

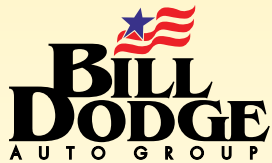
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2024 Partners!**

*Plus!*  
**People  
SENIOR HEALTH  
Expo** 2024

PROUD TO PARTNER WITH *spectrum  
generations*

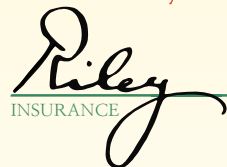


Islebrook Village  
at Wiscasset  
An Everbrook Senior Living Community

**Bowdoin**



PRIORITY  
REAL ESTATE  
GROUP LLC



**FREE admission and info! • Thursday, October 10, 9am - 1 pm**  
**Brunswick Recreation Center, 220 Neptune Dr, Brunswick Landing**



[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

FITNESS &amp; HEALTH • TECHNOLOGY • MEDICAL SERVICES • INSURANCE • LEGAL SERVICES • COMMUNITY SERVICES • HOUSING &amp; RESPITE CARE • FINANCE &amp; BANKING • NUTRITION

# Welcome to the 13th annual SENIOR HEALTH EXPO “Connecting Communities”

**Presented by People Plus and Spectrum Generations**

**NEARLY 100 EXHIBITORS!**

Hello!

We are so honored to welcome you to the 13th annual Senior Health Expo presented by People Plus in partnership with Spectrum Generations at the Brunswick Recreation Center on Thursday, October 10th from 9 am to 1 pm!

On behalf of the staff and Board of Trustees of People Plus, we are thrilled you'll be joining us for the day!

We've created a fun, informative, and engaging event that will allow older adults to gather information about services, products, and people with whom they can connect while living better, healthier

lives! With over 40 sponsors more than 90 businesses, services and programs related to seniors; there is so much for YOU to do and try! From choosing healthy food from the MCHPP sharing table, visiting the technology help desk, trying out a relaxing massage, getting your balance checked, and enjoying the Nor'easters barbershop chorus; to entering raffles for great stuff, finding volunteer opportunities, having experts available to repair your small electronics, lamps and jewelry, mend clothing and sharpen your tools AND getting your flu and COVID shots while making new friends, seeing old friends, and connecting with YOUR community!

The first 500 attendees get a brightly colored shopping tote! You'll collect swag and information about businesses with whom you are now connected. It is like Halloween for older adults!

So come meet your friends and make a day of it!

*-Stacy and the staff*



## FREE ACTIVITIES NOT TO MISS!

- **Flu & high-dose flu shot/COVID booster** walk-in clinic courtesy of Northern Light Home Care & Hospice and Martin's Point Health Care (please bring your insurance card)
- **Swag Bags** for the first 500 attendees!
- **Technology Help Desk** courtesy of Carpe Diem Tech Support - Bring in your own device and questions
- **Repair Cafe** courtesy of Curtis Memorial Library - Bring your items from home - get help with mending clothing, lamp repair, book repair, jewelry repairs, sharpening tools, and general electrical repair
- **15-minute massages** and **balance screenings** courtesy of Coastal Orthopedics & Sports Medicine Physical Therapy
- **Raffle drawing** for Two Amtrak Downeaster round trip tickets!
- **Raffle drawing** for a People Plus Lifetime Membership!
- **Live Music** Performances by Nor'easters Barbershop Chorus
- Mid Coast Hunger Prevention Program **Sharing Table**
- **Live remote broadcast** from the Expo with Jim Bleikamp and Radio Midcoast WCME!
- **“Expo Special” People Plus Membership Deal:** \$35 for new members for the first year!
- Yellow Dot, Good Morning, and Volunteer Transportation Network (VTN) **program registration**
- **Books signings & chats** with the People Plus Write On Writers
- **Tours** of the Brunswick Recreation Department's Fitness Center
- **Free Wicked Joe Coffee** and healthy refreshment choices including fruit, granola bars, and more!!

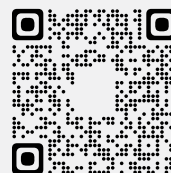
Join the fun  
TODAY!



**People**

SINCE 1976  
THE CENTER THAT BUILDS COMMUNITY

Games! Presentations!  
Fitness! Clubs!  
Classes! Meals!



*People Plus is a fun, dynamic community center dedicated to improving health and quality of life for Mid Coast Seniors.*

PO Box 766/35 Union St, Brunswick, ME 729-0757 [www.peopleplusmaine.org](http://www.peopleplusmaine.org)  

# We are here for you.



Everyone needs assistance from time to time, and at Spectrum Generations, we are here to help. Our agency is your “one-stop-shop” to answer questions related to older and disabled adults and their care partners. As a non-profit, most of our services are provided at little or no cost.

A sampling of our services include:

- Meals on Wheels
- AniMeals
- Medicare education
- Health support and wellness workshops
- USDA food box program
- Community Case Management
- Caregiver Support Program
- Social Dining at our Community Centers



[spectrumgenerations.org](https://www.spectrumgenerations.org)

1-800-639-1553

It all starts with a phone call.

# Rusty Lantern Market is pleased to support

As the Proud Sponsor of the Volunteer Transportation Network program, Rusty Lantern Market shows support of our communities through action.



Every Cup Fresh Brewed Guaranteed!

Visit us and see why coffee lovers choose...



FRESH. FAST. FOR YOU!

# Coastal Landing Retirement Community

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency, Neighbors Inc., is available as well if necessary.

Coastal Shores Residential Care, which has 40 assisted living-based apartments is conveniently located in a separate wing of the same building. This residence consists of furnished private rooms and is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the mid-coast Maine region since 1982, Rousseau Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home cooked meals, various exercise programs, beauty parlor, spa, a cozy café bistro, a



state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility who wish to stay active, there are all the advantages to do so just waiting, literally at

the front door.

For more information or to schedule a tour, please contact Coastal Landing's administrator, Wendy Rider, at 207-837-6560 or the admissions director for Coastal Shores, Jenny Khuong at 207-522-1438.

We invite you to learn more about Rousseau Management and what we have to offer by visiting our website at [rmimaine.com](http://rmimaine.com).

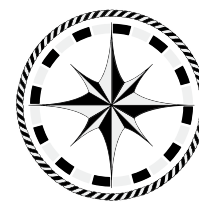
## *When contemplating a move...*

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 and 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.



**COASTAL  
LANDING**  
RETIREMENT COMMUNITY

[www.coastallanding.com](http://www.coastallanding.com)

142 Neptune Drive, Brunswick, ME  
837-6560

## EXERCISE ROOM



## DINING HALL



## MOVIE THEATER



## CHAPEL



# Helping to build a brighter community.

As a local community bank we are committed to being a vital part of the communities we serve. We are committed to giving our customers the access and convenience they expect from a modern bank – without sacrificing the personal touch that has always defined us. Our suite of personal and business banking products is designed to make banking easier, no matter what corner of the world you're in.

We're Maine Community Bank – on your corner and in your corner.

Contact us today!



207-786-5705

mainecb.com

MEMBER  
FDIC

## 211 Maine

Free, confidential resource that helps people find resources like food pantries, recovery services, and more. Access by calling 211 (or 1-866-811-5695) any time of day or night. Calls answered by live, local people in Maine. An initiative of the United Ways of Maine in collaboration with the State of Maine.

**50 Elm St., Waterville, ME**  
**Dial 211 (or 1-866-811-5695)**  
**www.211maine.org**

## AAA NNE-Brunswick\*

Provides Roadside Assistance, yes, but also provides other benefits to members. AAA provides personalized auto and home insurance, as well as travel assistance to our members. The agents in the AAA Brunswick office are the best at their jobs and are ready to help! Come by and see for yourself!

**147 Bath Rd., Ste A130, Brunswick, ME**  
**729-3300 aaa.com**

## Accel Physical Therapy\*

At Accel PT, our highly trained physical therapists accelerate your recovery, and listen to accommodate your needs. We use up-to-date, evidence-based treatment approaches, to provide optimal care centered around you. Our goal is to get you feeling better faster, and give you the tools to maintain optimal health.

**114 Bath Road, Ste 201, Brunswick, ME**  
**844-8923**  
**accelptme.com**

## Aetna Medicare Solutions\*

We offer a portfolio of Medicare Advantage plans with \$0 premium. Rich dental reimbursement rates, open access and national network offerings. Rewards programs, Over The Counter items, eyewear reimbursement, etc. Local office and Maine field representatives to assist you with all your medicare needs and questions.

**191 Marginal Way, Portland, ME**  
**228-8805**  
**http://app.thinkagent.com/est?repid=3351363**

## Alzheimer's Association, Maine Chapter

The leading voluntary health organization in Alzheimer's care, support and research. In Maine alone, 30,000 people have Alzheimer's Disease. The Association addresses this crisis by providing education and support to many who face dementia every day, while advancing critical research toward methods of treatment, prevention & ultimately a cure.

**383 US Rt 1, Ste 2C, Scarborough, ME**  
**772-0115 alz.org/maine**

## Area First Responders

Members of our local emergency services will be at the event to answer any questions you may have and will be highlighting programs such as Project Lifesaver.

## Avita of Brunswick/ Sunnybrook\*

Two Northbridge communities in Brunswick offer area seniors an array of senior living choices. Sunnybrook offers Assisted Living while Avita of Brunswick caters to those living with Alzheimer's disease and dementia. At both communities, our goal is to ensure each resident lives well and loves life, every day!

**Avita: 89 Admiral Fitch Ave,**  
**Brunswick, ME 729-6222**  
**avitaofbrunswick.com**

**Sunnybrook: 340 Bath Rd.,**  
**Brunswick, ME 443-9100**  
**northbridgecos.com/sunnybrook**

## Bath Area Senior Citizens Activity Center

For people 55 years plus, a place of meeting for mutual benefit and socialization, affording them a means of contact with others, to keep alive old friendships and make new. Includes: luncheons, bocce, exercise classes, cribbage, line dancing, knitting, quilting, cards, day trips, corn hole, and more.

**45 Floral St., Bath, ME 443-4937**

## Bath Housing

Bath Housing works to enhance housing stability in order to have safe, vibrant, just and prosperous communities. We work to fulfill our mission through a portfolio of subsidized and unsubsidized affordable rentals, administration of housing choice vouchers, resident services, and our free home modification program for home owners, Comfortably Home.

**80 Congress Ave, Bath, ME**  
**443-3116**  
**www.bathhousing.org**

## Bath-Brunswick Respite Care

Bath-Brunswick Respite Care, a non-profit agency licensed by the State of Maine, provides adult day care services for individuals living with Alzheimer's and other cognitive issues. Our programs provide support and "time off" for caregivers, knowing their loved one is happily occupied in a safe and stimulating environment.

