Non-Profit Organization, US Postage PAID, Portland, ME 04101, **Permit No. 454**





THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org 🗗 🞯 February 2025 • Volume 25, No. 2

Get your seat for gala dinner auction!

2025

Accepting auction item donations until March 7th

Mark your calendar, folks! We are getting closer every day to our 23nd annual Music in April online auction and live auction gala - two top-notch happenings in the Brunswick community

This year's fundraiser will include the popular online auction running from April 1-30, plus a raffle and the live – and lively – auction gala slated for Saturday, April 5, from 5-9 pm at the St. John's Community Center.

Get your gala tickets early before they sell out! Tickets are \$50 each or two for \$90 and include fantastic local music, delicious food and fabulous raffle and a super fun live auction. You don't want to miss this fabulous fundraising event!

People Plus is now collecting auction items

from businesses and community members. People Plus!" Do you know a business near or far that might you have season tickets you won't be using? Or an antique in the attic or

gift card, a professional service, or anything we can sell!

"I bet a lot of us need to thin our piles, create better and better!" says Stacy. "And I know that more space, and help a good cause all at the same time," says Executive Director Stacy Frizzle-Edgerton. "What's also neat is that, in addition to items, there are so many experiences you can bid on. One of my favorites from last year was the "Pizza Under the Pergola" dinner at my house! Jonathan and I love entertaining and there's nothing better than having someone pay us to do it and the money goes to

Funds raised from Music in April enable be willing to donate a product or service? Do People Plus to serve older adults in the Greater Brunswick community with lots of

* fun, healthy activities and proa wonderful gently used item you no longer need? You can donate handcrafted items, a iff ard a professional corriso unteer opportunities.

"Every year, Music in April gets will be the case again."

We look forward to your donations for the month-long silent auction. Then get ready to have some fun on April 5 at the live auction – it will be here before we know it!

Donations can be brought to People Plus or arrangements can be made by calling Jill at 729-0757. You can purchase tickets at People Plus or online at peopleplusmaine.org.



JILL ELLIS OF PEOPLE PLUS, left, is shown with Hannah (Field) Simmler of Keith Field Jewelry, who offered her expertise regarding a large jewelry donation for the Music in April auction to benefit People Plus. "When our members downsize, they often donate great items to our auction that others will treasure and help us fund our programs that benefit older adults." Simmler is a 5th-generation jeweler from the Field family, which has operated a longtime shop on Maine Street in Brunswick

Apple club and Apple device tutoring sessions are back!

See page 4 for details

It's tax time! People Plus hosts free AARP tax prep service

The AARP Tax Aide Program is back again this year, with appointments on Tuesdays and Thursdays beginning Feb. 4. Clients should come into the People Plus Center when they arrive for their appointment and take the elevator to the 2nd floor. There will be a seating area for clients to wait in while their taxes are being prepared. Appointments are required and can be scheduled by calling People Plus at 729-0757. Clients will be instructed to pick up paperwork at the Center ahead of time, which they will fill out and bring to their appointment. **Real Possibilities**

'Movie Monday!' at **Eveningstar Cinema** starts Feb. 17!

When's the last time you went to the EVENINGS movies? We are teaming up

with Eveningstar Cinema, on Maine St. in downtown Brunswick, to offer a matinee movie on the third Monday of every month! Mark your calendars so you never miss this fun outing with pals to see a movie!

The first film, "Somewhere In Time," is scheduled for Monday, Feb. 17, at 1:30 pm. Enjoy this timeless classic from the 1980s starring Christopher Reeve and Jayne Seymour.

The movie is open to the public at the regular cinema rate, however People Plus members who show their membership card save \$2 off the regular ticket price (and get free popcorn!)

If you'd like to become a People Plus member to get the discount, stop by the Center on Union St and sign up. It's only \$45 per year.

"We are so excited that Eveningstar Cinema is going to be opening the third Monday each month to the general public and will also offer a special discount to People Plus members," says executive director Stacy Frizzle-Edgerton No registration is necessary.





Need a vacation? Don't miss our "Trip Talk!"

Thu, Feb. 27, 1:30 pm. Come hear about three of our upcoming trips – Magical Rhine and Moselle Rivers Cruise, European Christmas Markets and Spotlight on Tuscany, at a presentation by Collette Travel. Free, open to the public. Registration appreciated. Check out page 4 for more details about these fabulous trips!

'Aging Well' Lunch and Learn: Intro to Hypnotherapy

Mon, Feb. 24, 12 noon. Michelle Babbitt, CCHt, of Michelle Babbitt Hypnotherapy in Topsham, will introduce us to hypnotherapy. Learn how it can provide gentle and effective treatments for pain, anxiety, fears, relationship challenges, career goals, self-confidence, weight loss, smoking cessation, and much more. Hypnotherapy opens the body-mind connection, relying on a client's deep relaxation and calm mind. As the client rests, the hypnotherapist uses the client's own wishes and their own words to help them change deeper feelings that can create new neural pathways. Bring your own lunch or grab a cup of free soup at the Center. We'll provide drinks, chips and dessert. Free, open to the public. Registration required.

FYI! Stargazing under winter skies

Thu, Feb. 13, 1:30 pm. Join Rob Burgess, President of the Southern Maine Astronomers Club, and learn about prominent winter constellations, some mythology behind them, and how to find them. He will identify celestial objects within these constellations that can be seen by naked eye, binoculars and small telescope. There will also be time for Q&A - "Why would alien drones choose New Jersey?" Come find out! Free, open to the public. Registration appreciated.





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

ADVERTISE WITH US!

Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. For advertising or sponsorship queries, please contact Barbara at 729-0757 or office@peopleplusmaine.org.

Submissions must be received by the 15th to be included in the next month's edition.

People Plus Board of Trustees

David Millar, Chair, Freeport Jim Burbine, Vice Chair, Harpswell Sonia St. Pierre, Treasurer, Brunswick Christine Corriveau, Secretary, Orr's Island Michelle Borodinsky, Brunswick Terri Burgess, Brunswick Lisa Copland, Topsham Allison Crosscup, Bath Thomas Farrell, Brunswick Charlie Gordon, Brunswick Gail Kendrick, Topsham Tom Mahoney, Harpswell Joseph Neuhof, Harpswel Bob Nugent, Topsham Joe Palma, Harpswell Scott Stewart, Topsham Cindy Sullivan, Brunswick Nancy Weingarten, Topsham

People Plus Staff

Stacy Frizzle-Edgerton **Executive Director** director@peopleplusmaine.org Jill Ellis Programming & Events programming@peopleplusmaine.org Sarah Deck Office Coordinator reception@peopleplusmaine.org CK Kimball Membership & Transportation driver@peopleplusmaine.org **Barbara Quinn** Office Administrator office@peopleplusmaine.org Jennifer Felkay Marketing & Design marketing@peopleplusmaine.org **Charmaine Daniels** Content Developer news@peopleplusmaine.org **Taylor Carter**

Teen Center Director teens@peopleplusmaine.org

Spectrum Generations Staff

Deirdre Locascio Meals on Wheels Coordinator dlocascio@spectrumgenerations.org 207-607-4406

Aging & Disability Resource Center 207-607-4405 or 1-800-Medicare

A duck out of water? I've had a really fun and exciting development fly into my life over the last few months. And I'm thrilled to share with you that I will be on a team competing in the 34th

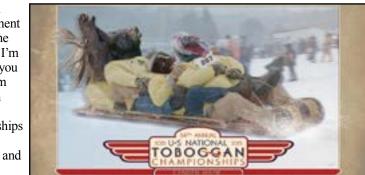
annual U.S. National Toboggan Championships at the Camden Snow Bowl on February 1st and 2nd!

I have to admit that I've never even been on a toboggan so this is all going to be new to me! And you may be wondering, how did I get into this if I've never even tried it before?

Well, I kind of stumbled upon it at a dinner party down in Portland where I noticed there was a toboggan leaning up against the wall of the apartment. Intrigued, I asked our host for the story behind the giant sled and she explained that she is the captain of a national tobogganing team that participates annually at the Snow Bowl!

The team is called "A Flying Flock," and it is comprised of two types of birds, a.k.a. six women clad in colorful snowsuits as either ducks or flamingos. This team's motto is: 'We are birds of a feather and flock together!"

Her story piqued my STACY IS SEEN HERE interest, and I asked for MODELING, her duck more information. Which snowsuit and new fuzzy led to her inviting me to fur hat as she prepared for her weekend of join the team! It turns out tobogganing! she has one open slot, and



I happen to be the right size for the 'extra" snowsuit...

Can you guess what color it is? It's bright yellow - so yes, I'm a duck and I couldn't be quackier!

Although, since I've never actually been on a toboggan before, I'm more like a duck out of water!

