love to belt out a song, in-tune or



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 \(\frac{1}{3} \)-speed vinyl records. My family enjoyed music. The music popular in our house was opera and jazz. I did not like opera, but loved jazz. Our collection of records included those purchased by my parents and gifts from my uncle who owned an FM radio station. When I was about 10 years old, my parents would occasionally let me listen to the phonograph by myself, and pick out

what record I wanted to enjoy. That was my favorite treat. One evening close to Christmas my dad came home from work and announced that we were going Christmas shopping. Going out to shop at night in the dark was quite the treat for my sister and myself. Malls did not exist as yet. We enjoyed visits to the Loop upon occasion, but that evening we went to a small shopping area not very far from where we lived. We entered and discovered that it was a record store. I didn't even know there were record stores. It was spectacular. Records in bins everywhere. Our parents told us we could look at the album covers while they shopped. I resolved that when I grew up I would spend all my money at record stores.

My parents chose some records to purchase. They did let us see what they had chosen. We were not allowed to listen to the records until Christmas. I knew Christmas would be fantastic that year. I wish I could remember what specific The Wrong shall fail, the Right prevail, 🔏 records they purchased. Performers I remember listening to as a child include Benny Goodman, Nat King Cole, Sarah Vaughn, and Louis Armstrong. I wish everyone a happy and merry musical Christmas.

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, too, associate music with Christmas. I have loved singing carols since I was a small child, waiting impatiently for them to start playing on the radio shortly after the end of the Thanksgiving weekend. As I grew older Lioined

choruses and choirs that

spent much of the fall learn-

music of Christmas. One of

ing some of the beautiful

my first experiences singing with a large chorus and orchestra was that of singing the "Messiah" by Handel. I was in high school, and my choir was one of several that joined the Bowdoin Glee

Club and orchestra under the direction of Frederic Tillotson. What a thrill! The orchestra and

soloists were in the front of First Parish Church, while the chorus members filled both balconies. Music filled the sanctuary. Over the years, I have

sung plainsong, early medieval carols, and songs in many languages. Even the more popular, secular music has been part of my repertoire Bring it on! Hoved it then, and I love it now. It would not be Christmas without music and a chance to sing it!

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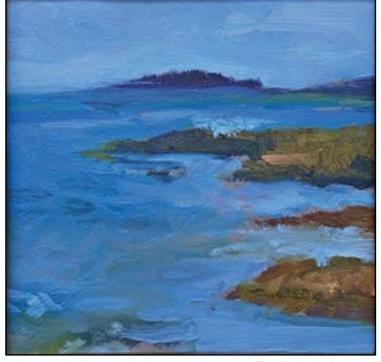
The 'Sand Buckets for Seniors' especially for senior citizens. program is conducted by local law and falls on icy surfaces. These respective agency to learn more. accidents can cause serious injury,

Participating agencies include enforcement agencies in our area. Sagadahoc County Sheriff's Office, Senior citizens can sign up with Brunswick Police Department, their respective agencies to have Topsham Police Department, Bath FREE buckets (donated by Lowe's) Police Department, Cumberland of sand delivered to their door. The County Sheriff's Office, and Lisbon sand is to spread on their walkways Police Department. If you live in in winter to help prevent slips, trips, one of these areas, contact your

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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.) The website also contains a link to determine if the expiration date on any of your old test kits has been extended. Call 1-800-232-0233 for help or more information. Remember, your order of tests is completely FREE - you won't even pay for shipping.





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. You can reach Ed at ed_higgins@icloud.com. By the way, Ed's popular art class runs Tuesday and Thursday mornings at 9:30 at the Center. As he reminds us, "Expressing yourself is a wonderful way to live. We all have things we want to say."