**9 Park St., Bath, ME 729-8571**  
**www.respite-care.org**

# People Plus Open House! Thursday, October 31st!

**Thu, Oct. 31, 1 - 3 pm.** Don't forget to stop by the Center on Halloween for the annual People Plus Open House! Enjoy treats (no tricks, we promise!) as you tour the Center on Union Street, chat with folks from classes and clubs, and meet the staff. This event is open to the public, so join the fun and see what we're all about! And don't miss the open house membership deal – new members can join on Oct. 31 for just \$35 each for the first year! Bring a friend. Costumes optional, but encouraged ... and a prize for the best costume!



## *Plus!* Please nickel and dime us!

Did you know that you can save your returnable bottles and cans to benefit People Plus? The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those “under the radar” things we do that benefits both the Center and our community. Green “CLYNK” bags, pre-barcoded with the Center’s unit

numbers, are always available at our front desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits – \$850 for this year alone! Thank you for recycling, and for supporting your Center. Grab a CLYNK bag at the People Plus table at the Expo or at the Center.

## REFORM PHYSICAL THERAPY

*Don't neglect your health, reform it*

### ONE-ON-ONE, INDIVIDUALIZED CARE!

- Pre & Post-Surgical Care
- Chronic Pain Treatment
- Balance-Related Issues

#### 7 CONVENIENT LOCATIONS

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**YARMOUTH** 207-846-3300    **ELIOT** 207-703-2373    **KENNEBUNK** 207-204-0679

**SO. PORTLAND** 207-274-6245    [www.Reform-PT.com](http://www.Reform-PT.com)

.....  
IN NETWORK WITH: Medicare • MaineCare  
Martin's Point Health Care • Anthem BC/BS  
Humana Tricare • AARP • United Healthcare  
Aetna • Today's Options • VA • and more!

## Balance and Falls Clinics



**Dr. Christina Levesque** demonstrates how to properly handle a fall at a Balance and Falls Clinic at People Plus.

*Proud to sponsor People Plus  
for over fifteen years!*



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*Enrich your life through caring for others...*

### **Innovative & Caring New Career at Vicarage by the Sea**

The Vicarage by the Sea – Dementia Care Home has been offering an innovative, person-centered atmosphere of care in a real home on the coast of Maine for 25 years. If you are seeking meaningful work caring for individuals in an inspiring, non-institutional setting, let's talk!

Our employees are fulfilled in ways they never dreamed. By offering a holistic environment which encompasses elders, their families, the community and the natural world around us, The Vicarage by the Sea provides a greater quality of life than traditional nursing homes and institutions. In addition to daily care, employees help residents enjoy activities such as cooking, crafts and walking the beautiful seaside trails.

Our philosophy believes that every human being deserves the opportunity to grow, regardless of age or ailment. The Vicarage provides genuine dementia and Alzheimer's care emphasizing each resident's abilities and the well-being of their mind, body and soul.

Positions are available NOW at our Harpswell home, whether you are an experienced professional caregiver or a compassionate person seeking a change of career. Part-time and overnight positions also available. We are an EOE, and people of all ages and abilities are encouraged to apply. (*experience not necessary!*) For more information, please contact: Johanna Wigg, [jwigg40@gmail.com](mailto:jwigg40@gmail.com).



The Vicarage by the Sea

Opening Doors for Those Living with Dementia

25<sup>th</sup> Anniversary

9 Vicarage Lane, Harpswell, ME 207-833-5480 [www.thevicaragebythesea.com](http://www.thevicaragebythesea.com)



**Bath Savings\***

Bath Savings has been banking on the coast of Maine since 1852. Since the beginning, Bath Savings has been committed to investing in the communities we serve through economic development and supporting nonprofit organizations. We offer ten convenient branches from Damariscotta to Westbrook. Your neighbor, your bank.

105 Front St., Bath, ME  
800-447-4559  
bathsavings.bank

**Before and After Photo Restoration**

Services include scanning, digital enhancement, copy work from original color or black & white photographs, negatives, slides, glass plate negatives. Digital removal of dirt, scratches, dust, repair creases, fades, rips, water stains; correct image color, contrast and exposure. Prices include scanning, restoration and finished print(s) on professional photographic paper.

136 Maine St. #3, Brunswick, ME  
725-9499  
www.beforeafterphoto.com

**Beltone Hearing Aid Center\***

At Beltone, we strive to be your trusted hearing care partner—someone who speaks your language and understands your unique needs. Our goal is not to sell you hearing aids; it is to provide hearing care whenever, wherever, and however you need it.

275 Bath Road, Brunswick, ME  
615-0336  
www.beltonene.com

**Bowdoin College\***

Bowdoin College is proud to be an active member of the greater Brunswick and midcoast communities, offering cultural and educational opportunities through lectures and performances that are open to the public, the Bowdoin College Museum of Art, the Peary-MacMillan Arctic Museum, and the offerings of the Association of Bowdoin Friends.

3900 College Station, Brunswick, ME  
725-3306  
www.bowdoin.edu

**Brackett Funeral Home\***

Only locally owned and operated funeral home serving your community for over 150 years. Professional offerings include cremation services, green burials, funerals, home gatherings, and life celebrations. Our promise: "to provide the highest quality of service, to serve

needs in a compassionate, courteous, dignified and meaningful manner, within the means of all."

29 Federal St, Brunswick, ME  
725-5511  
www.brackettffh.com

**Bridges Home Services**

Bridges Home Services, a Spectrum Generations' program, provides expert, knowledgeable care, enabling loved ones to age gracefully at home. Professional, certified, trained staff provide individualized solutions for caregivers and for older adults who need extra help with daily activities. Adult Day Services are also available.

1 Weston Ct, Augusta, ME  
623-0761  
bridgeshomeservices.org

**Brunswick Parks & Recreation Department**

Maintains and manages 42 parks and facilities including walking/bike paths, athletic fields, boat launches and natural areas. The department administers approx. 100 recreation programs and events for all ages. The Brunswick Recreation Center offers an indoor track, 2 basketball courts, 4 pickleball courts, Fitness Center, Welcome Center, and Daycare.

220 Neptune Drive, Brunswick, ME  
725-6656  
www.brunswickme.org/parks-recreation

**Brunswick Sustainability Committee**

A citizen committee created by the Brunswick Town Council to advise the Council on actions to create a sustainable future for the community. Areas of focus include solid waste management, renewable energy, energy reduction and climate action planning. Contact us through the Town's Sustainability webpage.

Brunswick, ME 415-8540  
brunswickme.org/sustainability

**Brunswick Topsham Housing Authority\***

The Brunswick & Topsham Housing Authorities develop, own and manage housing programs and properties for low and moderate income households in the surrounding area. Our senior and disabled housing provides 24 hour maintenance, resident services, on the Brunswick Link bus route in safe and secured buildings. Learn more at: www.brunswickhousing.org

12 Stone St., Box A, Brunswick, ME  
725-8711  
brunswickhousing.org

**Questions about your Medicare Plan?**

Let me help you!

I can help simplify your Medicare Plan choices and connect you with the right plan.

- What will it cost?
- Will my prescriptions be covered?
- Medicare Advantage or Supplement? Which one is best for me?

**Attend a Local Seminar**

Call (207) 841-2723 today!  
RSVP today or request a one-on-one appointment.

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Italian Heritage Center  
40 Westland Ave.  
11/13 1:00PM  
11/27 10:00AM

**Augusta**  
American Legion (Post 2)  
7 Legion Dr.  
11/14 1:00PM  
11/28 10:00AM

**Topsham**  
American Legion (Post 202)  
79 Foreside Rd.  
11/15 1:00PM  
11/29 10:00AM

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**Joe**®

## Plus! Did you know we loan out medical equipment for home use?

We all need help from time to time, and sometimes that means a wheelchair, crutches, a walker, or shower and toileting devices. The People Plus Center maintains a "lending inventory" and it's ready when you are.

"It started almost by accident," explains Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!"

Now, on a regular basis, folks needing equipment to keep them safe and secure at home have a new way to get it.

"Everyone wins," Connors says. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest."

If you have a specific need, or equipment to loan to the program, call or come by the Center. Your body parts will thank you! And remember, you do not need to be a member to borrow equipment.



## Plus! Who you gonna call??

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

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

FMI call Brunswick Police non-emergency number, 725-6621, or visit [peopleplusmaine.org/good-morning-program](http://peopleplusmaine.org/good-morning-program).



## Turning 65?

# Medicare that takes a total approach to health

Get the right coverage, local resources and the care you need to live the life you want.

# \$0

MONTHLY PLAN  
PREMIUMS WITH  
**DENTAL,  
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HEARING**

Call for personalized help

**Cindy Cogswell**

(207) 383 - 5749 (TTY: 711)

8:00 AM - 8:00 PM ET, Mon. - Fri.

A licensed agent will answer your call.

[cogswellc@aetna.com](mailto:cogswellc@aetna.com)



\*These providers and/or pharmacies will be a provider in our Medicare advantage network in 2023. They may also contract with other plans. Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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medicare solutions

# MAINE STATE MUSIC THEATRE 2025 SEASON ON SALE!



**ANASTASIA**  
The Musical

JUNE 4 – 21

The poster for 'Anastasia The Musical' features a silhouette of a woman in a crown and a patterned dress, set against a background of a domed building.



**TOOTSIE**

JUNE 25 – JULY 12

The poster for 'Tootsie' shows a silhouette of a woman in a black dress and glasses, standing in a doorway.



**Footloose**

JULY 16 – AUGUST 2

The poster for 'Footloose' depicts a silhouette of a man in a dark shirt and pants, holding a book, with a church steeple in the background.



**WEST SIDE STORY**

AUGUST 6 – 23

The poster for 'West Side Story' shows silhouettes of a woman in a white dress and a man in a dark suit, standing in front of a building.

# Brunswick maine

## Parks and Recreation

We maintain more than 50 parks and facilities, including bike paths, hiking trails, and boat launches, all while delivering 100 recreation programs and events for all ages every year.

**Tour our  
fitness center, indoor  
track, basketball and  
pickleball courts  
at the Rec  
Center during  
Senior Expo!**

- Learn more about the benefits of membership and Silver Sneakers.
- Check out the Midcoast Athletic and Recreation Complex (MARC) with eight pickleball courts, a half-mile walking loop, and skatepark next door to the Rec Center.
- More MARC amenities to come!