But why are the National Tobogganing Championships in Maine of all places?? Well, according to the official event program from this year...

"The story of the iconic toboggan chute began in the winter of 1936, and its first exhilarating run took place in January 1937. Rebuilt in the 1960s and again in 1990, the chute was officially named the Jack R. Williams Toboggan Chute in 1991, the same year the inaugural U.S. National Toboggan Championships took place.

The Jack R. Williams Toboggan Chute and the Snow Bowl's original lodge and ski trails were built by a dedicated team of volunteers. Their spirit lives on today, as volunteers continue to repair and maintain the chute, clear brush, and ensure that 'Tobogganville'' remains ready for the annual festivities. This event owes its success to these selfless individuals who dedicate countless hours year-round to its planning and execution.

From the **Executive Director** Stacy Frizzle–Edgerton





What began as a celebration of a cherished community treasure has grown into a thrilling weekend of races, fun, and fundraising. Each February, the Ragged Mountain Recreation Area comes alive with up to 400 teams, 1,300 racers, and more than 5,000 spectators. It's a weekend of pure winter joy, showcasing the best of Maine's spirited community."

So I'm sure you're thinking that I'm just a little quacked up right now, having never done this before and preparing to wrap my wings around several other birds as we glide prettily, yet precariously, down an icy chute! And I guess you're kind of right. But it sounds like the flight of a lifetime, and I'm really looking forward to it!

So I will let you know how well we soar complete with photos – in the March People Plus News!

Stay tuned and you might just see this duck out of water take flight!

Do these health tips work for you?

I will often suggest that when we hear something, we ask ourselves the question: Does that make sense? Below are some health tips, and I am going to ask you: Do they make sense to you and do you want to add them to your list of things to accomplish?

- Eat breakfast. Choose yogurt with nuts and seeds or have a crustless quiche with veggies on a high-fiber wrap.
- Make half your plate full of fruits and vegetables.
- Watch portion sizes.
- Be active.
- · Get to know food labels. Start by looking at the saturated fat, fiber, and added sugar on the label.
- Fix healthy snacks. Example: an apple with peanut butter.

From Anita's **Plate**

Anita Nugent (207) 504-6439

info@nutritionforeveryday.com

- Drink more water. Add a slice of lemon or orange.
- Cook in stages. Cook 10 minutes in the morning to help prep your dinner for that night.
- · Eating mindfully.

Take a look at these suggestions and

- **Chocolate Cake Without** Sugar **Ingredients:** •1 cup almond flour •3/4 cup dates 1/2 cup cocoa
 - 3/4 cup water

•2 tsp. vanilla

- powder • 3 eggs
- 1tsp. baking soda •2 Tbsp. avocado oil
- •1/4 tsp. salt 1 cup figs

Directions:

. Preheat oven to and blend until 325 degrees. smooth. Grease a 9" round 5. Add the wet cake pan. ingredients to the . Mix the almond flour, cocoa powder, baking soda, and salt in the bowl.

the figs, dates, and water until

smooth.

- dry ingredients and mix. 6. Pour the batter into the cake pan and spread
- 3. In a blender, blend evenly. 7.Bake 30-40 minutes until the toothpick com

- · Explore new spices.

· Follow food safety guidelines.

see if any of them make sense to you. It is always a good idea to make healthy changes that make sense to you!





BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME www.BrackettFH.com (207) 725-5511

Follow us on Facebook to take advantage of community events and our Celebrating Life promotions!

t's award season for two talented, dedicated members

member Laura Lee Perkins of strange, odd, unusual that it makes Topsham recently earned first place in an international writing competition sponsored by Silver Sails Press in the United Kingdom. The title of the contest was "Inexplicable Stories



LAURA LEE PERKINS, a lifelong writer and a musician, says she "paints with words and sound." Her focus on deepening intuition and the mystical qualities of the Native American flute have shaped her, as has her passion for researching opportunities for other writers. A recipient of 14 grants and five artist residencies, she is also a "Chicken Soup for the Soul: Hope & Miracles" author who has taught spiritually-based classes.

Omewhere

Write On Writers (WOW) – Have you experienced a thing so no sense?" Her essay, "Decision Time," received a prize of \$500 and focused on a time when she needed to choose between staying in Arizona or moving back to Maine. The story can be found at www.silversailspress.com/contestwinners.

A longtime writer with a varied background, Laura Lee has published 17 books (fiction, nonfiction and poetry) and 100+ articles. She is a former music educator and band director in Maine and holds a master's in counseling from the University of Southern Maine, with a focus on inspirational counseling. As a professional flutist, she toured Europe with the American Musical Ambassadors and later became immersed in Native American flute music and instruments.

She loves both writing and teaching others about opportunities for writers. She won her first poetry contest at age 9 and continues to enter writing contests every week. "When I set my intention, I become committed," she says. Her advice to writers: Don't give up, you never know! You have to believe in your own work and that it has a message for the world.

Sign up for the

Newsletter!

Member and volunteer extraordinaire Betty Bavor was quite surprised by what happened when she attended an alumni weekend event at Boston University in the fall. While there, she was awarded a Certificate of Meritorious Service to the Sargent Class of 1954 for her many, many years as class agent/ historian. The glue that held the class together for decades, she even wrote and submitted class news by hand before there were computers. (The Sargent College of Health & Rehabilitation

Sciences is part of Boston University.) The certificate reads, in part: "Betty Bavor is recognized for her 70 years of exceptional dedication to her class in the role of Class Secretary. From her role as a lead majorette at BU to her vibrant community involvement in Maine, Betty has been a devoted



CELEBRATING AT A BOSTON UNIVERSITY ALUMNI EVENT to honor Betty Bavor are People Plus member Jeanne Mayo (left), Kendra Bavor (Betty's daughter) and Betty, who was the class agent for 70 years for her schoolmates at BU's Sargent College of Health & Rehabilitation Sciences, Class of 1954.

connector for her classmates, maintaining their bonds through newsletters and personal outreach. Her unwavering commitment has kept the Sargent Class of 1954 united across decades, showcasing her remarkable service and dedication."

was an amazing day that I'll never one in the spring.'

forget," she adds.

Classmate and People Plus member Jeanne Mayo attended and in fact helped to initiate the award, along with classmate Sally Walker Jones.

One classmate was worried she wasn't going to get more newsletters "I was so honored," she says. "It from Betty. Betty assured her, "I'll do

Gift Cards

available!



PADDINGTON IN PERU **OPENS FRIDAY FEBRUARY 14!** SPECIAL GUESTS AND SCREENINGS VALENTINE'S WEEKEND!

Tickets and info at: eveningstarcinema.com

> Movie Line: (207) 729-5486 149 Maine St, Brunswick ME





IT WAS SUCH A FUN LUNCH AT THE CENTER IN JANUARY! Not only did we absolutely devour the baked ziti and carrot cake with cream cheese frosting, we were also super happy to have a few visitors! Seen in the photo above are guests Allison Hopkins of Wilcox Wellness (left) along with Joni Boissonneault and Doreen Fournier from the United Way as they joined us for lunch and to give us money! They brought a check for nearly \$1,200 in donations from a fundraiser run by Wilcox Wellness called "Burpee's for Turkeys"! Thanks to the United Way and for everyone that did a 'squat thrust' to raise funding for the Center! Seen to the right, three people do a Burpee while the Thanksgiving turkey looks on!

CENTER CLUBS

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

Apple Club

Thursday, Feb. 27, 1:30 pm. Bring your Apple device and questions.

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

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.

History Book Club

Mon, Feb. 17, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

Table Tennis

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

Ukulele Club

Tue, Feb. 11, 2:30 pm. Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

Write On Writers Wed, 1 pm. Meet to share writings.

Wednesday Walkers Wed, 1 pm. Meet for a walk or hike (usually an hour).

GAMES

Program Notes for February

Center is closed Monday, Feb. 17

Apple Device Tutoring

Thursday, Feb. 27 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757. Call after the first of the month to book your appointment. Have you got your Lunch Punch? \$35/5 lunches, \$70/11 lunches (one lunch FREE!) FMI call 729-0757 or stop by the Center. Have 10 unches, get1 fReel Name: 1 2 3 4 5 6 7 8 9 10 FREE

Let's resolve to travel! Trips are open to the public - bring a friend!

NEW - Magical Rhine and Moselle Rivers Cruise

September 13 - 21, 2026. Highlights include 7-night river cruise, Rhine and Moselle Rivers, Cologne, Cochem, Lorelie Passage, Mannheim, Speyer, Strasbourg, Breisach, Freiburg. FMI https://gateway.gocollette. com/link/1289576

Cabins are first come, first served - Book Today!



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, Ceský 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



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



Learn to Play Mah-Jongg!

