





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   March 2025 • Volume 25, No. 3

# Are you coming to the party?



Mark your calendar, purchase your ticket!



## Tickets on sale now!

**Live Auction/Dinner Gala**  
Saturday, April 5, 5-9 pm

Live music, food & beverage, and live auction at St. John's Community Center.

TICKETS: \$50 each or 2 for \$90.



ticket link



## Auction Item Donations Needed!

We are still collecting art, antiques, services, handcrafted items, experiences, gift certificates, and more.

Deadline is **March 7**.  
FMI call 729-0757.

Check out our fabulous sponsors on page 8.

## Music in April live auction and dinner gala – Saturday, April 5

Our 23rd annual Music in April fundraising events are almost here! Please join us as we host both our in-person Music in April dinner gala and live auction/raffle, as well as our online auction that runs April 1-30.

The not-to-be-missed gala will be held Saturday, April 5, from 5-9 pm at St. John's Community Center in Brunswick, and tickets are on sale now (\$50 each or two for \$90). The evening will feature delicious food, live music, amazing raffle items, a mini silent auction and our always-popular live auction with our favorite auctioneer, John Bottero.

Want to have fun bidding on nifty items while supporting a good cause and enjoying good food? Items like a year's worth of gas from Rusty Lantern Markets, an exclusive brewery tour for six at Maine Beer Company, or how about a French dinner prepared just for you?

Executive Chef Chris Toole will lead our culinary team for appetizers, dinner entrees and dessert, with participation from local restaurants and our own People Plus kitchen crew.

Our band will be longtime Music in April musicians, Touching Base. This jazz ensemble takes pride in creating a full sound while keeping the volume low enough so people can enjoy both the music and their conversations. The musicians, all from Bath and Arrowsic, are Lawrence Kovacs (organ), Bob Knowles (guitar), and Dave Rawson (drums).

Our vocal ensemble will be The Bowdoin

College Meddiebempsters. Founded in 1937, the Meddies are the nation's third oldest men's collegiate a cappella group and a celebrated hallmark of Bowdoin College. Performing their effective blend of jazz standards, college classics, and modern songs, they entertain in New England at colleges and other venues, touring new regions each year.

This year the cash bars will again be manned by members of the American Legion, Corey E. Garver Post 202 – a non-profit organization in Topsham that provides resources to programs and services that enhance the lives of our veterans and their families, as well as children's programs and our Maine communities as a whole.

As always, our servers will be teenage volunteers from Brunswick High School and the Brunswick Area Teen Center, keeping with our mission of building community for all ages. Students will have the opportunity to gain valuable experience

with the public while earning community service hours needed to graduate.

The online auction will run April 1-30, with new items added every week during the month. Last year's event drew more than 400 bidders and almost 400 donated items for the People Plus Center. Our goal this year is to raise \$90,000, and we are currently collecting fabulous items to put up for auction.

Do you have items to donate? You can donate jewelry, handcrafted items, season tickets, professional services – or any items

*continued on page 10*

## ACCEPTING DONATIONS!

Excitement builds as auction items start rolling in – so keep them coming! Donations due by **March 7!**

## FYI! State of the Birds: Decades of Change



**Thu, Mar. 13, 1:30 pm.** Bird populations in Maine are continually changing. During this talk, Nick Lund, Maine Audubon's Advocacy and Outreach Manager, will discuss which bird species are disappearing and which are increasing based on the last few decades. He will then look ahead to ponder what the future of Maine birds might be. A birder and writer, Lund wrote *The ABA Field Guide to the Birds of Maine* and articles appearing in *Slate.com*, *The Washington Post*, *National Geographic*, and other outlets. Free, open to the public. Registration required.

## Lunch/Learn: Want to know more about Alzheimer's?

**Mon, Mar. 24, 12 pm.** Amy Angelo, Senior Program Manager at the Maine chapter of the Alzheimer's Association, will be presenting on the difference between dementia and Alzheimer's, the 10 warning signs, importance of early detection, new advances in research and therapies, what the Alzheimer's Association does, and how to get involved. Bring your lunch or grab a cup of our free soup. We'll provide drinks, chips and dessert. Free, open to the public. Registration required.



## SAVE THE DATE!

**GELATO FIASCO** 

17TH ANNUAL BRUNSWICK AREA TEEN CENTER  
**SCOOP-A-THON**

**WEDNESDAY, APRIL 30<sup>TH</sup>**

**All Day Long: 11 am-11 pm!**



**Show your sweet support for local teens!**



**74 Maine St, Brunswick**





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



## Habitat for Humanity offers free help with home repairs

If you are an older or disabled homeowner who needs home repairs, did you know local Habitat for Humanity volunteers can help make your home more energy-efficient or make modifications to improve your mobility, safety and independence through its Critical Home Repairs program? “Dryer, safer, warmer is our emphasis,” says Adam Lacher, executive director of the local Habitat 7 Rivers chapter. “There is no cost for the homeowner, because the labor and materials are donated by Habitat,” he adds. (Only major repairs are outside the scope and scale of their budget allowance, but even then Habitat can help out with some costs.)