**Come be a part of the fun!**

brunswickme.gov/parks-recreation  
207-725-6656

**Plus!** Come hear all about our upcoming trips!

**People** **Plus!**

**collette**  
guided by travel

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

**BOOK AN ADVENTURE WITH COLLETTE!**

Trips are open to the public, so bring a friend!  
(you don't have to be a member)

Yearning to travel? Check out our "Trip Talk"  
**Tuesday, October 15 at 1:30 pm.**

Learn about two of our fabulous trips planned for next year with Collette Travel. Talk is free, talk and trips are both open to the public. Registration appreciated.

### NEW trip - Colorado Rockies

May 30 - June 7, 2025. **Deposits due Nov. 22, 2024.** Highlights include Denver, Rocky Mountain National Park, Colorado National Monument, Grand Junction, Black Canyon of the Gunnison National Park, Museum of the Mountain West, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park, Pikes Peak Cog Railway, Garden of the Gods. FMI [gateway.gocollette.com/link/1291312](https://gateway.gocollette.com/link/1291312)



### Spotlight on Tuscany

Oct. 1-9, 2025. **Deposits due March 26, 2025.** Highlights include Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano. FMI [gateway.gocollette.com/link/1249201](https://gateway.gocollette.com/link/1249201)



### Shades of Ireland - NEW!

April 2 - 11, 2026. Highlights include: Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay. FMI <https://gateway.gocollette.com/link/1249053>



### European Christmas Markets

December 13-21, 2025. Highlights include: Prague's Christmas Markets, Prague Castle, Choice on Tour: Vltava Boat Tour or Jewish Heritage Tour, Dresden's Christmas Markets, Český Krumlov, Vienna's Christmas Markets, Viennese Candy Workshop, Train Ride to Bratislava, Budapest's Christmas Markets, Matthias Church, Fisherman's Bastion. FMI <https://gateway.gocollette.com/link/1249049>



**CaptionCall by Sorenson**

Sorenson is one of the world's leading language services providers and the world's leading provider of communication tools for Deaf, hard-of hearing, and diverse people. Since 2011, CaptionCall by Sorenson, has provided the no-cost service to people with hearing loss, keeping them independent so they can confidently communicate and stay connected.

4192 Riverboat Rd., Salt Lake City, UT  
<https://sorenson.com/captioned-calls/captioncall/>

**Carpe Diem Tech Support**

Help with MAC, PC, Chromebook, iPhone, Android, audio-visual equipment, Internet, email, most software issues, hardware/software installation and troubleshooting. Can rescue data from a computer that no longer works. Website updates. Tutoring services. Meet in your home or office, at People Plus, by phone or by remote connection to your computer.

104 Merrymeeting Rd., Brunswick, ME  
 522-1238  
[www.carpediem-me.net](http://www.carpediem-me.net)

**Catholic Charities SEARCH - Greater Bath Program**

SEARCH is a Program of Catholic Charities Maine. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs. We provide FREE volunteer support services to older adults living in Sagadahoc, parts of Lincoln County, Brunswick & Harpswell. FMI call 837-8810.

144 Lincoln St./P.O. Box 155, Bath, ME  
 837-8810  
[www.ccmaine.org](http://www.ccmaine.org)

**Central Maine Power\***

For 125 years Central Maine Power has delivered safe and reliable electricity to Mainers and visitors to Vacationland. Please bring your questions and concerns to our subject matter experts in Billing, Operations, Customer Service and more to this year's People Plus Senior Health Expo.

83 Edison Drive, Augusta, ME  
 800-750-4000  
[www.cmpco.com](http://www.cmpco.com)

**CHANS Home Health & Hospice**

CHANS Home Health & Hospice is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and

private duty care services, and an array of community-based wellness clinics in the Midcoast Area.

45 Baribeau Drive, Brunswick, ME  
 729-6782  
[www.chanshomehealth.com](http://www.chanshomehealth.com)

**Coastal Landing Retirement Community\***

A retirement community serving the Midcoast area. Come and see our warm and friendly environment where friends and family gather. Please call 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home!

142 Neptune Drive, Brunswick, ME  
 837-6560  
<http://coastallanding.com/>

**Coastal Maine Regional Broadband**

Making digital access a reality for people in Coastal Maine by ensuring full broadband connectivity and affordability to homes and businesses, uniting people with the devices needed to connect, and encouraging training to build skills for all ages.

297 Bath Road, Wiscasset, ME  
 882-6311  
[www.cmrb.me](http://www.cmrb.me)

**Coastal Orthopedics & Sports Medicine Physical Therapy**

Coastal Orthopedics & Sports Medicine Physical Therapy located in Brunswick, ME, employs a top team of doctors, physical therapists, strength coaches and massage therapists who are here to ensure excellent care. We have served the local community for more than 20 years.

14 Thomas Point Rd., Brunswick, ME  
 442-0325  
[www.coastalortho.com](http://www.coastalortho.com)

**Coastal Shores Assisted Living**

Coastal Shores Assisted Living is a 40 bed assisted living facility for older adults, which offers furnished private rooms. Our home is designed for those who require assistance with personal care, homemaking chores, and daily activities such as meals, medication management, dressing, bathing, and transportation.

142 Neptune Drive, Brunswick, ME  
 725-5801

[www.coastalshoresresidentialcare.com](http://www.coastalshoresresidentialcare.com)

\*2024 Sponsorship

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WE WELCOME YOU TO VISIT OUR WEBSITE, OR GIVE US A CALL, TO LEARN MORE ABOUT GETTING INVOLVED OR ACCESSING SERVICES.

*Supporting Food Security Through:*

- Participation in the local farm economy through purchasing & gleanings
- Fresh meals delivered to seniors
- Offering affordable commercial kitchen space to small food businesses
- Free groceries in our Food Pantry
- School-based pantries & fresh produce pop-ups serving kids and their families
- Satellite locations that bring food closer to home for our clients

COMMUNITY  
FOOD  
DIGNITY





# Bowdoin

Bowdoin College is pleased  
to support  
the work of People Plus.

**Don't Miss!**

## You're invited to an art show open house!

Come meet the artists of People Plus and help to celebrate their work at an open house on **Saturday, October 12, 2-4 pm**. Twenty-six artists in Ed Higgins' art classes here have hung their work, 104 pieces in all (even including a painting by Ed that he did outdoors this summer). The exhibit showcases everything from detailed landscapes to graphic abstracts to self-portraits to sketches of favorite dogs – and even a playful sculpture named “Wakiwana.” Join us! Free, open to the public Light refreshments available.

## Yearning to travel? Check out our “Trip Talk”

**Tues, Oct. 15, 1:30 pm**. Learn about upcoming trips with Collette Travel: “Colorado Rockies” May 30-June 7, 2025, and “Spotlight on Tuscany” Oct. 1-9, 2025. Talk is free, talk and trips are both open to the public. Registration appreciated. FMI on all of our planned trips, see page 10.

## Balance & Falls Clinic with Reform PT

**Thurs, Oct. 24, 1:30 pm**. Dr. Christina Levesque, PT, DPT will teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Free, open to the public. Call to register.

## ‘Aging Well’ Lunch & Learn: Death with Dignity

**Mon, Oct. 28, 12 noon -** Bob McCown, Maine Death with Dignity, will share information on end-of-life care options and details about Maine’s law. Bring your lunch (or have a cup of free soup). We’ll provide drinks, chips and dessert. Free, open to public. Registration required.

### Medicare Open Enrollment Appointments Available

Spectrum Generations volunteer, and new People Plus trustee, Nancy Weingarten will be at People Plus **Wednesday and Thursday mornings Oct. 30 - Dec. 5** for open enrollment appointments. Times available include 9 am, 10 am, and 11 am. Call Sarah at the Center to book your appointment!

## People Plus Annual Open House! Thursday, October 31, 1-3pm

See page 7 for details.

**Call 729-0757 to register for activities. FMI peopleplusmaine.org**

# GENERAL CALENDAR EVENTS AT PEOPLE PLUS

	Mon	Tue	Wed	Thu	Fri	Sat
week 1	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 2:30pm Spanish Club 5:30pm Toastmasters Plus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Haircuts with Margarita 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 2	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm Ukulele Club 2:30pm German Club 4:30pm TCAC	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing	8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Haircuts with Margarita 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis 
Scan QR code or visit <a href="http://peopleplusmaine.org">peopleplusmaine.org</a> for current calendar						
week 3	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 7:00pm History Book Club	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:00pm Books a la Carte 6:30pm Toastmasters	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	9:30 Art Class 12:00pm Lunch and Connections 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Haircuts with Margarita 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis
week 4	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing 6:30pm Bruns. Coin/Stamp	9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Haircuts with Margarita 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	9:00 Zumba 10:15 Table Tennis



## Brackett Funeral Home

*Our History tells you who we are.*

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

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

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



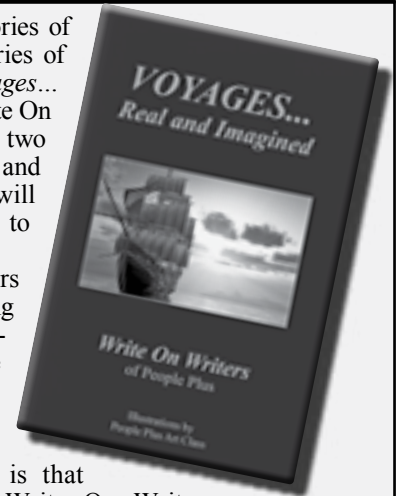
## Plus! Write On Writers New Book Release!

From Grandmother's pin cushion, to memories of childhood, to fanciful walks, to bridges, stories of life, of love and of changing seasons, "*Voyages... Real and Imagined*," the latest work by the Write On Writers of People Plus, brings it home. Nearly two dozen writers, close to 200 pieces in poetry and prose, *Voyages* will take you on a real trip, will open your imagination, will make you want to sit down and hear more.

In almost thirty years, the Write On Writers have published nearly a dozen works, and along the way, have become one of the most successful, respected and endearing groups at the People Plus Center.

I'm betting *Voyages* will be one of the best in a great series of successes. Look it up, read it, treasure it. *Voyages* is that good. Congratulations to the writers of Write On Writers. I just need to say it again, "WOW!"

*-Frank Connors, Retired, Membership Coordinator*



## SAVE THE DATE

Don't miss our authors' chat with the Write On Writers!

**Wed, Nov. 13, 2 pm.** Join us for the authors' chat to launch *Voyages ... Real and Imagined*, the latest book by the Write on Writers. Free, open to the public, light refreshments available. *Note: This latest book by our writers' group will be available for purchase at the Center; just see Sarah at the front desk to get your copy.*



**Northern  
New England**

**207-729-3300**



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# Riley

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Insuring Coastal Maine for over 165 years!