Louise Burgess, active People Plus Mah-Jongg player, would love to teach you how to play! She is available, by appointment, during Mah-Jongg (Mon/Wed mornings) or Game Day (Tues 1-3 pm). Lessons are about an hour and she hopes to have 4 people per session. Call Sarah to be connected with Louise to schedule your session! Free, members only.

Mighty meatloaf is on the menu?

Join us Thursday, Feb. 20, for homemade meatloaf and mashed potatoes with sides of vegetables, salad, rolls and cherry cobbler for our special Valentines/Presidents' Day dessert. Will you love it? We cannot tell a lie – you definitely will!

These monthly Lunch & Connections meals are underwritten by Spectrum Generations and are intended to focus on nutrition, useful information, variety, socialization and fun. The dining room opens at 11:15 am, and we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket. The cost for this members only meal is just \$7. It is important that you pre-register by calling 729-0757 Sign up starts Feb. 3.

Good Eats – Good Friends!

Women's Breakfast

Thu, Feb. 6, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men's Breakfast

Thu, Feb. 13, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

Monday Munchies

Mondays, 11:30-12:30 pm. Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program –usually a delicious soup!

Intro to Contra Dancing

Thu, Mar. 6, 1:30 pm. Contra dancing – also known as New England country dancing or barn dancing – is a great way to get a good aerobic workout while moving in sync with others to an exhilarating array of fiddle tunes from Ireland, Quebec, and beyond. In this workshop participants will learn a few basic moves that will be repeated in various combinations, so that by the end of the session they'll be bona fide dancers even if they've never danced a step prior. "All you need to know is your left from your right," says instructor/ caller Cindy Larock. Folks are invited to sign up either with or without a partner. Free, open to the public. Registration is required. To register, call Sarah at the front desk at 729-0757.

Note: This class was planned especially as a "warm-up" for the jam-packed program of contra dancing and related folk dance & music activities offered at the annual DownEast Country Dance Festival, which will take place at the Orion Performing Arts Center & Mt. Ararat Middle School in Topsham on Saturday, March 29. FMI: www.DEFFA.org

Duplicate Bridge. Mon, 1 pm. All levels welcome.

Casual Bridge. Tue/Thu, 9 am. All levels welcome. Beg/Intermediate Bridge is back! *Cribbage*. Wed, 8:45 am. Play cribbage with different partners.

Mah-Jongg. Mon/Wed/Fri, 9 am Chinese multi-player tile game. All skill levels welcome. We'll teach you!

Game Day. **Tue, 1 pm.** Game time with friends. Use our games (scrabble, Brunswickopoly, Uno, and more) or bring you own.

LANGUAGE CLUBS

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

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

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



Medicare 101

Tue, Feb. 11, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.

Shades of Ireland

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

Exercise with us at PP!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Growing Stronger. \$7/class for members (\$12 for non-members)

Activity Punch Cards FMI 729-0757 or stop by to purchase your card! \$35 for 5 classes, \$70 for 11 classes.



Please note meeting time each week. Call 729-0757 to let staff know if you will need or can give a ride.****Walks begin once carpool arrives.** Meet at the Bruns. Recreation Center at 1 pm if inclement weather.

Feb. 5. Planning meeting. Meet @PP at 1 pm to share your ideas and help plan the walks for March!

Feb. 12. Hamilton Audubon Sanctuary, West Bath. Carpool: meet @PP by 12:30 pm or at site by 1.

Feb. 19. Swinging Bridge. Meet @PP at 1 pm Feb. 26. Woodward Point Preserve, Brunswick. Carpool: meet @PP by 12:30 pm or at site by 1.

Calendar page sponsored by MaineHealth MOVIE MONDAY! Feb 17 at Eveningstar Cinema! FMI see page 1.					
Mon	Tue	Wed	Thu	Fri	Sat
3 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	4 8:30 AARP Tax Help 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 Spanish Club 6:30pm Toastmasters	5 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers 6:30pm Int. English Country Dance	6 8:30 Women's Breakfast 8:30 AARP Tax Help 9:00 Table Tennis 9:30 Art Class 9:30 Beg/Int. Bridge 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	7 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	1 / 8 9:00 Zumba 10:15 Table Tennis
10 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	118:30 AARP Tax Help9:00 Beg/Int. Bridge9:00 Chair Yoga9:30 Art Class10:00 Yoga11:15 Table Tennis11:30 LUNCH OUT12:30pm Medicare 1011:00pm Game Day1:00pm Qigong2:30pm Ukulele Club2:30pm German Club4:30pm TCAC	12 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers 6:00pm Belly Dancing	138:30 AARP Tax Help8:30 Men's Breakfast9:00 Table Tennis9:30 Art Class9:30 Beg/Int. Bridge11:00 Yoga1:00pm Learn to Art1:30pm FYI! "StargazingUnder Winter Skies"6:00pm Int./Adv. Belly Dancing	14 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	15 9:00 Zumba 10:15 Table Tennis
17 Presidents Das Center Closed	18 8:30 AARP Tax Help 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	19 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers	20 8:30 AARP Tax Help 9:30 Art Class 12:00pm Lunch and Connections 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	21 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	22 9:00 Zumba 10:15 Table Tennis
24 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 12:00pm 'Aging Well' Lunch & Learn: Intro to Hypnotherapy 1:00pm Bridge	25 8:30 AARP Tax Help 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	26 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 1:00pm Wednesday Walkers 6:00pm Belly Dancing	8:30 AARP Tax Help 27 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Apple Device Tech Tutoring 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 1:30pm Collette Trip Talk 1:30pm Apple Club 6:00pm Int./Adv. Belly Dancing	28 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	Scan for People Plus online calendar 729-0757



When you are contemplating a move



Scheduled Local Transportation

• Heat and Electricity

Maintenance Service

• Free Laundry Room

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

- Choice of two meals daily
- Activities & Social Events
- Light Housekeeping
- Private Bathroom and Kitchenette
- Cable TV

Other services available for a reasonable fee.



www.coastallanding.com 142 Neptune Drive, Brunswick, ME, 837-6560

Call today. This unit will go QUICK!

YOU! Complete with a 8×12 deck, the largest bedroom with double closests, washer, dryer, heat pump & modern kitchen. This is a must see & a stunning way to "Live better" in downtown Brunswick, Maine. Opportunities to arrange for individualized supportive care, so you never have to leave!

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

Perusing the Prison Store at Thomaston

Birdhouses or piggy banks. Cabinets, bureaus, or kitchen islands. Hundreds of kiddie toys or a oneof-a-kind cornhole game board. Clothesdrying racks or pie safes. Ship models, hand-carved figures, or knick knacks. Crafts, furniture, and novelties. The list is almost endless. The Maine State Prison Showroom, unique and eclectic, is filled with what I would call, "heirloomquality stuff." I call it stuff because the place defies being categorized. It's full of things you didn't know you needed, not until you take it off the shelf, feel that smooth-finished wood, and imagine finding a place for it in your home.

Almost everything in the store is manufactured, one piece at a time, by inmates of the Maine State Prison, whose Working Industrial Program has been a fixture since 1824. "If it's wood, metal

or upholstered, we made it," a floorwalker told us."Nice way to give some of our people a little spending money," a nonuniformed corrections officer supervising the central store counter said. "Plus they find a trade they might use when they get out, and, most important of all, they might get just a little dose of self-confidence," he added.

The store smells of sanded wood. Items



THERE'S SOMETHING FOR EVERYONE'S HOMEGROWN COLLECTION at the prison store. Pick up a 5-gallon piggy bank, a perfectly detailed replica of a Maine lobster boat, or a T-shirt that harkens back to Steven King's *The Shawshank Redemption* novel (later turned into a famous movie) about a prison in Maine.

made from Maine pine, maple, oak and poplar line the shelves. Some are brightly painted, some wait to be finished by you. You'll find the staff of prison inmate honorees and their correctional officer supervisors encourage you to handle the merchandise, and will chat willingly with you about how each item is made.

The state prison showroom is nearly halfway down Thomaston's Main Street, on the right, and is surrounded by commercial buildings and showplace homes from an era at least 175 years gone. Quintessential Maine of the 1850s comes to mind. Before or after you visit the store, walk or drive the street two or three times; you'll long remember the places you see.

Located in a three-story brick building that was once a ship chandlery and bank, the



prison store has been on Main Street for nearly 200 years, and at its present site for more than 60 years! Don't let the steep, concrete entry steps intimidate you, there is an easy access ramp on the right side of the store.