Part of the work volunteer teams do is basic weatherizing to prevent heat loss and reduce heating expenses, such as weatherstripping, door sweeps, and blocking leaks around the foundation. Other work involves more substantial repairs, and customized plans are developed to address each homeowner’s needs. Some of what Habitat can help with includes: fixing doors and windows, repairing/building new stairs, installing ramps, installing handrails, basic weatherizing, addressing moisture issues, changing doorknobs, improvements to flooring, gutter work, installing grab bars, improving lighting, and changing faucets.

Lacher says Habitat has worked closely with community organizations and recently received grants from Rotary and the Town of Brunswick. “It’s a big deal to have that support,” he notes. A believer in building coalitions, he notes that Harpswell Aging at Home also partners with Habitat.

Lacher says the demand for repairs is high and that through organizing and managing their operations most efficiently, volunteer teams have been able to serve many more homeowners now compared to just five years ago. Many clients are older women who live alone, he notes. If you live in Brunswick, Harpswell or in Lincoln or Sagadahoc counties, you are eligible if your income is up to 80% of the area median income for your county. (In Brunswick, that is \$57,200 for a household of one.) To fill out the easy application and find out about eligibility, call 504-9332.

*Note: If you would like to volunteer, know that Habitat needs volunteers. Call 504-9332. “The great thing about volunteering is that you can physically see that you are helping someone,” says Lacher. Volunteers also staff the ReStore shop run by Habitat in Bath.*

# Member Moment

## Meet Linda Christie

Linda Christie of Bowdoinham – lover of music, especially blues, folk, and African drumming – has always known that helping others is what she wanted to do. Now retired and an active member at People Plus who takes chair yoga and Qigong classes, she also volunteers four hours a week at the Teen Center. “She has a natural rapport with the kids,” says Taylor Carter, who runs the teen program. “She has brought in some great ideas, and it makes such an impact to have someone like her there each week to listen to and engage with the kids.”

### Tell us a bit about your background.

I grew up in Calais until I was 10 and then we moved to Connecticut. But we came back to Calais when I was 17. I went to college at Bangor Community College and got an associate’s degree in human services. From there, I first worked in a home for pregnant teenagers, being a labor coach and helping them with life skills and how to take care of their babies. I wanted to be a nurse or nurse practitioner, but I got fibromyalgia, which leaves me in pain and exhausted. I didn’t think I could handle the physical work of nursing.

### What did you do instead?

I took time off to take care of my son when he was born, then I worked as a medical assistant and for the WIC program that helps women and children, as well as for the March of Dimes. I then went to UMaine-Farmington and received a B.S. in Community Health Education. Eventually I landed at Access Health, which was a community health education program out of Midcoast Parkview Hospital that focused on prevention. I was the director for many years. I had many responsibilities, but my favorite part of my job was overseeing the youth advocacy program. We trained students how to talk to other kids about avoiding tobacco use and substance misuse. We went to health fairs, did TV commercials. I

also provided tobacco and substance abuse prevention classes at Bath Middle School.

I was the ACCESS Health director for 12 years and then became a prevention coordinator for 8 years. During that time, I also was heavily involved with taking care of my mother, who had Alzheimer’s.

### Tell me what you like about volunteering at the Teen Center.

I like working with teens. My interest was fostered by raising a teenage son as a single parent. Those were difficult years, but I learned a lot. I like talking to kids at the Teen Center. I love their energy and their fresh approach to looking at the world.

### You enjoy African drumming, right?

Yes. Recently, I invited a friend who teaches African drumming to the Teen Center, and the kids enjoyed learning the basics of drumming. I’ve been drumming for many years, and I’ve met people all over the state. It’s one of the best ways I have found to release stress. Now my hands are arthritic, so I don’t play as much.

### Tell me about your support dog, Maggie, who comes to class with you.

She is 16 years old. She was found in a ditch in Alabama and was nearly dead. A woman who rescues animals fostered her



and I adopted her. Maggie is very mellow. Many years ago I asked one of the instructors if I could bring her into the class and after that she came to all my classes. She is the greeter. At the beginning of class, she goes around and says hello to everyone. Some folks give her treats and then at end of class, she says goodbye. She loves everyone. People worry about her if I don’t bring her!

### What do you enjoy about People Plus?

The classes make me feel better physically and I have made new friends. I’ve met some really nice people. My partner comes here to play bridge. It’s our hangout place.

### Any parting words of wisdom?

My biggest life lesson is to take care of me. Having fibromyalgia and providing Alzheimer’s care for my mom taught me that.

SAVE  
THE  
DATE!



Thursday, October 9, 9-1  
Brunswick Rec. Center

25th Anniversary Release

2025

OSCAR  
NOMINATED  
SHORT FILMS

LIVE ACTION | ANIMATION | DOCUMENTARY

In Theaters February 14

ALL ACCESS: A JOURNEY TO

BECOMING  
LED-ZEPPELIN

JANIS IAN

BREAKING SILENCE

Additional Screenings!