AUTO • HOME • BUSINESS  
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207.729.3321 | rileyinsurance.com



# Rely on Riley



### Comfortably Home (Bath Housing)

Comfortably Home provides safety checks, accessibility modifications, and minor repairs at no cost to homeowners who are 55+ or have a disability, live in Sagadahoc County or Brunswick and meet income guidelines. No application necessary! Visit [www.comfortablyhome.org](http://www.comfortablyhome.org) for more information or call Kristen at 295-3317 to get started.

80 Congress Ave., Bath, ME  
295-3317

[www.comfortablyhome.org](http://www.comfortablyhome.org)

### Consumers for Affordable Healthcare

Consumers for Affordable Health Care (CAHC) is a Maine-based nonprofit dedicated to improving access to affordable, quality, and equitable health care for all Mainers. Our experts answer questions about MaineCare, Marketplace, MSP, and more. We also develop policy initiatives to improve and create equitable health care access in our state.

PO Box 2490, Augusta, ME  
1-800-965-7476

<https://mainecahc.org/>

### Curtis Memorial Library

The Curtis Memorial Library strives to be a vibrant community hub offering a diverse collection of books, digital resources, and engaging programs. With a commitment to lifelong learning and accessibility, it serves as a welcoming space where patrons of all ages can explore, connect, and enrich their lives.

23 Pleasant Street, Brunswick, ME  
725-5242

[www.curtislibrary.com](http://www.curtislibrary.com)

### Day By Day, LLC\*

Non-medical professional business providing physical, emotional, and spiritual support to patient, family, friends, and support network. End-Of-Life Doula's goal is to collaborate with hospice or palliative team, and other health care professionals to create a dynamic support system ensuring the highest quality of life for the patients end of life care.

Brunswick, ME  
522-0099

[www.facebook.com/daybydaydoula](http://www.facebook.com/daybydaydoula)

### Dionne Commons

Sixty-four bed assisted living facility. Rooms consist of furnished private and semi-private apartments. Designed for those who require assistance with personal care and home making chores, but wish

to maintain an independent lifestyle. We look to provide the comforts of home for our residents to truly embrace and enjoy.

24 Maurice Dr., Brunswick, ME  
725-4379

[dionnecommons.com](http://dionnecommons.com)

### Disability Rights Maine

Protection and Advocacy agency for people with disabilities. Represents individuals whose rights have been violated or who have been discriminated against based on disability. Oversees Telecommunications Equipment Program (TEP) and Maine Relay Services, providing specialized telephone equipment and connecting individuals who are deaf, hard of hearing or speech disabled with individuals who use standard telephones.

160 Capital Street, Ste 4, Augusta, ME  
797-7656

[www.drme.org](http://www.drme.org)

### DLTC Healthcare & Bella Point\*

DLTC Healthcare & Bella Point offers exceptional assisted living for seniors ensuring each resident feels valued and supported. Across our 18 facilities in the state, we provide 24/7 care, expert medication administration, housekeeping,

dietary services and dynamic activity programs. Join our warm community for a fulfilling living experience.

PO Box 7468, Portland, ME  
800-239-0954

<https://dlthhealthcare.com>

### FA-EAI Maine Chapter of Food Addicts in Recovery Anonymous

Food Addicts in Recovery Anonymous (FA) is an international recovery program. FA offers a solution to people who overeat, undereat, binge, purge and/or are obsessed with food, weight and dieting. FA meetings are available in person, online and by phone. There is no charge to attend an FA meeting.

PO Box 373, Augusta, ME  
775-2132

[www.foodaddicts.org](http://www.foodaddicts.org)

### FCP Live-In

FCP Live-In is a leading live-in caregiver provider and in-home care company with over 25 years of experience. We are NOT an assisted living facility, but an affordable, cost-effective provider of live-in caregivers for your mom, dad, or loved one. Affordable care in the safety and comfort of home.

2573 Main Street, Stratford, CT  
1-866-559-9492

[www.liveinhomecare.com](http://www.liveinhomecare.com)

\*2024 Sponsorship

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Call Us  
for a  
Medicare  
Plan  
Review



Navigating the  
complex world  
of Medicare can  
be difficult.  
We're here to  
make it easy  
and be a  
resource you  
can depend on  
year after year.

207-522-7778

[www.iandrsolutions.com](http://www.iandrsolutions.com)

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](http://Medicare.gov) or 1-800-MEDICARE to get information on all of your options



ACCELeRate  
Your Recovery!

2 CONVENIENT LOCATIONS

BRUNSWICK, ME

INSIDE MARTINS POINT  
HEALTH CARE

207-844-8923

TOPSHAM, ME

INSIDE THE  
BOWDOIN MILL

207-820-7638



[accelptme.com](http://accelptme.com)



**Freeport Community Services - Age-Friendly Freeport/Pownal**

A community-based initiative to help make our region an inclusive, livable place to live for people of all ages. We offer wellness programs, education, transportation services, and social opportunities free of charge for anyone in our community to participate in - held at our center in Freeport.

53 Depot Street, Freeport, ME  
865-3985 x 222  
<https://fcsmaine.org/>

**Gateway Retirement Solutions\***

Gateway Retirement Solutions is committed to helping our clients navigate successfully into and throughout their retirement years. Your financial picture deserves unbiased and qualified advice. As a full-service insurance and financial solutions provider, we tackle your most complex concerns by simplifying them for both you and your loved ones.

6 E. Chestnut St., Ste 204, Augusta, ME  
504-7915  
[gatewayretirementsolutions.com](http://gatewayretirementsolutions.com)

**Good Morning Program**

A program of People Plus and the Brunswick Police Department. Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults. For residents of Brunswick, Harpswell, Freeport. Visit [peopleplusmaine.org](http://peopleplusmaine.org) for application or call 729-0757.

35 Union St, Brunswick, ME  
729-0757  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

**Habitat for Humanity 7 Rivers Maine**

Habitat for Humanity/7 Rivers Maine creates successful homeownership opportunities for families with limited incomes by building sustainable housing and performing critical repairs, modifications, and weatherization on existing homes throughout Brunswick, Harpswell, and all of Lincoln and Sagadahoc counties. We rely on the support of volunteers, donors, and community partners.

11 Elsinore Avenue, Bath, ME  
504-9332  
<https://habitat7rivers.org>

**Hand Therapy Treatment and Education Center, LLP**

Suffering from chronic pain in the hands, wrists, elbows, or shoulders? Visit our table to learn about conservative, easy-to-perform self-care techniques to ease discomfort in the hands and upper extremities. Conditions benefiting from selfcare are osteoarthritis, tennis elbow, trigger finger, carpal tunnel, and mallet finger, to name a few.

114 Maine Street, Ste 4, Brunswick, ME  
607-5800  
[www.therapyandeducation.com](http://www.therapyandeducation.com)

**Harpswell Aging at Home**

Grassroots community organization created, supported, and led by volunteers from Harpswell. Provide free or nominal cost initiatives that help older adults thrive while aging in their homes. Goal is connecting those that could use a hand with the various services that are available through HAH or by other community-based organizations.

PO Box 25, Harpswell, ME  
522-8841  
[www.hah.community](http://www.hah.community)

**Horizons Living and Rehabilitation Center**

Horizons Living & Rehabilitation Center is a skilled nursing and rehab facility in Brunswick, Maine. Life at Horizons involves a plethora of wonderful amenities and comforts to those who live here. Residents partake in our full activity program that is designed to promote physical function, socialization, and community spirit.

29 Maurice Drive, Brunswick, ME  
725-7495  
<https://www.horizonslivingandrehab.com>

**Insurance and Retirement Solutions\***

We help Seniors navigate the complexities of Medicare. As Independent Health Insurance Brokers, we represent many different plans and Insurance Companies, so you can be sure that we will fit a plan to the beneficiary's needs and help them navigate and use all their benefits throughout each plan year.

14 Maine Street, Suite 104, Brunswick, ME 522-7778  
[iandr solutions.com](http://iandr solutions.com)

\*2024 Sponsorship

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# Brunswick Topsham Housing Authority

The mission of the Brunswick Topsham Housing Authority is to provide safe, quality, and affordable housing for eligible persons in need of assistance, regardless of race, color, sex, religion, national or ethnic origin, age, handicap, marital status, sexual orientation, familial status, or disability, and to promote opportunities for the growth and development of residents as well as our community.

12 Stone St. / PO Box A  
Brunswick, ME 04011  
207-725-8711  
[brunswickhousing.org](http://brunswickhousing.org)

Office Hours  
Monday - Thursday  
8:00 am to 4:30 pm



# Plus! Sign up at the Expo for People Plus new member discount!

Are you looking for a good deal? Become a member at People Plus and enjoy classes, clubs and camaraderie! The cost is \$45 per year, which works out to just under \$4 per month. But if you sign up during the Expo, the fee for new members is only \$35 for the first year!

A membership provides you with so much, for so little. The activities at People

Plus are endless; from lectures on varied subjects to classes on everything under the sun. Want to join a French, German or Spanish club? We've got it. Want to get fit and stronger? Work on your balance? We've got that too. There are classes and clubs involving art, playing bridge, writing, table tennis, and so much more.

And what a great way to meet up with

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

Other benefits include receiving our

monthly newspaper, and when you show your membership card proudly at area participating businesses, you can save money every day. So join People Plus today, then tell your friends about the good deal you got at a very cool and happening place.



## MEALS:

### Women's Breakfast, 1st Thursday at 8:30 am.

Start your day with a healthy meal and good company. \$5 suggested donation.

### Lunch Out, 2nd Tuesday at 11:30 am.

Organized get-together at local restaurants. Pay on your own.

### Men's Breakfast, 2nd Thursday at 8:30 am.

Start your day with a healthy meal and good company. \$5 suggested donation.

### Lunch/Connections, 3rd Thursday at 12 noon.

Sign up early for this always sold-out meal with good company! \$7 members/\$12 non-members.

### Monday Munchies, Mondays, 11:30 am-12:30 pm.

Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program –usually a delicious soup!



Meals at the Center are always popular. Come to our luncheons or Men's & Women's Breakfast to discover what the good times are about!

## PRESENTATIONS:

**'Aging Well' Lunch and Learn, 4th Monday at noon**  
Programs focusing on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

**Author's Chats**, Maine authors tell us about their books and experiences.

**Balance and Falls Clinics**, quarterly clinics with Reform Physical Therapy – watch for dates in our monthly newspaper!

**FYI! (For your Information) Lecture Series**, monthly programs to tantalize the mind with interesting and stimulating presentations and light refreshments.