When you visit, leave some time for a walk behind the store. You'll find a remaining sample of the original prison wall (the prison was moved in 2002), and you'll see that the old correctional compound (once a limestone quarry) has been transformed into a beautiful, tree-lined park. Walk a little further, and you'll see an overlook to the St. George River and the black-metal fence that protects the old prison cemetery. Many of the graves here are forever unmarked, but one you might look for is the ground-level stone marking the grave of David Bartlett. (We always do.) Bartlett was convicted of robbing the National Village Bank of Bowdoinham in 1867, and he died in prison nearly 20 years later.

The store's website offers you a virtual tour of the showroom, and shows a great selection of featured items. Custom orders are accepted. Online orders are not possible, and there is no shipping service at the store. The phone number at the store is (207)-354-9237.

If you go: Thomaston is straight up Route One North (East?), some 45 miles from Brunswick, and maybe four miles from Rockland. If you see the cement factory towers, or Henry Knox's magnificent Montpelier Mansion museum, you've gone too far. The store's located in an old brick building on your right as you drive along Main Street, headed east. Ample, free parking is directly behind the store. The store is open seven days a week; hours are 9 am to 4 pm.

FRANK'S FACT

Maine's first governor, William King, sold the newly formed State of Maine its Thomaston prison site in 1824. In 2002, during the administration of Governor Angus King (no relation,) the prison was moved to the Town of Warren, but the Maine State Prison Store stayed in Thomaston.



Hand Therapy Treatment and Education Center, LLP

124 Maine Street, Suite 211 Brunswick. Maine 04011 TherapyAndEducation.com email@TherapyAndEducation.com

(207) 607-5800 phone (207) 607-5801 fax

HandBasicssm: Self-Care Education



Learn techniques/adaptive devices to increase mobility and manage the pain and swelling in your hands and arms.

Available Dates:

Single Session Cost \$40

- October 16th 2024 10-11:30 am.
- November 20th 2024 10-11:30 am
- December 18th 2024 2-3:30 pm.
- January 15th 2025 2-3:30 pm.

Includes hand/arm screening and benefit of heat and cold treatment.





866-670-7517 bathsavings.bank

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.





Member Moment Meet Joyce and Richard DeVito

By Charmaine Daniels

Joyce and Richard DeVito of Topsham have been married 63 years and raised two sons while living all over the country and the globe. In addition to Richard's career in the aviation and auto industries, and Joyce's career in the dairy industry, their lives have included volunteering on municipal committees, hosting foreign exchange students, starting an international Women's Club and a Red Hat Club, and selling Italian glass they collected in Brescia. At age 88, Richard still teaches water aerobics at the Bath Y and up until recently was in charge of maintenance for his flying club out of the Wiscasset airport. The couple has been back in Maine since 2001.

Where did you each grow up? Joyce: I grew up in Topsham and graduated from Brunswick High School in 1958. Richard is 'from away.'

Richard: I'm from Haverhill, Mass.

How did you meet? *Joyce:* I was a secretary at the Navy base; Richard was in the service. He joined the Air Force to work on airplanes. But he was sent to our Navy base that had no Air Force airplanes. We had lunch together every day with a bunch of friends.

Richard: At first, she would fix me up with her cousins and friends.

Joyce: I only dated pilots; they were more fun. I liked him, but he wasn't a pilot. The relationship evolved. He was here for four years ... he was supposed to get out early, but we had another year because of the Berlin crisis. And that did it.

You spent many years in the Midwest and lived in several countries. What took you to live internationally? Richard: I was working for General Motors,

first in sales and then in service dealing with electronics. We lived in Madrid, Lisbon, Rome and near Frankfort, Germany. After I retired, they still wanted me to go to Japan and Singapore.

You moved 33 times in 63 years of marriage. How did you sustain that many moves?

Richard: We never had any issue with our moves and in fact looked forward to each one. The company contracted with the moving company and they did everything. We were mostly able to time the moves so the kids could finish a school year. We were home for a visit after five years away, and Aunt Rosie pulled Joyce aside and asked if everything was okay with me. She was concerned that I was having trouble keeping a job, so Joyce explained all the moves were with the same company.

You mentioned there was a comical moment when you were assigned to Omaha, Nebraska.

Richard: Shortly after we started our assignment, the school contacted us. They were concerned that the kids needed speech therapy and requested a meeting with us. As soon as we met with them, they laughed a bit and apologized. They evidently did not consider a New England accent as normal.

Why did you come back to this area? Joyce: I was very eager to leave Topsham, but after 40 years away, I was ready to come home. I had several aging aunts and uncles living on Foreside Road and my favorite aunt and uncle were actually living in the home I grew up in. We had some quality time together before they all passed.

fow did you learn about People Plus? *Joyce:* We were sitting on a bench talking outside St. Charles church where



55 Plus (senior center) was. Frank Connors happen to come out and started talking to us. He encouraged us to join. That was 2001. My aunt used to babysit Frank!

What do you like most about People Plus?

Joyce: We enjoy the people. We come to Monday Munchies and the Thursday lunches. And we go to the annual picnic and to Gardens Aglow. I know some of the people from growing up here or we know people in common.

You built a house in Georgetown when you came back to Maine. How did that lead to helping out with our volunteer driving program? Richard: We had a friend there who had cancer and she knew about the program, so I signed up and when she needed a ride, I'd do it. Now we both drive folks. I want to give back to the community because the community has helped me so much. I enjoy meeting people and find it interesting to talk to them

and learn about their lives. I enjoy it and try to pick up as many rides as possible.

Sweets for the Sweet VALENTINE BAKE SALE

Thursday, February 13, 2025 7:30 to 11:30 AM

Adult Day Services For the Midcoast Area



We know that caring for a loved one dealing with Alzheimer's or other cognitive issues can be difficult and isolating.

Bath-Brunswick Respite Care offers:

Mid Coast Hospital Café Conference Rooms 123 Medical Center Drive, Brunswick, Maine

Featuring: Candy, Cookies, Fudge, Breads Cinnamon Rolls, Coffee Cakes, and other delicious treats!





Sponsored by the Mid Coast Hospital Auxiliary. Proceeds benefit Health Career Scholarships & Mid Coast Hospital projects.

- A socially active and engaging program for adults experiencing memory issues,
- Flexible full or half-day sessions,
- A break for caregivers to re-energize,
- Reasonable Day Program fees, financial assistance available for qualified families,
- Support, information and referrals for families,
- Caregiver Support Groups offered at no cost.

BATH-BRUNSWICK RESPITE CARE



Call 207-729-8571 to discuss your needs and learn more about our programs.

9 Park Street, Bath, ME info@respite-care.org www.respite-care.org



Become an honored member of the Yellow Brick Road Society for People Plus when you communicate your intentions through planned giving. By designating individuals & organizations as beneficiaries in your will, you can make a powerful statement about your values and priorities.

David and Margo Knight, of Brunswick, are two who named People Plus as a beneficiary, ensuring their legacy while enabling People Plus to plan strategically for its long-term growth and stability.



Benefits for All Ages The Brunswick Area Teen Center's endowment fund's foundation was fortified with a willed gift from the estate of Deane Lanphear, which helped ensure the future of area teens for generations.

In addition to wills and bequests, there are many creative vehicles for planned giving that can provide enormous benefit to People Plus while also providing significant tax advantages for donors and their heirs including: Life insurance
 Life income gifts Charitable remainder trusts Stock

For more information call 207-729-0757



Looking for a meeting, event, or party space?

Are you looking for a place to hold a baby or wedding shower, have a committee meeting, teach a class, hold a memorial service, have a birthday party and more? You can rent our back room, our cafe and kitchen area, the hall or the whole Center! We have evenings and weekends available. FMI please contact Jill Ellis at 729-0757 or programming@peopleplusmaine.org.

Spend your winter with US — Lots to do at People PLUS!



There is nothing better than having fun with friends, staying you did it at the People Plus Center. day than when you woke up! Use your brain, feed your soul, and have fun at the People Plus Center this winter!

You'll meet new people and have experiences that you never dreamed of! So come take a trip with us, do a class with us, play you'll look back and realize you had your best winter ever! And members, \$7/class and non-members, \$12/class.

healthy while you're doing it, and feeling better at the end of the Choose from free, members only activities including Write On Writers, Wednesday Walkers, German, French & Spanish language clubs, Fiber Arts, Fiber Spinning, Table Tennis, Books a la Carte, Bridge, Cribbage, Mah-Jongg and Game Day. Or try Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, a game with us, eat a meal with us. By the time spring comes Growing Stronger, and Art class, which are open to the public:



We talk about books of all types with no assigned list. FMI and our complete list of recommendations visit peopleplusmaine. org/books-la-carte.

FICTION

Two Nights in Lisbon by Chris Pavone. Newlyweds arrive in Lisbon, where the husband disappears. The local police, the American Embassy, and the CIA get involved. A riveting page-turner with an unexpected ending.