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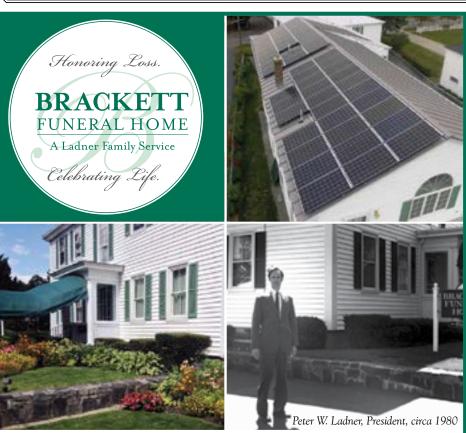
November 15, 1930 -October 21, 2023

Lorraine Rich September 13, 1939 -**October 23, 2023**

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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

definitely do Gingerbread

Appeal

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 60% we'll also be doing our traditional Yankee Swap to end the festivities. If you're interested in donating some goodies 30% for the party or helping us fill the gift bags for the kids, please reach out to us at Teens@peopleplusmaine.org. – Taylor and the gang

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December 2023

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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!



UPCOMING FALLS PREVENTION PROGRAMS

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.

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.

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Lincoln Regional Center, 767 Main Street, Damariscotta Monday/Wednesday, 12:30-1:30pm

January 17 - March 18

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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.

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

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Member Moment

Marge Himmer: The sweet side of volunteerism

Gingersnaps, snickerdoodles, sugar cookies, chocolate chocolate chip cookies, ring arounds: A key thing to know about Marge Himmer is that she loves to bake. In the nummer of 2020, after she read that cookies were needed for the Teen Center, she began to make cookies for the kids as often as she could and this year she won the volunteer award from the Teen Center. (Little-known fact: Sarah, at the front desk, usually is given one before they get delivered upstairs)

Marge grew up in Quincy, Mass., and after moving around a little over the years, she and her husband, Ron, ultimately landed in Scituate, Mass. After retirement, they wanted to move closer to her two sons in Maine and still be close to the ocean. "And we wanted to live in a town where we could walk," she adds. Marge, who enjoys hiking, often walks the slightly over 1 mile from her house in Brunswick to the Center.

Two years after they moved here in 2017, Plus. When she came into the building for that and am happy to see family and friends enjoyfirst time, she discovered she'd entered a senior ing what I make." This holiday season, she added Qigong. Now she is here 3 days a week Scituate. and also enjoys the camaraderie at the monthly

friendliness. "Everyone is so nice." she says.

GIFT SHOP

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Monday & Thursday

9:30 a.m. - 3:00 p.m.

MID COAST HOSPITAL



MARGE HIMMER RAISED THREE SONS and knows how much kids enjoy cookies. She says the Teen Center kids especially enjoy her sugar cookies (from her mother's recipe) decorated with a variety of colored sprinkles. However, the chocolate chocolate chip ones are a close runner-up!

to knit counted cross-stitch pieces.

Marge self-describes as shy, but it's clear she noticed in the local paper that Maine State she's tuned into people and is a giver. Of her Music Theatre was giving a concert at People baking, she says, "I feel good when I do it center alive with lots of activities and classes. has a special treat in mind for her sister, who She immediately joined and started taking is legally blind. Marge has offered to make yoga and Tai Chi, which she says has really all her sister's Christmas cookies for her, helped with her balance. Two years later she pack them in a suitcase, and deliver them to

As I am talking with Marge at People Plus Women's Breakfast. "There's so much going for this interview, some folks are filing in to on, you could be here 6 days a week," she says. begin their yoga class. Maggie, one of the Her favorite thing about People Plus? The student's beloved old dog, wanders in and is greeted with affection. Everyone asks about About six years ago, she took up quilting Maggie's recent surgery. It's one of those and enjoys the creativity, working with colors People Plus moments where everybody is and patterns, and the sense of accomplish- happily mingling while some folks are stuffment when a piece is finished. "I've sewed ing envelopes for the Annual Fund appeal my whole life," she says, noting that she often and others in the kitchen are preparing for the made clothes for her kids, just as her mother Thanksgiving lunch. It's a nice family kind of did for her and her siblings. Now she also likes feeling. As Marge sums up, "This place just makes you feel good."