**Medicare 101 Session: Spectrum Generations, 2nd Tuesday, 12:30-2 pm.** Designed to provide you with knowledge about Medicare and its many "Parts."



## Plus! People Plus Clubs (FREE, members only)

### Apple Club, check calendar for dates/time

Bring Apple device and questions.

### Books a la Carte, 3rd Tues, 2 pm.

Join an fun, interesting discussion about books & authors with varied genres and no assigned reading list.

### Bridge, Mon 1pm-Duplicate Bridge.

Tues, 9:30 am-Casual Bridge, all levels welcome.

### Cafe en Francais (French club), 4th Tuesday, 2:30 pm.

Spend a lively hour once a month speaking French with good company.

### Cantina Espanol (Spanish club), 1st Tues, 2:30 pm.

Spend a lively hour once a month speaking Spanish with good company.

### Cribbage, Wed, 8:45 am.

Play cribbage with different partners.

### Fiber Arts, Mon, 10 am.

Bring your current project and enjoy friendly conversation while you work.

### Fiber Spinners, 2nd/4th Fri, 10 am.

Bring your spinning wheel or spindle to chat with friends while you transform fiber into yarn.

### Game Day, Tues, 1-3pm.

Game time with friends. Use ours or bring you own.

### History Book Club, 3rd Mon, 7 pm.

Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

### Kaffeestunde! (German club), 2nd Tues, 2:30 pm.

Spend a lively hour once a month speaking German with good company.

### Mah-Jongg, Mon/Wed/Fri, 9 am.

Chinese multi-player tile game. All skill levels welcome. We'll teach you!

### Table Tennis

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

### Ukulele Club, 2nd Tues, 2:30 pm.

Come jam with us! All abilities welcome (must be able to play basic cords and strum). Bring your own ukulele, sheet music via projector will be provided.

### Wednesday Walkers, 9:30 am Apr.-Oct. and 1 pm Nov.-Mar.

Meet for a walk or hike each week at a local or offsite location (usually an hour).

### World Affairs Conversation Group

1st/3rd Fri, 11 am. Meet to discuss topics of the week.

### Write On Writers, Wed, 1 pm.

Meet to share stories and writings.



## Plus! Member

**Ashley Richards**, Certified Aging in Place Specialist free home walk-through with tips to help you age in place, 712-3042, [ashleyr151@gmail.com](mailto:ashleyr151@gmail.com)

**Augat Chiropractic**, Free consult & cursory exam free consultation & cursory exam (mention People Plus benefit when booking appointment), 725-7177

**Autometrics**, 10% off labor, 729-0842

**Berrie's Hearing & Optical Center**, 10% off complete eye-wear, up to \$500 off hearing aids, [berriesopticians.com](http://berriesopticians.com)

**Big Top Deli**, 10% off, anytime, 721-8900, [bigtopdeli.com](http://bigtopdeli.com)

**Bill Dodge Auto Group**, 10% off parts/service, 729-6653, [billdodgeautogroup.com](http://billdodgeautogroup.com)

**Carpe Diem Tech Support**, John Fischer Help with PC/Mac. \$30/hour (40% off reg. rate), 522-1238, [john@carpediem-me.net](http://carpediem-me.net), [carpediem-me.net](http://carpediem-me.net)

**Darling's Ford**, 10% off up to \$50, parts/service, 725-1228, [darlingsbrunswickford.com](http://darlingsbrunswickford.com)

**Double Bubble Laundromat**, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold, 373-1995

**Eveningstar Cinema**, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med), 729-5486, [eveningstarcinema.com](http://eveningstarcinema.com)

**Fairground Café**, 10% off, anytime, 729-5366

**Hearts & Hands Reiki**, 10% off first visit 751-5339, [mspruce@live.com](mailto:mspruce@live.com)

\*Benefits are subject to change



**People Plus** PEOPLE PLUS MEMBERSHIP APPLICATION Date \_\_\_\_\_  
THE CENTER THAT BUILDS COMMUNITY SINCE 1976  
 (35 Union Street), PO Box 766, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

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

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

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

**Yearly Dues (Scholarships Available)**  
 Single (\_\_\_New\_\_\_Renew): \$45  
 Couple (\_\_\_New\_\_\_Renew): \$85  
 Lifetime Member (70 or over): \$425

OFFICE USE:  Account  Data  Card Sent

**Cash/Check (Payable to People Plus)**  
 Membership Dues: \$ \_\_\_\_\_  
 Additional Donation\*: \$ \_\_\_\_\_  
(\*donations above membership dues are tax deductible)  
 Total: \$ \_\_\_\_\_

**Volunteer Opportunities at People Plus**  
 I'd like more information about:  
 Lunch Crew: cook/setup/cleanup  
 Reception: check-in/phone  
 Volunteer driving: rides to appts/shopping  
 Meals on Wheels  
 Teen Center

**People Plus** THE CENTER THAT BUILDS COMMUNITY SINCE 1976

**LOW YEARLY MEMBERSHIP RATES**  
 Single: \$45  
 Couple: \$85

**Special EXPO Membership Deal!**

**Thursday, October 10th new members get one year for just \$35!**

**Benefits**

- Lee's Tire & Service**, 10% off parts (not tires), Bruns. 729-413127, Topsh. 729-1676
- Maine Optometry**, 30% off complete glasses, some restrictions apply, 729-8474, [maineoptometry.com](http://maineoptometry.com)
- Maine State Music Theatre**, senior discount (60+) on matinee tickets for Main Stage performances, 725-8769, [msmt.org](http://msmt.org)
- Mid Coast Hospital Gift Shop**, 10% off, anytime, 373-6018, [mainehealth.org/Mid-Coast-Hospital/Patients-Visitors](http://mainehealth.org/Mid-Coast-Hospital/Patients-Visitors)
- Pauline's Bloomers**, 10% off in-store purchase (in person only), 725-5952, [paulinesbloomers.com](http://paulinesbloomers.com)
- Reflections (Salon)**, 10% off, Mon & Fri, 729-8028, [reflectionsbylucie.com](http://reflectionsbylucie.com)
- Rossignol's Hair Shoppe**, discount for age 60+, 370-9410
- Thomas Point Beach**, \$1 weekdays admission, 725-6009, [thomaspoinbeach.com](http://thomaspoinbeach.com)
- Tire Warehouse**, 20% off labor, 725-7020, [tirewarehouse.net](http://tirewarehouse.net)
- Wilbur's of Maine**, 10% off, anytime, 729-4462
- Wild Oats Bakery & Cafe**, 10% off Mondays, 725-6287, [wildoatsbakery.com](http://wildoatsbakery.com)



**Activity Punch Cards:** Safe & convenient. FMI call 729-0757 or stop by to purchase your card! \$35 for 5 classes, \$70 for 11 classes (1 free!).

**Art & Exercise Classes**

\$7/members, \$12/non-members - punch cards available

**Art Class, Tue & Thu, 9:30-11:30 am, and Learn to Art, Thu, 1-3 pm.**  
 Instructor Ed Higgins will explore different mediums. All skill levels welcome. Topics will include tools and materials, importance of keeping a sketchbook, and planning and composing your drawing.

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

**Growing Stronger, Wed, 12 noon.**  
 Instructor Bea Blakemore. Don't just grow older - GROW STRONGER with this strength training class for seniors! Using light weights and resistance bands, this class will help you improve your strength and resilience!

**Loosen Up! Mon/Wed/Fri, 9 am.**  
 Instructors Bea Blakemore (M) and Suzanne Neveux (W, F). A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times each week.

**Qigong, Fri, 10:15 am and Tue, 1 pm.**  
 Instructor Suzanne Neveux. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Involves meditation and coordinating slow-flowing movement. Performed standing (can be modified for chair).

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

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

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

**Islebrook Village at Wiscasset\***

Islebrook Village, opening in Spring 2025, will offer 105 units of Independent and Assisted living and transitional and secure memory care. Located in the former Wiscasset Primary School. Islebrook Village has undergone a complete renovation and will offer state-of-the-art facilities with countless amenities for the enjoyment and comfort of its residents.

**146 Gardiner Rd, Wiscasset, ME**  
**910-4211** [everbrookseniorliving.com/communities/islebrook-village](http://everbrookseniorliving.com/communities/islebrook-village)

**Lamdin Group, LLC**

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**12 Quarry Road, Brunswick, ME**  
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[www.lamdingroup.com](http://www.lamdingroup.com)

**Landing YMCA/Bath Area Family YMCA**

We're dedicated to supporting healthy aging for all. Join a pickleball match, relax in a yoga class, or enjoy the pool! From classes for specific health concerns to community lunches, you'll find something

to bring more wellness into your life. We're here for all and look forward to welcoming you.

**24 Venture Ave., Brunswick, 844-2801**  
**303 Centre St., Bath, 443-4112**  
[www.bathymca.org](http://www.bathymca.org)

**Live Better Health Services, LLC\***

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**10 Cumberland St., Brunswick, ME**  
**607-4144**  
[www.livebettermaine.com](http://www.livebettermaine.com)

**Maine Bureau of Insurance**

The Maine Bureau of Insurance regulates the insurance industry to protect and to serve the people of Maine. Additionally, Bureau staff investigate insurance-related complaints and educate insurance consumers about their rights and responsibilities.

**34 State House Station, Augusta, ME**  
**624-8475**  
<https://www.maine.gov/pfr/insurance/home>

**Maine Community Bank\***

As a local community bank, we're committed to being a vital part of the communities we serve. Our personal and business banking products are designed to make banking easier, no matter what corner of the world you're in. Member FDIC.

**27 Gurnet Road, Brunswick, ME**  
**786-5701**  
[www.maineccb.com](http://www.maineccb.com)

**Maine Death with Dignity\***

A 501(c)(3) non-profit providing services, education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death. A primary program is connecting people to the information they need to make fully informed decisions regarding all their end-of-life care options.

**PO Box 801, Wiscasset, ME 319-8633**  
[www.mainedeathwithdignity.org](http://www.mainedeathwithdignity.org)

**Maine MidCoast South CCL Chapter**

Learn about how you can reduce your energy bills over the long term by harvesting new tax credits and Efficiency Maine rebates on the purchase of heat pumps, water heaters, kitchen appliances, insulation, electric vehicles, solar systems

and other upgrades made less expensive especially for low and moderate income Mainers.

**Brunswick, ME 838-9843**  
[citizensclimateeducation.org](http://citizensclimateeducation.org)

**Maine Pines Raquet & Fitness\***

A welcoming full-service tennis, pickleball and fitness facility providing programs for all ages and abilities. Over 50+ group fitness classes including Aerobics, Tone & Sculpt, Barre, Pilates, Pound, Zumba, SilverSneakers®, Spinning® and an array of yoga classes including Slow Flow, Yin Yoga and Qigong. Try a class for FREE today!