This Time Tomorrow by Emma Straub. On her 40th birthday, a woman at the bedside of her much loved, terminally ill father, questions her life choices and gets a unique chance to revisit the past when she discovers a portal back to age 16. The Four Winds by Kristin Hannah. This book explores the Dust Bowl years in Texas through the eyes of Elsa Martinelli and her family.

powerful novel by an Australian writer. Monkeys by Susan Minot. This novel is about a large, privileged Massachusetts family in the 1960s and 70s.

The Falls by Joyce Carol Oates. A newlywed husband throws himself over Niagara Falls. After his widow remarries, tragedy overtakes her life.

The Poe Shadow by William McDermott. This well-researched novel is set in the mid 1800s following the death of Edgar Allan Poe. A young lawyer is determined to find out the circumstances of Poe's death.

NONFICTION

The Tipping Point by Malcolm Gladwell. The author's first book, published in 2000, painstakingly illustrates that small changes can make big differences. All his books are well worth reading.



Funny Story by Emily Henry. This rom-com has real understanding of friendships of all kinds. What can go wrong when two people - who have been ditched when their respective others fall in love – share an apartment?

The God of the Woods by Liz Moore. A teenager vanishes from a summer camp in the Adirondacks, exposing the dark secrets of a wealthy family and the working-class family that surrounds it.

The Spare Room by Helen Gardner. A woman offers her spare room to an old friend in town for a last-ditch treatment of terminal cancer. The woman does not foresee the struggles ahead in this short,

The Secret Life of Groceries by Benjamin Lorr. A balanced, in-depth study of the complex supply system that gives us the modern supermarket.

Finding Me by Viola Davis. Davis tells her remarkable life story, going from desperate childhood to her position as an actor at the peak of her profession. At Home:

A Short History of Private Life by Bill Bryson. This is a history of how people lived over the last 1,000 years or so, mostly in England. By the always-entertaining Bill Bryson, it covers a wide variety of topics and is rich in detail.

Spain in Our Hearts by Adam Hochschild. The story of the brutal Spanish Civil War (1936-1939). Franco's right-wing side supported by Hitler and Mussolini fought the left-wing side supported by Russia. The war became a training ground for weapons used in World War II.





Ъ

Do you get our weekly email?

happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Taylor and of

Jill sends a weekly email with all the events course, Frank's weekly Two-Cents article. If you aren't getting Peek of the Week, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

Food Drive a Success!

We can report what we believe was our 14th annual Holiday Food Drive to benefit the Midcoast Hunger Prevention Program has finished another year as a success.

When the last load was taken to MCHPP last month, the delivery log carried 1,118

pieces, weighing 1,088 pounds. We also collected \$1,200 in cash for the program. We want to offer a hearty thank you to all who participated this season, and we plan to be back next year!



Midcoast Senior College is a nonprofit educational organization for adults 50 and older who enjoy intellectually stimulating programs in a relaxing environment. No tests, no grades - just dynamic lectures, readings, and lively discussions.

Midcoast Senior College launches 14 new courses in February - Join Now!

Course topics cover literature, political science and history, psychol- with a different speaker each week. ogy, classical music, social and classical sciences, and art. Classes meet in various locations in the Bath/Brunswick/Topsham area or online. Midcoast Senior College, which celebrates its 25th anniversary in membership fee is valid from July 1 through June 30 of each calendar 2025, also offers free lectures in its Wisdom Speaker Series, as well year. All courses are \$60 per person. MSC offers confidential tuition as excursions and social events for its members. The free Winter waivers to its members from its scholarship fund. Please contact us if Wisdom speaker series sponsored by The Highlands gets underway our fees are outside your budget. Send your tuition waiver request to on Wednesdays at 1 pm at Curtis Memorial Library in Brunswick info@midcoastseniorcollege.org

To register for a course, you must be a current MSC member or a current member of another Maine senior college. The annual \$40

midcoastseniorcollege.org 18 Middle St., Ste 2, Brunswick, ME 04011 (207) 725-4900 info@midcoastseniorcollege.org

Nesterly matches older homeowners and renters

MaineHousing and its partner Nesterly have teamed up to affordable housing. It can also address social isolation and build and a customizable rental pair homeowners with adults looking for an affordable place to live. The Maine Legislature passed a bill last year to set up the program in the state because many older residents may have extra space to rent and are looking for ways to remain in their homes.

Nesterly carefully screens and matches interested homeowners with potential renters. The service is designed to reduce living expenses for older Mainers and increase access to

intergenerational connections. The online home-sharing platform can help housemates "connect over common interests and facilitate the ability to exchange a portion of rental payments rental for free online and for help with grocery shopping, dog walking, yard work, tech support, and more."

Nesterly states it makes sharing a home safe and easy by handling all the practical nuts and bolts including user verification and background checks, secure automated payments

agreement.

Nesterly Homeowners can list their detailed description about

the space itself as well as living arrangements. The website currently lists available rentals in southern, central, and northern Maine. For more information, go to nesterly.com or call (877) 958-8785.

Poems & Prose

For more submissions from our writers' group, go to www.peopleplusmaine.org/write-writers-0

Washington D.C. 1950s Nostalgia

Four Presidents have birthdays in February: George Washington, the 22nd; Abraham Lincoln, the 12th; William Henry Harrison, the 9th; and Ronald Reagan, the 6th. In terms of federal law, there is no "Presidential Day"; instead, it is officially Washington's birthday on the 22nd. After his death in 1799, that date became a perennial day of remembrance and he was venerated as the most important figure in American history. Remarkable historic events have occurred that changed laws and added recognition and appropriate holiday celebrations throughout the decades. Presidents' Day is now celebrated on the 3rd Monday of February.

A memory reflection during my first year of teaching is in February. Washington and Lincoln's birthdays were single holidays and schools closed for a winter week vacation taking advantage of two free days. A cousin of mine lived in Falls Church, Va., a suburb of D.C., and we had heard about the Washington's Birthday sales, so a teacher colleague and I drove to this event. We were advised to get to D.C. early on the 22nd. My cousin reviewed maps, advised parking and hot spots. She made us a hearty breakfast, gave us snacks, and wished us a great day.

The weather was perfect, but traffic increased as we neared D.C. for a first visit. I was glad when I arrived at the parking lot. Since one of us was the navigator and the other the driver, it prevented sightseeing while underway. We were happy to be just us! People had set up tents, chairs, sleeping bags on benches, and businesses had signs and 'barkers' enticing purchase of their products. People were polite, a policemen here and there, cars had \$500 signs, appliances were less than \$10, clothes were marked very low, too, though we had no desire or need to buy anything. We were there for the experience and adventure. I was glad none of our friends had made any requests, and I don't remember buying anything. We were happy to find my car mid-afternoon with hopes to make it back to Falls Church before dark, which we did.

My cousin took us on tour around Washington D.C. the next two days - grand not to drive. We drove back to Connecticut refreshed and ready to return to school. It was a valuable and satisfying onetime trip.

Present-day holiday sales have variety and technology for every holiday. Wishing success to all who enjoy shopping, bargains, and value. Lots of luck. Happy Presidents' Day as it is now called, one day honors all. It is always the third Monday in February.

– By Betty Bavor

Haiku

Sunny laundry day Early start be finished soon Missed pocket Kleenex

- Nonie Moody

Dancing in the Winter Sky

Seagulls take flight An icy day in January Bright sun, glinting off their wings like a beacon Streaking through the sky in a precise row A synchronized line dance against a sky-blue theater curtain



The Crane - Goodbye Old Trees

Hours later, the crane begins the slow descent, folds unto itself, the wrecking ball swinging from the end, before the taught metal "string" pulls it in

secure against the tall crane

now ... folding to meet the truck bed

The trees

Once majestic oaks

are gone

Joining the demise of so many others in the neighborhood Oaks and pines that have seen generations

of families

come and go from this neighborhood Now, they too, the trees that have provided shade...

and beauty throughout the seasons are gone ...

Once ..

their leaf colors bright green,

then blazing orange and red and yellow

before falling to the ground

Branches bare and bent beneath weighty snow and ice Spring leaves sprouting a vivid green

THE CYCLE OF LIFE

The wrecking equipment packing up and moving away Their trucks, the same bright colors - orange and yellow, like our fall leaves

The high-pitched beep, beep, beep of the crane, a grating noise that seems to slither down the backbone backing out of the barely-wide-enough driveway

Will they start another job today?

Or rest to start again tomorrow? Cutting back sacred trees that are no longer viable.