DECEMBER

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Gift Shop Manager

at (207) 373-6017 or

Barbara.Kay@mainehealth.org

Scholarships that are awarded

SCARVES,

JELLY CAT

MARGE'S FAVORITE RECIPE Gramie's Sugar Cookies

December 2023

Ingredients:

- 4 ½ cups flour
- ½ tsp.salt
- 1 tsp. baking soda
- 1½ cups sugar
- dash of nutmeg (optional) 1 cup shortening, butter, or
- margarine 3 medium eggs (or 2 large), unbeaten
- 1 tsp. vanilla • ½ tsp. lemon (or ¼ tsp. almond)

Directions:

- 1. Sift together flour, salt, baking soda.
- 2. Cream together sugar, shortening, flavorings, and eggs.
- . Combine the two mixtures.
- 4. Wrap the dough in wax paper and chill but do not freeze. The dough can also be used without chilling
- 5. Roll on a lightly floured board until dough is a little more than 1/8 inch
- 6. Use regular cookie cutters and sprinkle cutout cookies with colored sugars. Or because the consistency of the dough is very good to use with depressed or molded cutters, and very easy to work with, it makes it fun to make "special cookies." After cutting shapes, return dough to the cutter and press gently using your thumbs to make impressions. (Be sure to dip cutter in flour.)
- Bake on ungreased cookie sheet at 350 (preheated) for ten minutes, or until lightly browned. As this is a basic sugar cookie dough, frosting or sugars are needed to enhance the flavor.

For more of Marge's recipes, check our website at www.peopleplusmaine.org/ brunswick-area-teen-center



CRIBBAGE Oct. 25 David Bertocci - 726 Sherrill Morgan - 714 George Tetu - 710

Jim Cherry - 698 Anne Bouchard - 726 John Bouchard - 719 Judy Hardin - 715

George Hardin - 713 Nov. 8 Lois Fournier - 717 Jen Haskins - 713 Sherrill Morgan -710 George Tetu - 706

Nov. 15 Trenna Crabtree - 724 Rick Fortin - 721 Jen Haskins - 701 Anne Bouchard - 696 George Hardin & George Tetu - 691

DUPLICATE BRIDGE

Oct. 30 10 teams Sherry Watson & Virginia

Scholomiti 66.0% 2nd Donna Dillman & Liz Glover 56.3%

Nov. 6 11 teams "North/South" 1st Judy Johanson & Tink Hannaford

2nd Donna Dillman & Liz Glover 54.9% "East/West"

Barbara & Don McHarg 55.0% 2nd Gail & Cy Kendrick 53.3%

13 9 teams 1st Martha Cushing & Jeff Lauder 2nd Gail & Cy Kendrick 62.5%

20 8 teams Cathy Cooper & Rick Simonds

2nd Marcia Good & Woody Townsend

New and renewing members for November

Charles Flynn

Marilyn Flynn

Alice Franklin

Pauline Freed

John Gerard*

Lee Beth Gilman*

Deborah Hamilton

Chris Gutscher

Susan Harper*

Linda Heller*

Nancy Herk*

Mary Hopkins*

Memberships received Bettyann Doucette* as of November 17.

indicates new membership

indicates donation made with membership

Lifetime Members:

Janice Parent-Bowdoin Judy Hardin-Topsham

Bailey Island: Karen McElwey

Barbara Hare³ Diane Hicks*

Diane Nicol Barbara Ramirez*

Bowdoinham: Irving Brackett•

Brunswick: Susan Bates Gretchen Bath Jack Bauman Judy Bauman John Bouchard Muriel Bouchard Claudette Brassil **April Burgess*** Robert Burgess* Sally Butler* Caroline Chinlund Lisa Clark*• Marcia Clayton Jane Connors• Robert Crane Helen Cryvoff*•

Daniel Cunningham

Lucy Cunningham

Joseph DeRivera

Christine DeTroy

Jerry Donovan

Mary Donovan

Rosalie Deschenes

Carla Davis*

Lucy Ijams Dorothy Kaloust Eva Kondor Steven Kondor Antonio Lacroix Myrtle Lacroix Ann Lindner Patricia Mahoney Beth Markow*• Janet McGraves Betty McNally Steven Mickiewicz Raymond Morin Caroline Shea Murphy• James Murphy• Nancy Pantaz Alden Perry• Jane Primmer• Stanley Primmer• **Beverly Roet Eric Root** Sue Sargent Caroline Savage Barry Shanler*• Devon Smith*