**120 Harpswell Road, Brunswick, ME**  
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[www.maineepines.com](http://www.maineepines.com)

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As a Maine based company, with Maine values, Maine SafeResponse is committed to offering reliable Personal Emergency Response Systems and provide excellent customer service to protect you in and outside of your home. Our mission is to help our customers feel safe and secure 24/7.

**191 Casco Road, Brunswick, ME**  
**844-0601**  
[mainesafereponse.com](http://mainesafereponse.com)

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**DLTC HEALTHCARE**

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[www.dltchealthcare.com](http://www.dltchealthcare.com)  
**800-239-0954**

**Maine State Music Theatre\***

Maine State Music Theatre (MSMT), founded in 1959, is a non-profit organization dedicated to enriching lives through musical theatre. Performing at the historic Pickard Theater, MSMT's 2025 season features captivating productions like Anastasia, Tootsie, Footloose, and West Side Story, showcasing world-class talent in the heart of Maine.

22 Elm St., Brunswick, ME  
725-8769  
msmt.org

**Martin's Point Health Care\***

Progressive, not-for-profit organization providing primary health care and health insurance plans. Our six health care centers in ME and NH accept most major insurance plans. Offer Generations Advantage Medicare plans in ME and NH, and the US Family Health Plan (TRICARE Prime®) in northern New England, New York, and Pennsylvania.

331 Veranda Street, Bldg 2, Portland, ME  
791-3884  
www.martinspoint.org

**Maynard Law\***

Maynard Law specializes in estate planning and elder law, including long-term care planning and MaineCare applications. We provide clients with peace of

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mind by creating plans tailored to meet their individual needs. Take the first step towards protecting your autonomy and preserving your assets by contacting Maynard Law today.

4 Union Park Road #16, Topsham, ME  
406-2541  
www.maynardelderlaw.com

**Medicare Mermaid\***

The Medicare Mermaid is here to assist Medicare beneficiaries in sorting through all the information surrounding their healthcare needs and to choose a plan that works best for them for that year. Our goal is always to get the most benefits for the least out of pocket costs.

124 Maine St, Suite 20, Brunswick, ME  
208-9727  
facebook.com/medicaremermaid

**Merrymeeting Bay Triad**

An organization dedicated to the promotion of programs, education and materials that enhance the well-being of Merrymeeting Bay's citizens. This is accomplished through an all-volunteer organization that merges cooperative efforts between seniors, police, and senior service agencies.

443-5563 x2215

**Mid Coast Hospital\***

Full-service, 93-bed hospital with active medical staff of more than 200 providers in over 30 primary care and specialty areas. Part of MaineHealth, a not-for-profit integrated health system consisting of eight local hospital systems, comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,600 employed and independent physicians working together through an Accountable Care Organization.

123 Medical Center Drive, Brunswick, ME  
373-6000  
www.midcoasthealth.com

**Mid Coast Hunger Prevention Program (MCHPP)\***

Offers dignity and empowerment by providing all members of our community with access to healthy food. We provide free groceries and meals to anyone who wants or needs them and we offer a wide variety of volunteer opportunities to anyone looking to stay busy and give back to the community.

Food Access Center: 12 Tenney Way,  
Brunswick, ME  
725-2716  
www.mchpp.org

**Mid Coast Hunger Prevention Program - Sharing Table**

Stop by to grab some free produce! Merrymeeting Gleaners volunteers partner with local farms and farmers markets to harvest or pick up excess crops. Gleaned produce is used in MCHPP's programs and is also distributed to over 30 partner organizations in the region including libraries, community centers, and more.

725-2716 www.mchpp.org

**Mid Coast Senior Health**

Mid Coast Senior Health offers a full continuum of senior healthcare and living options in Brunswick. Services include assisted living, memory care, long-term care, skilled nursing, and rehabilitation.

58 Baribeau Drive, Brunswick, ME  
373-3646 www.midcoastseniorhealth.com

**Mid-Coast Veterans Council**

The Mid-Coast Veterans Resource Center is a multi-agency hub that is dedicated to serving Veterans and their families. We offer private space to meet with outside providers, assist with paperwork, and refer to appropriate Veteran services. Our volunteer staff is here to help M-F 9am-4pm. FMI call us at 207-406-4103.

68 Pegasus St., Brunswick, ME  
406-4103 mid-coastveteranscouncil.org

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# MAYNARD LAW

## Elder Law & Estate Planning



Wills and Trusts  
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Probate

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**61 Flood Avenue, Rt. 1**

**islebrookvillage.com**

**Wiscasset, ME**

**An Everbrook Senior Living Community**



**Plus! Connie Bailey tribute art show and auction**



**Sat, Nov. 23.** Save the date for a tribute to Connie Bailey, longtime People Plus art educator and beloved member. The Topsham Public Library will display a selection of pieces of her life's work at an open house and afternoon tea from 2-4 pm, and Connie will be on hand at the event! The show will also include pieces she collected from other area artists.

A well-known local artist, Connie specialized in lovely watercolor batik paintings on rice paper and won many awards, as well as entry into many private and corporate collections.

She was the gallery coordinator at Topsham Public Library for decades, as well as teaching art and serving as gallery coordinator at People Plus.

Sixty pieces of Connie's artwork, along with 18 pieces by other artists, will be available for purchase in an online auction in November, and proceeds will benefit People Plus and the Topsham Public Library.

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cherishing each passing moment.*



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## The Nature of Things at Highland Green

Maine's natural splendor famously framed by its unique craggy coastline peppered with lobster pots, the rich culture and vibrancy of nearby villages, towns and cities and the distinctive homes and welcoming spirit of Highland Green are a combination without equal.

To learn more about this 55+ active lifestyle community, call 1-866-854-1200. Visit our website at [highlandgreenlifestyle.com](http://highlandgreenlifestyle.com) for interactive 3-D tours, aerial videos, floor plans, site maps and learn more.



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6 E. Chestnut St. Suite 204; Augusta, ME 04330

### Midcoast Athletic & Recreation Complex (MARC)

The Midcoast Athletic & Recreation Complex (MARC) is an expansion of the Brunswick Recreation Center available free to everyone on the Midcoast. It will provide new outdoor sports facilities like turf fields, pickleball & tennis courts, skatepark, future aquatics facility, playgrounds, family areas, ice rink, and more!

220 Neptune Drive, Brunswick, ME  
725-6656

[www.marproject.org](http://www.marproject.org)

### Midcoast Senior College

Courses, lectures, events and social opportunities for seniors who wish to continue lifelong learning! No tests or grades - learn and grow with your peers.

18 Middle St., Ste 2, Brunswick, ME  
751-1089

[www.midcoastseniorcollege.org](http://www.midcoastseniorcollege.org)

### Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medication

reminders, shopping and companion/safety care. Services are available from 2 hours to 24 hours daily.

142 Neptune Drive, Brunswick, ME  
725-9444 [www.neighborsinc.com](http://www.neighborsinc.com)

### New England Rehabilitation Hospital of Portland

New England Rehabilitation Hospital of Portland, a joint venture of Maine Medical Center and Encompass Health, is Maine's only freestanding acute rehabilitation hospital. It is a state-licensed, TJC-accredited facility specializing in rehabilitation for stroke, orthopedic, brain injury, amputee, spinal cord injury, and general rehabilitation in both inpatient and outpatient settings.

335 Brighton Ave., Ste 201, Portland, ME  
775-4000 [www.nerhp.org](http://www.nerhp.org)

### Nor'easters Barbershop Chorus

The Nor'easters Barbershop Chorus of Bath/Brunswick has been in existence for 58 years and still going strong! They are a non-profit performing arts group who entertain in the midcoast area; singing and entertaining at nursing homes, assisted living locations, senior living, special occasions, birthdays, anniversaries, fundraisers and much more.

c/o Charles Kettell, 103 Rabbit Rd,  
Durham, ME 542-7699  
[noreasterschorus.org](http://noreasterschorus.org)

### Northern Light Home Care and Hospice

Homecare and hospice locations across Maine. Managing chronic health conditions can mean frequent trips to the doctor or hospital to monitor vitals. Our clinical care, Telehealth, and LiveSafe programs come to you. Experience the difference we can make for you and your family.

225 Gorham Road, South Portland, ME  
651-5415

<https://northernlighthealth.org/homecare-hospice>

### Northern New England Poison Center

Located at Maine Medical Center in Portland, serving ME, NH, VT. Staffed 24/7 with nurses and pharmacists who can help with general poison prevention questions, pill identifications, medication errors, drug interactions, food poisonings and more. Contact at 1-800-222-1222, chat at [www.nnepc.org](http://www.nnepc.org) or text POISON to 85511. Calls are free and confidential.

22 Bramhall St., Portland, ME

1-800-222-1222

[www.nnepc.org](http://www.nnepc.org)

### Norway Savings Bank\*

Norway Savings Bank helps you live the life you choose! Although we're just a small part of your life, we're here to help make it great. With three branches in the Midcoast area, you're never far away from banking that's as unique as you are.

83 Maine Street, Brunswick, ME  
888-725-2207

[norwaysavingsbank.com](http://norwaysavingsbank.com)

### Penquis Foster Grandparent Program

Penquis Foster Grandparent Program is for income eligible volunteers, aged 55 and over, who volunteer an average of 15 hours a week with children at schools and Head Start centers. Benefits include a stipend, paid holidays, earned time, and assistance with transportation. FMI call 1-800-215-4942.

262 Harlow St, Bangor, ME  
1-800-215-4942

[www.penquis.org](http://www.penquis.org)

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## Northbridge Senior Living - Assisted Living & Memory Care



Ask about the Adult Day Program at Avita of Brunswick

### Benefits include:

- A gradual transition into life as a full time Avita resident.
- Enjoy a full calendar of engaging programs.
- Time for you, the caregiver, to take a much needed break, rest & relax.

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— A Northbridge Memory Care Community —

Avita of Brunswick - Memory Care  
89 Admiral Fitch Ave | 207.729.6222 | [AvitaofBrunswick.com](http://AvitaofBrunswick.com)

**Sunnybrook**  
A Northbridge Senior Living Community

Sunnybrook - Assisted Living  
340 Bath Road | 207.443.9100 | [Sunnybrookvillage.com](http://Sunnybrookvillage.com)





## Driving for others!

### Can you help a neighbor in need by giving them a ride?

A woman in line at the grocery store recently overheard an older woman telling the cashier that she needed to call for a taxi. Offering assistance, the bystander struck up a conversation with the woman about her need to get rides, and...