We each, every living creature, reach that stage eventually

But, oh how sad to see any life

show signs of slowing down and eventually

their spirits

leaving earthly beings behind whether animal or plant

- By Deb Noone

Join us! Wednesdays at 1 pm

Not a New Year's resolution

That Super Day

It's that super day of the year once again, bringing gusto and courage to all of the men. Though some ladies do care while others deplore, the carrying on when our team makes a score. First, we gather with friends who are in a good mood, then break out the peanuts, soda, beer, chips, and food. As we huddle by the TV and pass strategies around, our quarterback is sacked and lies on the ground.

This scene is repeated in each house in each town,

the cheering and jeering with each pass and first down. Which tells everyone near

that it's a great way, to spend time with your friends

on Super Bowl Sunday.

- By P.K. Allen

Another Maine Winter

February days are short and dark Embracing snow and cold winds. Then, in comes March, A question mark? More ice and snow? Which way will it go?

Waiting to smile in April sunshine When new life begins to appear With birds singing their mating calls That we love to hear.

So keep the faith, New scenes await. Endure the cold days. Stay warm and pray For another Maine winter Will soon fade away.

- By Bonnie Wheeler

Each year everyone gets all excited at the beginning of the would love to hope for, maybe not even just for yourself new year to make their list of resolutions. This list usually but for those around you. I would hope to see those around consist of things that they say that they are absolutely going me, find more enjoyment in life. I would hope that I would be able to share more happiness with those that I associate to do this year. Lose weight. Start an exercise plan, become

more active in their church. Or accomplish a particular with. I personally hope that I may have the opportunity goal. Usually these things die out within a couple of months to write a children's book, something I've dreamed of for or they're just not ever done at all -something to put over a long time. I hope that I have the ability to gain more



A miracle of nature Both the flight and the brilliant blue backdrop Making a single-digit, winter day worth experiencing

- By Deb Noone

for next year's resolutions.

But I see it differently. Instead of making a resolution we're gonna absolutely do, how about we change it to hope. For instance, instead of saying that 'I am going to lose X amount of pounds this year,' you say 'I hope to be able to.' That way if you do not accomplish it, you haven't been disappointed.

If you think about it, isn't there quite a few things that you

friends.

Is it easier to hope for things than to say you're absolutely going to do something that you may fail at? There's always room for hope, no matter who you are, where you are, or what you're doing.

Hope is what keeps us going. What are your hopes?

– By Kathy Gaunt





- Dec 23. 9 teams.
 1. Cathy Cooper & Michael Land 69.8%
 2. Barbara & Don McHarg 58.4%
 Dec 30. 8 teams.
 1. Kathy Kenyon & Jim Burnett 63.5%
- 2. Linda McIntosh & Bobbie Wheeler 55.6%

Jan 6. 14 teams. (a record 28 people!)

- **N/S** 1. Gail & Cy Kendrick 67.9%
- 2. Donna Dillman & Sherry Watson 55.6%

1. Barbara & Don McHarg 61.9%

2. Norm Curthoys & Richard Totten 56.0%

Jan 13. 14 teams.

- N/S 1. Nina & Peter Mendall 63.5%
- 2. Gail & Cy Kendrick 56.3%
- *E/W* 1. Judy Johanson & Bobbie Wheeler

60.7%

2. Barbara & Don McHarg 54.0%

CRIBBAGE

Jan 8.	Leo Robichaud= 726		
	James Cherry= 718		
	Trenna Crabtree= 711		

Jan 15. Janis Parent= 704 George Tetu= 703 John Bouchard= 702 Ellie Eramo= 702

Jan 22. Patricia Johnson= 715 Rollande Fortin= 711 Anne Bouchard= 710

*tie score

Girl Scout cookies sold here!



Get your Girl Scout cookies at People Plus

You can order everyone's favorite cookie at the Center through the Spectrum Generations Meals on Wheels office.

Girl Scout Troop 1263 in Harpswell has been working on a community service project with Harpswell Aging at Home to create public service announcements and advertisements to help older adults with awareness as well as selling the famous Girl Scout cookies to raise money to support a local animal shelter and to plan a fun

trip to Funtown Splashtown! According to Deirdre Locascio, Nutrition Coordinator for Meals on Wheels and mother of one of the Girl Scouts, "Cookie sales go until Feb. 25 at the MOW office, (way at the



rear of the activities room of the People Plus building). Cookies will be delivered starting March 21. Deirdre notes that anyone who wants to donate a box of cookies to Meals on Wheels recipients will find a donation box in her office.



People TECH TIPS

When you're trying to communicate with someone via text or email, wouldn't it sometimes be easier to dictate what you want to say instead of having to type it in? Try out dictation mode, especially if you're in a hurry or arthritis in your hands is causing problems.

When using a phone or tablet, tap the microphone symbol (often at the bottom right of your keyboard screen). This



will put you in dictation mode and you won't have to use the tiny keyboard letters! Just start talking and the words will appear on the screen. Although dictation mode is pretty smart – automatically putting in commas, periods and question marks at appropriate places – it's a good idea to monitor that to make sure the transcription is what you intended. Or you can just go ahead and tell it what punctuation you want as you go along. (i.e., "Hi Sally comma how are you today question mark")

Dictation mode can be used for more than just text or email. It is also available in most word processing apps. On a laptop or desktop computer it is often listed under the 'Edit' tab at the top of your screen. Under the 'Edit' tab, scroll down to 'Start Dictation' and a microphone will appear on your document and you can simply start talking.

If you can't find the dictation icon or "start dictation" option on your device, you can search online for instructions for how to use dictation mode on the device you're using. (i.e., in the search bar type in "how to dictate a text on Samsung Galaxy 10 phone")

*Note: whatever device you are using must have a microphone enabled. Phones/tablets/laptops will generally have one enabled by default but you may have to enable the microphone on a desktop computer.

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



Maine's Cremation Authority Simple cremation \$2,250.00 Complete *Prices subject to change without notice.

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



Page 12







Snow? Pho? Gumbo? We're rarin' to go!

I'm normally a fan of wintry weather, but this year I feel slightly cheated. We've had plenty of cold sent our way, but the snowstorms have been few and far between. As I write this, we're getting ready for another plummet in temperatures and the forecast shows no snow for the foreseeable future. We have a laundry list of snowy activities we'd love to do with the kids, so hopefully that changes by the time you read this!

Until then, we'll stick to our current daily agenda of preparing hot cocoa and making sure there are blankets on every couch when they all roll in. I wasn't sure what to expect this winter in our new

space, but it seems to be working better for our teens. Not only do they have a shorter distance to get to us, but the brave ones are still running out into the cold to hang out each day. Even if it's only for 10-minute bursts before they come running back inside.

Inside the Center we've been doing everything we can to make sure there's plenty for them to do. The new layout means we can have board games, crafts, cooking, movies, and video games all happening at different stations each day. On a typical afternoon our teens will pound on our door at 2:30 pm sharp and half a dozen will go straight to the kitchen

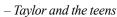


Taylor Carter

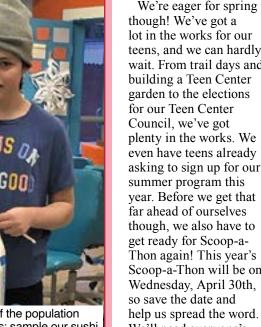
to see if they can help us whip up the meal for the day. So far this winter we've had the kids cooking up gumbo, pho, homemade meatballs, ramen, burger bowls and so much more! After the meal is prepared and served, there's typically an activity for the kids to jump into right after. From making stress balls and building our indoor garden to drum circles and trivia, our team is coming up with plenty to keep our kids busy through the winter.

We're eager for spring to show up

teens, and we can hardly wait. From trail days and Thon again! This year's Scoop-a-Thon will be on We'll need everyone's help this year to support the Teen Center's explosive growth in our new location!



Appeal \$58,524 100% 90% 80% <u>70%</u> 60% 50% 40% 30% 20%



IT WAS AN AWESOME MONTH AT THE TEEN CENTER despite half the population being out sick many times! We still managed to do wax scratch drawings; sample our sushi seaweed wrappers straight out of the package, and have an awesome drum and percussion circle (put together by volunteer Linda Christie). Several of the kids made stress balls out of balloons and flour. They like to squeeze those but they can be kind of messy! We created homemade funnels by cutting the bottom off of a bottle. And they worked great! Thanks to everyone who stopped by or donated food - we could use lots more of that so if anyone wants to cook for the kids or come in and cook WITH the kids, we would love to hear from you!



Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Teen

Center

10%

78%

THE HIGHLANDS

治

A GRACE MGMT COMMUNITY

Friends. Family. Home.

Live life to the fullest at The Highlands, where we're always sure to make time for laughter, connection, and friendship. Welcome to a community rich with amenities, activities, and dining-in a place that's not just like home, it is home.

SPACE IS LIMITED!

Call (207) 725-2650 today to secure your spot or join our waitlist.