Eunice St. John

Jon Otis Tobey

Darlyn Treutel

Susan White

Marjorie Turner*

Katrina Wallstrom^{*}

Judith Stoy

Joan Terry

Evelyn Witham* Iry Witham* **Durham:**

Anne Funderburle*

Georgetown: Sharon Randall*

Harpswell: Beverly Arnett*• Ann Bilodeau* Normand Bilodeau* Anne Bouchard **Armand Bouchard** Pauline Charest Nancy Jensen* Nancy Keating* Linda Kreamer Michael McCabe* Diana Miskill• Donald Miskill• Margaret Rusczek*

Lisbon Falls: Peter Armstrong

Topsham: George Bolduc* Susan Chadima Penny Curtis* Herb Duncan Adele Gassett Patricia Johnson Maurine Joy* Marge Malkin* Carolynn Marsh* Mary Mendler Deb Nowak* Albert Paisley Linda Paisley Judith Redwine Henry Schwartz Amy Wallace Nancy Weingarten* Jane Welch*

Yarmouth:

Mary Weinstein

Dear machines, you don't speak my language

I recently took Amtrak to New York City on the way to visit family and had to transfer in Boston to Back Bay Station. To get there on the subway, I needed a ticket from the machine. Uh-oh, me and machines. I knew I'd have questions. My first: Where can I find a person to ask? Not finding anyone, I stared at the wall of

machines. I had a balance on an old card (tickets are called Charlie Cards in Boston) that my nephew bought me last summer, so my first question was, you guessed it, how do I find out how much money is left on the card? Someone at the next machine showed me. Nice! However, then I had to swipe the card at the gate to the trains. There was a transit person to ask, but I'm pretty sure she thought I lacked brainpower. Honestly, I get anxious in these situations: It could be swiped up/down/ over or around, right? And is it the gate to the left or right that opens? And what if it snaps shut when you're only half way through? (By the way, I'm still trying to figure out how to tap a credit card instead

of swiping it and my arm did once get caught in one of those snappy train doors!) At Back Bay Station, there wasn't much to the waiting area except pigeons and seats I didn't want to sit on. But there was a series of posters honoring Philip Randolph, who led the movement to organize a union for Pullman porters in the early 1900s and who was a civil rights leader before Martin Luther King. What a great place to learn about history – in public spaces where people are waiting. Anyway, while waiting, I decided to purchase a subway transfer for my return trip. But no longer having a balance on my old card ushered in a whole new set of questions about how to start from scratch! I guessed which buttons to push, but nothing resembling a ticket shot out.

Just then a man came along checking

Thinking out loud

Charmaine

the bottom bin in each of the lined-up machines. He was 'shopping' for tickets and by default taught me where the tickets come out, which is way down under a sign that says tickets!

Not long after, I boarded the business-class Acela, using a free ticket from a good chunk of my stored-up Amtrak reward points. I found my reserved seat, discovered the train travels up to 150 mph and has curtains. Neat!

Several days later when it was time to come home, I waited in the large passenger area of the newish Moynihan Train Hall at Penn Station. An Amtrak employee would walk through announcing departures before the intercom or digital board did. Another staffer acting as a greeter came through joking with us, making us all laugh. He also encouraged us to "Be the change you want to see." Those unexpected human touches were delightful in the heart of our nation's largest city.

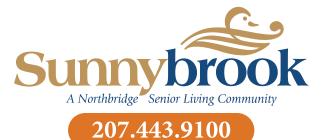
When you leave Maine and go to a big city, it's loud and crowded. It's a lot of things Maine isn't. But like a train fleeting by in the opposite direction, you take it all in and keep on going.

Looking forward to getting home, I knew I'd have to swipe my Amtrak ticket to get back into North Station to board the Downeaster. By this time, I was pretty sure I could remember how. Sometimes you have to take a journey twice to grasp everything you stumbled over the first time. Such is life.



Avita of Brunswick associate, Tina M.

My beautiful residents are my extended family, they have taught me so much. Giving them hugs or sitting together and interacting with them is so special. Bringing smiles to their sweet faces is truly rewarding.





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• 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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