This was her story: She was 76 years old and still lived in the home she had shared with her husband and children for over 50 years. Her children now lived out of state and her husband had passed away. Yet she had decided to stay in the house as long as she was able. "It's paid off," she explained, "and I know where everything is. I'm comfortable there. But I haven't driven in years, and with my husband's passing, I feel trapped."

This is a common occurrence as hundreds of older adults enjoy their later years in life, still living in their homes. 'Aging in place' defines the many older adults who live at home, make their own meals, do laundry, manage their finances, and live very well despite their inability to drive.

Fortunately, the People Plus Volunteer Transportation Network provides help and rides for people like the woman in the grocery store, and other homebound community residents.

With over 874 registered riders, the VTN program is completely free and provides rides, grocery shopping/delivery service, as well as, prescription and food pantry pickups in the Brunswick area. The VTN is the most successful and well-managed volunteer transportation program in the state of Maine.

On track to provide more than 33,162 miles this year alone, the VTN has fulfilled over 3,928 free rides this year. VTN is a lifeline for people in their homes with no access to transportation. "I would not be able to get to my doctor's appointments, especially the ones out of town, if not for the VTN. I have severe hardening of my arteries and require stents to allow blood flow in my legs in order to walk. The wonderful drivers get me to all of my appointments so I stay healthy and engaged in my community," says Brenda Bonney.

Registered riders can call with a few days' notice and ask for a ride to medical appointments, the grocery store, the library, hair salon,



food pantry, etc., as well as requesting prescription or grocery pickup and delivery.

"It's those last few miles from their home that proves to be the most challenging for many people," says People Plus Executive Director Stacy Frizzle-Edgerton. "Getting around in town or even getting down to Portland now with the Breeze bus is not tremendously difficult, but how do you get home from the downtown bus stop? That's really the big challenge for many of our homebound elders who can no longer drive for either monetary or medical reasons."

Lynne Smith, the VTN coordinator, says, "Hundreds of people in our community depend on this program to get to their necessary appointments. Many of our drivers have formed bonds with the riders, picking up the same people week after week."

VTN would not be possible without the help of our community. Thanks go to generous sponsors: Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, Maine Community Foundation, United Way of Mid Coast Maine and Spectrum Generations – they all help keep the program growing!

All drivers in the program are volunteers who have clean background/license checks and we are always looking for more drivers. If you are interested in helping your community by becoming a driver, please contact People Plus. FMI call 729-0757.



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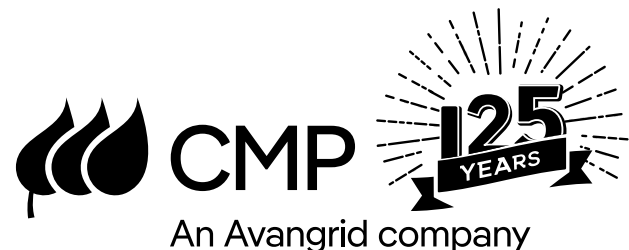
**Jon Murray**  
207-844-0601



[mainesaferesponse.com](http://mainesaferesponse.com)

# We're here for you

Bring your questions and concerns to this year's People Plus Senior Health Expo.



# Brunswick Area Teen Center Annual Appeal

Can you help support our community youth?



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 Executive Director

Dear Friends and Supporters,

September, 2024

The Brunswick Area Teen Center, now in its 19<sup>th</sup> year, has embarked on a significant transition by moving the free after-school program to a **NEW LOCATION** at the Coffin School Building – adjacent to Brunswick Junior High School!

This move is an opportunity for us to **TRIPLE** our space and enhance our programs to serve even more teens, providing them with a safe and nurturing after school experience. They'll have access to outdoor activities, games, crafts, gardening, music, cooking, and adventures, AND we serve a full meal every day!

*"This new location is honestly a lifesaver. We've been looking for something like this for years for our son. He's made new friends and is so happy. And now I don't have to leave work early to get him."*  
 - a new member parent

In the first three weeks in the new space, we've seen our attendance **TRIPLE** with over 400 youth visits! We have registered over 100 new teens since school started, AND with input from the kids we've prepared over 400 meals made from scratch – all using fresh vegetables! Hungry kids need their **"After School Fuel"**!


We thank Jim Howard of *Priority Real Estate Group* for helping us feed all these hungry kids. Having experienced homelessness in his youth, Jim loves to visit with the Teen Center kids and share his story. He has also financially supported the program for two decades and is again generously offering a \$5,000 match, along with a special request for each of you:

*"Hi everyone. I hope you'll join me in supporting our area teens as they grow and learn in this new, safe place. Together, we'll keep the food supplies stocked all year, so no kid ever goes hungry."*  
 - Jim Howard, Priority Real Estate Group

We are immensely grateful for any support you can provide, whether it's through a financial contribution or by spreading the word about our fundraising efforts and Jim's generous match! Thank you in advance for considering our request.

Your support means the world to us and to the youth we serve.

Sincerely,

  
 Stacy Fizzle-Edgerton  
 Executive Director

  
 Taylor Carter  
 Teen Center Director



**\$30 – Sponsor a fun activity for the kids!**  
**\$50 – Buy 25 meals for kids!**  
**\$100 – Help support the staff!**  
**\$500 – Fund drivers education for a teen in need!**

\_\_\_\_\_ Additional amount

\_\_\_\_\_ Total

Detach and return with your check to the Brunswick Area Teen Center. All donations are tax deductible. Thanks!



**People Plus**

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach.

**35 Union St, Brunswick, ME  
729-0757**

[www.peopleplussmaine.org](http://www.peopleplussmaine.org)

**Project Lifesaver Program**

Public safety program designed to protect and locate missing persons due to wandering. Uses state of the art technology in assisting those who care for victims of Alzheimer's, dementia, Autism, Down syndrome and other cognitive conditions. Brunswick PD, Freeport PD, Bath PD, Topsham PD, Richmond PD and Sagadahoc County Sheriff's Office.

**Contact participating police department  
[projectlifesaver.org](http://projectlifesaver.org)**

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[www.reform-pt.com](http://www.reform-pt.com)

**Renewal by Andersen**

Renewal by Andersen, LLC., includes a long-standing commitment to leadership in environmental stewardship and manufacturing energy efficient products. This commitment is exemplified in the design, craftsmanship, durability, and quality of our windows. We have also achieved the highest SCS Global Services-certified recycled content values for windows!

**66 Industrial Park Road, Saco, ME  
719-8033**

[www.renewalbyandersen.com](http://www.renewalbyandersen.com)

**Repair Café**

Curtis Memorial Library is offering a Repair Café! The goal is to reduce waste and educate people on how to repair the items that break everyday rather than throw them away. Experts are able to repair electronics, lamps, books, small appliances, and mend clothing, sharpen tools and repair jewelry.

**23 Pleasant Street, Brunswick, ME  
432-1824**

[www.curtislibrary.com](http://www.curtislibrary.com)

**Spectrum Generations - Aging and Disability Resource Center\***

As an Aging and Disability Resource Center (ADRC), Spectrum Generations promotes the well-being and independence of older and disabled adults, with support of their care partners, to live in their community of choice. We provide resources, information, referrals, case management, Medicare counseling, social dining, wellness/enrichment programs, community centers and more!

**One Weston Ct, Augusta, ME  
1-800-639-1553**

[spectrumgenerations.org](http://spectrumgenerations.org)

**Spectrum Generations - Meals on Wheels**

Spectrum Generations' "We Sustain Maine," Meals on Wheels program prepares and delivers delicious, nutritionally balanced meals for homebound older adults and disabled persons. Meals are delivered by volunteers who also provide a wellness check with each meal recipient. Spectrum Generations serves residents of Brunswick, Harpswell, Lincoln County and central Maine.

**One Weston Ct, Augusta, ME  
1-800-639-1553**

[spectrumgenerations.org](http://spectrumgenerations.org)

**The Gathering Place**

The mission of The Gathering Place is: "Welcome". A safe space for neighbors in need - whatever the need. We welcome an average of 65 guests each day. Volunteers, who are the backbone of all we do and give generously of their time, share an interest and commitment to helping others.

**5 Tenney Way, Brunswick, ME  
729-0288**

[brunswickgatheringplace.org](http://brunswickgatheringplace.org)

\*2024 Sponsorship

continued on page 33



**The McLellan**

*Live better.*

Call today.

Units reserve quickly!

**Live Independently, Live In Style**

When looking for an ideal community to live, then consider The McLellan. Independent senior living in downtown Brunswick, Maine. Enjoy the walk-ability and the excitement you'd expect living in close proximity to everything happening in Brunswick. Bask in a boutique lifestyle with stylish homes and with choices for age-in-place services. Live the life you want... Live better at The McLellan!

207-725-6200 | [info@themclellan.com](mailto:info@themclellan.com) | [Themclellan.com](http://Themclellan.com) | 26 Cumberland St. Brunswick, ME



## Experience Autumn's Beauty With Exceptional Senior Living in Maine

Live and age *gracefully* with every season at The Highlands—our beautiful, vibrant Midcoastal Maine community for older adults. Come discover the extraordinary! With a continuum of care designed to cater to your interests and exceed your expectations, you can truly live life to the fullest—exactly as you want. *It is home, after all.*

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(207) 725-2650

*It's not like home. It is home.™*

30 Governors Way • Topsham, ME 04086  
(207) 725-2650 • [www.HighlandsRC.com](http://www.HighlandsRC.com)

INDEPENDENT & ASSISTED LIVING • MEMORY CARE



## Health and happiness at the Center!

We all know sitting too much isn't good for your health, so at the People Plus Center, we are here to help you move and have fun doing it. With a full list of class options to choose from every week, you can stay active during the upcoming fall and winter months – and beyond. And you can try all of our classes once for free.

The varied classes at the Center are designed specifically for senior adults. Someone a little older may not be as loose and limber or trim and fit as they used to be, and likely may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to sit still – they are actually why everyone should move.

Here are some of your class or club options at People Plus:

- Gentle Chair Yoga, flexibility and breathing while in a chair, twice a week



- Yoga, gentle Vinyasa flow for seniors, twice a week
- Loosen Up, strength and flexibility training, three times a week
- Growing Stronger, strength training, once a week
- Zumba, dance your way to fitness, twice a week (including Saturday!)

- Tai Chi, gentle flowing class, meets once a week
- Qigong, channel your energy, twice a week
- Wednesday Walkers, easy walking club, once a week
- Table Tennis, a.k.a. ping-pong, play regularly at the Center four or five days a week

All of these options are fun and accessible to all fitness levels with the goal of improving your health and happiness! Come on down to People Plus and give it a go! It's fun!