It's not like home. It *is* home.[™]

30 Governors Way • Topsham, ME 04086 (207) 725-2650 • www.HighlandsRC.com

â



Help us make a difference in a student's life!

Visit www.studentaidfund.org Donations may be sent to:



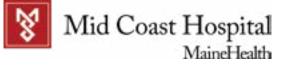
ND ANG	and the second	
	14	127

Membership Benefits	Businesses offering discounts for PP members:
Ashley Richards, Certified Aging in Place Specialist free home walk-	751-5339, heartsnhands207@gmail.com
through with tips to help you age in place	Lee's Tire & Service, 10% off parts (not tires)
712-3042 , ashleyr151@gmail.com	35 Gurnet Road, Bruns., 729-413127
Augat Chiropractic, Free consult & cursory exam free consultation	Monument PI., Topsh. 729-1676
& cursory exam (mention People Plus benefit when booking appointment), 9 Pleasant St, Bruns., 725-7177	Maine Optometry, 30% off complete glasses, some restrictions apply.
Autometrics, 10% offlabor	242 Bath Rd, Bruns., 729-8474
121 Bath Road, Bruns., 729-0842	www.maineoptometry.com
Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to	Maine State Music Theatre, senior discount (60+) on
\$500 off hearing aids 86 Maine St, Bruns., 725-5111	matinee tickets for Main Stage performances 22 Elm Street, Bruns., 725-8769
www.berriesopticians.com	www.msmt.org
Big Top Deli, 10% off, anytime	Mid Coast Hospital Gift Shop, 10% off, anytime
70 Maine St, Bruns., 721-8900	123 Medical Center Dr, Bruns., 373-6018
www.bigtopdeli.com	www.mainehealth.org/Mid-Coast-Hospital/
Bill Dodge Auto Group, 10% off parts/service	Patients-Visitors
118 Pleasant St, Bruns., 729-6653	Pauline's Bloomers, 10% off in-store purchase (in
www.billdodgeautogroup.com	person only)
Carpe Diem Tech Support, John Fischer Help with PC & Mac. \$30/hour	153 Park Row, Bruns., 725-5952
(40% off regular rate), 522-1238, john@carpediem-me.net,	www.paulinesbloomers.com
www.carpediem-me.net	Reflections (Salon), 10% off, Mon & Fri
Darling's Ford, 10% off up to \$50, parts/service	12 Center St, Bruns., 729-8028
262 Bath Road, Bruns., 725-1228	www.reflectionsbylucie.com
www.darlingsbrunswickford.com	Rossignol's Hair Shoppe, discount for age 60+
Double Bubble Laundromat , free drop off/pick up for seniors (15 lb.	370-9410
min.), \$1.80 for wash, dry & fold	Thomas Point Beach, \$1 weekdays admission
Topsham Fair Mall, 373-1995	29 Meadow Road, Bruns., 725-6009
Eveningstar Cinema, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med), 729-5486	thomaspointbeach.com Tire Warehouse , 20% off labor
149 Maine St, Bruns., www.eveningstarcinema.com	Topsham Fair Mall, 725-7020
Fairground Café, 10% off, anytime	www.tirewarehouse.net
Topsham Fair Mall, 729-5366	Wilbur's of Maine, 10% off, any time
Hand Therapy Treatment and Education Center, LLP, 20% off	43 Maine St, Bruns., 729-4462
HandBasicssm: Self-Care Education class	Wild Oats Bakery & Cafe, 10% off Mondays
114 Maine Street Suite 4, Bruns., 607-5800	166 Admiral Fitch Ave, Bruns., 725-6287
www.therapyandeducation.com	wildoatsbakery.com
Hearts & Hands Reiki , 10% off first visit	* Benefits subject to change
PEOPLE PLUS MEMBER	SHIP APPI ICATION

% off complete glasses, some ns., 729-8474 netry.com eatre, senior discount (60+) on for Main Stage performances uns., 725-8769 ft Shop, 10% off, anytime er Dr, Bruns., 373-6018 n.org/Mid-Coast-Hospital/ 0% offin-store purchase (in uns., 725-5952 omers.com LO% off, Mon & Fri ns., 729-8028 bylucie.com pe, discount for age 60+ \$1 weekdays admission Bruns., 725-6009 ch.com % off labor ,725-7020 use.net % off, anytime is., 729-4462

PEOPLE PLUS MEMBERSHIP APPLICATION

Name (1)			Phone	
Birthdate 🛛	Birthdate 🛛 Female 🗆 Male Email			
Emergency Contac	:t			
	(name)	(phone)	(relationship)	
Name (2)			Phone	
Birthdate 🗆 Female 🗆 Male Email				
Emergency Contac	:t			
	(name)	(phone)	(relationship)	
Mailing Address				
CitySt	ate		ZIP	



Become a volunteer Ambassador at MaineHealth Mid Coast Parkview Health!

Join our team of community members dedicated to making a difference! Immediate opportunities are available and there's something for everyone. You'll make a positive impact on patient experience while forming new friendships, developing new skills and interests, and learning about the high quality of care in our community.



STORM POLIC

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

729-0757 www.peopleplusmaine.org

Date	

□ Single (NewRenew): \$45		Volunteer Opportunties at People Plus		
		I'd like more information about:		
□ Couple (NewF □ Lifetime Member (70 or	Renew): \$85 over): \$425	□ Lunch Crew: cook/setup/	□ Volunteer driving: rides to appts/shopping	
Cash/Check (Payable to People Plus)		cleanup	Meals on Wheels	
Membership Dues: \$ _		□ Reception:		
Additional Donation: \$(donations above membership dues are tax deductible)		check-in/phone	□ Teen Center	
Total: \$_		OFFICE USE:	ccount 🗆 Data 🗆 Card Sent	



VOLUNTEER OPPORTUNITIES

We have immediate opportunities available at MaineHealth Mid Coast Parkview Campus and Mid Coast Hospital Campus.

Assignments include:

- Hospital Ambassadors at Parkview Health Campus and Mid Coast Hospital
- Café Cashiers at Mid Coast Hospital

If you are interested in volunteering, please apply online at www.mainehealth.org/midcoast-hospital and click on "Support Mid Coast Hospital."

Or for more information contact Sue Lafferty at susan.lafferty@mainehealth.org or (207) 373-6015.



BETTER CAREGIVERS. BETTER CARE.

A Home Health Care Agency providing a wellness-based approach for seniors in their homes. Supportive care within a climate of independency. Helping in decision making, choices, self care, physical, spiritual, emotional & social wellness balance.

Wellness Care Management • Personal Care Services Home-Making Services • Registered Nurse Services

10 Cumberland Street | Brunswick, ME 04011 LiveBetterMaine.com | (207) 607-4144 | info@LiveBetterMaine.com 

Co-located at People Plus 35 Union Street, Suite 1 Brunswick, ME 04011 207-729-0475

www.spectrumgenerations.org

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

February 2025

All Spectrum Generations' locations will be closed on Monday, February 17, in observance of Presidents' Day.

HAPPY FEBRUARY AND AMERICAN HEART MONTH!

As the Health and Wellness Coordinator at Spectrum Generations, I'm excited to connect with you and share the wide range of programs we offer to support your health and well-being. Whether you're looking to kickstart a heart-healthy lifestyle or make meaningful changes to improve your overall health, we're here to help you every step of the way.

My goal is to support individuals like you to discover opportunities to improve your lifestyle and stay independent in your home for as long as possible. To achieve this, I've been trained to lead several evidence-based programs designed to empower you to reach your goals.

Here are a few examples:

A MATTER OF BALANCE

Cohen Center, Hallowell, ME

2/7-3/28/25 | Fridays 1 – 3 p.m.

A Matter of Balance has been proven to reduce your risk of falling and contributes to heart health by focusing on physical activity, stress reduction, and overall well-being.

LIVING WELL WITH DIABETES

Gardiner Public Library, Gardiner, ME

2/12 - 3/19/25 | Wednesdays 1:30 - 4 p.m.

Living Well with Diabetes provides a comprehensive approach to managing diabetes which helps to improve heart health. It focuses on lifestyle changes, stress reduction, medication management, and education to reduce your risk of heart disease while improving your overall health.

TAI CHI FOR HEALTH AND BALANCE

Messalonskee Middle School, Oakland, ME

3/4 – 5/9/25 | Tuesdays and Fridays 6 – 7 p.m.

Tai Chi, a gentle aerobic activity that involves continuous, flowing movements, has been shown to reduce blood pressure and improve circulation over time, and enhance heart efficiency.

BUILDING BETTER CAREGIVERS | Virtual, All of Maine

4/2 – 5/7/25 | Wednesdays 5 – 7:30 p.m.