  
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**The Highlands\***

If you're looking for a retirement community that understands and honors you as a unique individual, you've come to the right place. In choosing The Highlands, you can rest easy knowing that your lifestyle and your interests will be catered to and your expectations exceeded.

**30 Governors Way, Topsham, ME  
725-2650  
highlandsrc.com**

**The McLellan\***

Active senior living community based on book "Being Mortal." Mission is not just to provide housing, services & amenities, it is about total well-being: with organic menus, holistic fitness activities and personal hopes and dreams. It is about feeling vital, feeling purposeful, feeling alive. It is about "Living better" right now!

**26 Cumberland St., Brunswick, ME  
725-6200  
www.themclellan.com**

**The Times Record\***

The Times Record is a Midcoast newspaper with a renewed focus on all things local. We bring you the latest about your town governments, businesses, trends, historical tidbits and more. Our new team of reporters is working hard to keep you up to date in our rapidly changing region.

**3 Business Parkway, Ste 1, Brunswick, ME 504-8270  
www.timesrecord.com**

**The Vicarage By the Sea, Inc.\***

Celebrating over 25 years, since 1998 we have provided long-term, specialized dementia care in safe, homelike setting overlooking beautiful Casco Bay! Staff to resident ratio of one to four provides personalized care for loved ones. We believe that every human being deserves the opportunity to grow regardless of age or ailment.

**9 Vicarage Lane, Harpswell, ME  
833-5480  
www.thevicaragebythesea.com**

**Topsham Dental Arts**

Our cheerful staff will be happy to make an appointment that fits your schedule. You may also want to stop by for an office tour. Whatever your dental needs are - from routine care to emergencies to sleep apnea oral devices or dental implants - we look forward to meeting you!

**37 Foreside Road, Topsham, ME  
798-6700  
www.topshamdentalarts.com**

**Topsham Public Library**

Our mission is to connect resources, programs and services to the community to stimulate personal growth and enrichment. We meet the informational, social and cultural needs of an evolving community by being the access point in the areas of diversity, lifelong learning, democracy, intellectual freedom, and social responsibility.

**25 Foreside Road, Topsham, ME  
725-1727  
www.topshamlibrary.org**

**United Way of Mid Coast Maine**

Brings people together to solve community challenges and respond to emerging or unmet needs that one organization cannot resolve alone. In partnership with community partners, donors, and volunteers, together we can give children the best start, build financial stability, and help everyone live healthy, connected lives.

**34 Wing Farm Parkway, Ste 201, Bath, ME 443-9752  
www.uwmc.org**

**U.S. Attorney's Office, District of Maine**

The U.S. Attorney's Office is committed to protecting Maine's senior generation. Our goal is to raise awareness of scams to reduce the number of victims in Maine and to assure those who are victimized that they are not alone. The victimization only stops when perpetrators are reported and prosecuted.

**100 Middle St, 6th Floor, East Tower, Portland, ME 780-3257  
https://www.justice.gov/usao-me**

**Volunteer Transportation Network (VTN)**

A program of People Plus. Providing FREE rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Expanded services include grocery and prescription pick-up/delivery. Visit [peopleplusmaine.org](http://peopleplusmaine.org) for application or call 729-0757.

**35 Union St, Brunswick, ME  
729-0757  
www.peopleplusmaine.org**

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 (207) 284-9190

### Western Maine Transportation Services (Brunswick Link, Bath CityBus, and BlueLine commuter)

Brunswick Link provides Monday-Friday scheduled-stop, fixed-route bus service in Brunswick with parallel Americans with Disabilities Act curb-to-curb service for eligible riders. Bath CityBus provides Monday-Friday semi-scheduled flex-route bus service in Bath. BlueLine offers Monday-Friday commuter service between Lewiston and Bath, including stops in Brunswick, Topsham Fair Mall, and Lisbon.

76 Merrow Road, Auburn, ME  
800-393-9330  
wmtsbus.org

### Winship Green Center for Health and Rehabilitation

A 72-bed skilled nursing, rehab and long term care facility in Bath, ME. We provide multiple amenities for all who live here and daily recreational activities to promote physical, mental & psychosocial well-being of each resident.

51 Winship St., Bath, ME  
443-9772

winshipgreencenterrehab.com

\*2024 Sponsorship

### Write On Writers

The Write On Writers group meets every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published 11 books and recorded one CD. New members are welcome at any time. Experience is not necessary. Check out our newest book - details on page 16!

35 Union St, Brunswick, ME  
729-0757 [www.peopleplusmaine.org](http://www.peopleplusmaine.org)



Mainers approaching the end of life deserve medical care that maximizes their comfort, respects their values, and addresses their concerns while continually seeking to optimize meaningful quality of life. Goals, preferences, and priorities surrounding care at the end of life are unique and vary from person to person.

Maine Death with Dignity is a 501(c)(3) non-profit providing services, fact-based education, and end-of-life advocacy to people who wish to actively explore the meaning of life through embracing the certainty of death.

A primary program of Maine Death with Dignity is connecting people to the information they need to make fully informed decisions regarding all their end-of-life care options, and to support patients and providers through the entire process as needed.



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[MartinsPoint.org/SeniorExpo](http://MartinsPoint.org/SeniorExpo)



Martin's Point

Benefits vary by plan. Plans offered in ME & NH. You must continue to pay your Medicare Part B premium. Martin's Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, and Local PPO products. Enrollment in a Martin's Point Generations Advantage plan depends on contract renewal. Martin's Point Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Y0044\_2025\_149\_M Accepted: 9/09/2024

# We asked. You answered.

Based on your valuable feedback, we've made significant changes to ensure The Times Record is hyper-focused on the news that matters most to our community. In May, we enhanced our editing and reporting staff to "re-localize" the paper, ensuring our coverage truly reflects the community we serve.



**MIDCOAST GO**, a new weekly arts and entertainment magazine filled with Midcoast things to do and a jam-packed local events calendar



Receive the roundup of your Midcoast news every Saturday with this **FREE** newsletter from the editors,



[pressherald.com/mftr](http://pressherald.com/mftr)



Get this **NEW, FREE** newsletter every Wednesday. It has everything you need to know about your community each week.



[pressherald.com/midcoastnow](http://pressherald.com/midcoastnow)



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## For the life you choose.

Life happens between the milestones—in a series of small, often unforeseen moments that create the story. At Norway Savings Bank, we're here to help you make that story yours.

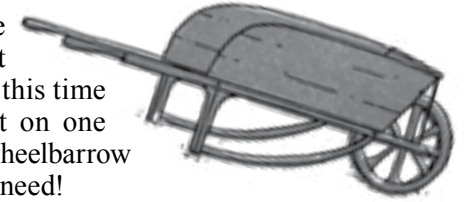
We're focused on being there for all of the moments where you need us—for the milestones, and for everything that happens in between. To listen, support, and guide you every step of the way—as more than a customer, as an individual.

1.888.725.2207  
norwaysavings.bank  
MEMBER FDIC



## Plus! The red wheelbarrow needs your donations!

For many members, coming to the People Plus Center brings comfort and joy. Speaking of which, about this time every year we can always count on one thing – the return of the little red wheelbarrow brings comfort and joy to folks in need!



Our annual campaign to collect non-perishable food for the Mid Coast Hunger Prevention Program will launch in November, and it's such a worthy cause.



Last year, Frank Connors (AKA Santa) made several trips to deliver the goods, along with cash donations of \$1,890. The total for the number of goods delivered was 1,166 and the total number of pounds was 1,192. The grand totals really are grand!

## Northern Light<sup>SM</sup> Home Care & Hospice

1-800-757-3326

207-400-8891

225 Gorham Road, Suite 200, South Portland, ME 04106

[northernlighthealth.org](http://northernlighthealth.org)

**People** *Plus*

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**Frank Connors**  
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**Taylor Carter**  
Teen Center Director

# Understanding the Value of Assisted Living

Our journey through our golden years can be tarnished with worry, and if not planned well, one challenge after another may arise. Everything from mobility to mental health can become a concern as we age, and having a plan and a support network in place are critical.

Everyone's senior living journey is unique, and needs can vary. That's why living in a setting with comprehensive services can be so helpful, and that is just what the residents of Mid Coast Senior Health's Assisted Living at Thornton Hall have to support them.

The benefits of a well-run assisted living community are several, and they start with peace of mind. Families can rest assured that their loved one will always have assistance available and have a vibrant, enjoyable experience. Licensed staff is on hand 24 hours a day to meet your needs. Importantly, couples or siblings can be at different levels of care, but still spend time together (e.g. meals, activities, quality time without the need for transportation between buildings).

Our assisted living community is just that, a community, and as such it affords social opportunities so vital to maintaining a positive and healthy outlook. We like to say that our residents love their apartments but don't spend much time in them. Activities and events designed specifically for seniors provide each resident with opportunities to make friends every day.

The support we provide gives our residents the ability to live their lives as they would like, providing independence and choice free of many of the chores of daily living. There are no worries about housekeeping, yard maintenance, shoveling snow or any of the other tasks that can take up your valuable time.

Some of what sets our programs apart is that we can provide in-house providers for all levels of care. At Thornton Hall assisted living, our residents can receive outstanding medical care as we are part of the Mid Coast-Parkview Health and MaineHealth family. This care can help residents age in place and potentially delay the need for higher levels of care.

In addition, here are some of the services available to residents at Thornton Hall:

- Medical supervision managed by an on-site provider team
- Integrated mental health services
- Routine weight and blood pressure monitoring
- Medication and chronic disease management
- In-home therapy, podiatry, dental, audiology, optical, and laboratory services



**“With everything taken care of,  
we can just relax and enjoy life.”**

## Mid Coast Senior Health's Assisted Living at Thornton Hall

offers a home environment with caring services that encourage each resident to live life to the fullest.

We offer an opportunity to live as independently and comfortably as possible in a carefree and peaceful home, with a breadth of healthcare services and social activities readily available.

For more information on services and amenities, call **(207)373-3646** or visit **[www.midcoastseniorhealth.com](http://www.midcoastseniorhealth.com)**.



**Mid Coast Senior Health**  
MaineHealth

- Coordination and transportation to medical appointments
- Weekly housekeeping and laundry
- Facility, grounds, and utility maintenance
- Three daily meals and healthy snack options
- Assistance with activities of daily living

Our goal at Mid Coast Senior Health's Assisted Living at Thornton Hall is to expand the horizons of our residents rather than restrict them. We aim to provide support that will allow the pursuit of what they enjoy most.

You can learn more about our facility and programming here or you can call (207) 373-3646.