Building Better Caregivers (BBC) can positively impact heart health indirectly by addressing key factors that influence cardiovascular well-being through stress reduction, emotional support, and behavioral changes. Not only can this program positively impact your heart health, it can also improve the overall quality of life for caregivers.

I'd love to chat with you to explore which programs might be the best fit for your needs. Feel free to give me a call or visit our website to learn more about the valuable resources we offer.

I look forward to speaking with you,

MONICA HAWK Health and Wellness Coordinator 207-620-1642 | mhawk@spectrumgenerations.org



HEART MONTH

February is all about matters of the heart

Be it Valentine's Day, Heart Health Month, or National Wear Red Day, a healthy heart is what we seek. It's tradition on National Wear Red Day **(February 7)** to go bold with your fashion choices and wear red to raise awareness of women's heart disease and stroke risks.

HOW TO PROMOTE HEART HEALTH

- Eat a Balanced Diet: Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.
- Exercise Regularly: Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.
- Quit Smoking: If you smoke, seek support to quit smoking. Smoking is a major risk factor for heart disease.
- Manage Stress: Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- Monitor Blood Pressure: Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.
- Control Cholesterol: Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.
- Maintain a Healthy Weight: Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.
- Limit Alcohol Consumption: If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.
- Get Adequate Sleep: Aim for 7-9 hours of quality sleep per night to support heart health.

From www.health.gov | Office of Disease Prevention and Health Promotion

Spectrum Generations' Money Minders program provides trained volunteers

to aid in establishing a monthly budget, paying bills, organizing mail, and reviewing monthly statements. These services help people 60 and older maintain their independence and strengthens communities.

For more information or if you are interested in volunteering, call 1.800.639.1553.



Sunday, February 16, 2025 Muskie Community Center 38 Gold Street, Waterville, Maine

(Weigh-in between 2 - 5 p.m.) For sponsorship information, call Sandra MacDonald at 207-873-4745.

Benefiting Spectrum Generations' Programs & Services including Meals on Wheels.

7TH ANNUAL



iene & Lucille Letourneau

FISHING

FAMILY FUN Corn Hole S'mores Bar Concessions Fire Pit Popcorn Silent Auction

Two children book authors: Sharon Hood (Noon - 2 p.m.) • Tonya Shevenell (Noon - 4 p.m.) & Mr. Drew and His Animals Too (2 p.m.)!



EXECUTIVE DIRECTOR STACY FRIZZLE-EDGERTON WAS THRILLED to stop in at the Topsham Public Library last month to deliver a check to the Friends of the Topsham Public Library (TPL Friends) with the proceeds of the Connie Bailey online auction. Splitting the net profits of over \$6,000, People Plus and the TPL Friends are so pleased with the outcome of the auction and so appreciative to each of you who have purchased one of Connie's original pieces of art or something from her private collection. Seen here left to right, Executive Director Stacy Frizzle-Edgerton, TPL Friends Treasurer Melissa Hoy, Topsham Library Director, Katherine Webber, and TPL Friends President Lori Aliberti.

New and renewing members for December

*new membership, •donation with membership Bath: Victoria Feazell Kathy Gaunt

Bowdoinham: Jane Page-Conway

George Paton

Brunswick:

Cynthia Babbin • Julie Becker Sharon Belanger Jane Biscoe Karen Black • John Bouchard **Muriel Bouchard** Paula Conley James Cornelio * Michael Delahunt * Patricia Domingos Cally Dow Faye Eldred Jane Estes Irene Forster

Lois Fournier • Nancy Garland Lee Gilman Marguerite Libby Hyatt • Lucy ljams Judy Land * • James Lewis * Holland Low Connie Marran Philip Lance Reidy * Ashley Richards Carl Richter Patty Richter

Lee Warren Durham:

Roberta Schwartz

Pat Ringston

James Cherry Linda Litchfield *

Freeport:

Gail Morgan Mary Tagney

Harpswell: Gail Hunter * Linda Kreamer •

Lisbon:

Katherine Chatterjee Julia Labanowski *

Topsham:

Larry Bernstein • Ellen Bernstein • Norm Curthoys Jerry Davis • Gretchen Davis • Michelle Moody • Stanley Moody • Lisa Nickerson

Dorothy Selleck

Connie **Riendeau-Smith** David Selleck

Yarmouth:

Benjamin Soule *

What shall we call ourselves at this time in life?

The first time I took note of my age was walking to the building where I worked from the parking lot, about a 4-minute walk on flat ground. I was walking at my normal pace, but everybody passed me like I was in the breakdown lane. They were all younger, but still.

Next came the 'groan' phase, where getting out of a chair produced sounds I'd never made before. They just slipped out. Then came knee surgery with temporary disability and complications that made me question what my body could do going forward. Would I get back to folk dance and my beloved pickleball? I was willing to settle for being able to walk normally.

Around this time I started to push the handicapped button for doors. It was just easier, especially if I had stuff to carry and my tendonitis was acting up. But, hey, I could still parallel park (okay, maybe I didn't exactly hug the curb), and I almost always remembered to turn off my blinkers.

In any case, it all became fodder for the answer to: When do we cross over into what is labeled 'old'? Someone recently corrected me to say 'older' rather than old. Indeed, the American Gerontological Society, the American Medical Association, the Associated Press and many other organizations have pushed to eliminate the use of the words old, senior, and elderly, in favor of using the terms older adults or adults over 65

I like the term older because it implies a continuum rather than a doomed segment at the end of a lifespan. Old sounds like a grocery item beyond its shelf life, whereas older sounds more like fine wine that has aged to peak bouquet. Of course, the term oldish has become popular. It, too, implies a spectrum, but can sound like we come from the country of Old, as in I'm half Irish and half Oldish.

No matter what it's called, being older for me has meant slowing down a bit. Once fearing that as limiting, it turns out I like having fewer things on the to-do list each day. Slower means I have time to think. reflect or just plain notice – like how the sunlight casts wonderful shadows on the wall or how easily a friend and I laugh together. Having one or two activities per day is plenty; more would interfere with a pace that feels sane.

My dad used to say, "I've got two speeds, slow and stop." I'm fine with either one of them, because I now



know that you can go slow and still keep busy. You can cast aside the TV remote and find a different way to slow down. You can go slow and still have a job or volunteer. In other words, you can keep the phone turned on, but the sound turned off. We're conditioned by technology and an overriding focus on efficiency and achievement to think slow is bad. But how much can we reasonably take in, no matter how fast we go?

Doing things digitally or on the phone is meant to be fast, but sometimes causes complications and slows things down, at least in my experience. I have a friend who does home care as a freelance nurse and is sometimes part of a 7-person text to determine scheduling a client. She calls it 'the ding chain' because all 7 people get dinged by the text, and then she gets dinged 6 extra times as people answer the original text. It kind of drives her crazy.

Don't get me started on multi-layer account verification. When I was a young girl, my mom used to send me to the neighborhood bank to deposit cash in her Christmas Club account. To do that now, I would need to show a photo ID and Social Security number.

I know I am sounding old(er), but I sometimes long for the simpler days, the old days. As for what we call ourselves, maybe instead of older, we could harken back to the great music of the 50s, 60s and 70s and simply call anyone over 65 an 'oldie but goodie.' Those tunes never grow old.

Hear from our Families

« I don't have the words to express the gratitude I have for the care that Avita of Brunswick has provided for my loved one! The associates and community are nothing less than amazing! >>

- Terri M., resident family member



Could your loved one benefit from dedicated memory care?



about your options >>>

Scan the QR code to take a quick survey and learn

Learn more about the benefits of a Dedicated Memory Care Community -Call Bethany today: 207.640.7933

Ask about our Adult Day Program

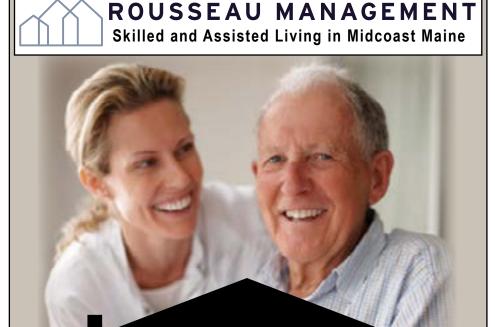
Living Well Adult Day Program Opening September 2024 - *limited spots available*

Avita of Brunswick - Assisted Living Specializing in Memory Care

89 Admiral Fitch Avenue | Brunswick, ME | AvitaofBrunswick.com

ð 😩 💜 🛞







www.rmimaine.com



WE ARE THE MIDCOAST.

Our award-winning journalists cover news, food, education and high school sports in Bath, Topsham, Freeport, Brunswick and the outlying communities. Subscribe and get access to it all.

subscribe.timesrecord.com