Bargain Nights!

Retro Nights!

Family Movies!

Special Events!

EVENINGSTAR  
CINEMA

People Plus  
Movie Monday  
March 17th  
St. Patrick's Day

MJFF 2025 SCREENINGS  
7PM ON THU 3/6 & FRI 3/7

Tickets and info at:  
eveningstarcinema.com

Sign up for the  
Newsletter!

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

Gift Cards  
available!





IT WAS A WILD AND CRAZY LUNCH OUT LAST MONTH AT BUFFALO WILD WINGS in Topsham! Nearly 20 folks met for lunch and took a minute to celebrate Irene Gamache's birthday while they were at it! Lunch Out is a great opportunity to get together with friends and enjoy an area restaurant. When's the last time you went out to eat by yourself? Well now you don't have to! You can join your group of friends every month for a great time!

Wednesday Walkers Club Destinations

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.  
**Mar. 5.** Planning meeting and a walk. Meet @ PP at 1 pm to share your ideas and help plan the walks for April! Then we'll walk at Crystal Springs.  
**Mar. 12.** Thorne Head, Bath. Carpool: meet @ PP by 12:30 pm or at site by 1.  
**Mar. 19.** Swinging Bridge. Meet @PP at 1 pm  
**Mar. 26.** Popham Beach. Carpool: meet @PP by 12:30 pm or at site by 1.

Learn to Play Mah-Jongg!

People Plus Mah-Jongg player Louise Burgess would love to teach you how to play! She is available 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.

Apple Device Tutoring

**Thursday, Mar. 27 9:30-12 noon.** One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only. Call starting Mar. 3 to book your appointment.

Program Notes for March

- During tax season, Thursday Bridge will begin at a new time of 9:30 am (after Men's and Women's Breakfasts) in the cafe. Bridge will not meet on March 20.
- No Qigong on Friday, March 14.

A Fun-&-Easy Crash Course in 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](http://www.DEFFA.org)*

SAVE THE DATE  
FYI! History of Keith Field Goldsmith

**Thu, April 10, 1 pm.** Hannah Field Simmler, Appraiser/Gemologist of Keith Field Goldsmith, tells us about the history of the Keith Field family jewelry business and the building they are located in on Maine Street in Brunswick. Free, open to the public.

Want to learn to play bridge? Or re-learn?

If you've never played bridge or haven't played in a long time, come to People Plus and get introduced to the game in a friendly atmosphere. Cathy Cooper, who leads the play on Tuesday and Thursday mornings, says, "Many people who come might think a high level of knowledge is needed, but that's not the case here. Many who come haven't played since college or just want to learn." The object is to have fun and absorb skills at your level, she notes, adding that more experienced players are happy to help teach the beginners.

Lori Waresmith of Harpswell, who had not played since her college days 40 years ago, says, "I was intimidated at first until I knew everybody was nice." After moving here four years ago without knowing people, she now comes every week and likes the relaxed atmosphere. "It's nice to have this," she says.

Beginner bridge is offered on Tuesdays and Thursdays at 9 am (9:30 during tax season). It's free, so just come and check it out!

Good Eats – Good Friends!

Women's Breakfast

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

Men's Breakfast

**Thu, Mar. 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! Soups will be listed in our weekly email.



**EXERCISE AT PEOPLE PLUS!** Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Growing Stronger. \$7/class for members (\$12 for non-members). Convenient punch cards are available for purchase at the Center.

Medicare 101

**Tue, Mar. 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.

Come for a traditional Irish Boiled Dinner!

Join us Thursday, Mar. 20, for corned beef and cabbage! Delicious side dishes include salad, potatoes, carrots, onions, rutabagas and traditional Irish soda bread. And it wouldn't be our March luncheon without green Mint Chocolate Chip ice cream with a mint cookie dessert! Remember to wear green!

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 Mar. 3.

Call 729-0757 to register for activities

CENTER CLUBS

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

Apple Club

**Thursday, Mar. 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, Mar. 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, Mar. 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

**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.



Tax help at People Plus!

The AARP Tax Aide Program has appointments on Tuesdays and Thursdays. 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.

ONE-ON-ONE, INDIVIDUALIZED CARE!

ROUTE 196,  
TOPSHAM  
207-725-4400



PLEASANT STREET,  
BRUNSWICK  
207-844-8053

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


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

[www.Reform-PT.com](http://www.Reform-PT.com)





**WE WERE SEEING RED AND GREEN AT LAST MONTH'S LUNCH AND CONNECTIONS**, with everyone decked out for Valentine's and a fun visit from Harpswell Girl Scout troop #1263! These Girl Scouts have been doing a project with Harpswell Aging at Home to support older adults and they came to sell us some Girl Scout cookies! It was the icing on the cookie for our luncheon last month!

Mon	Tue	Wed	Thu	Fri	Sat
<div>3</div> <div>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</div>	<div>4</div> <div>8:30 Taxes 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</div>	<div>5</div> <div>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</div>	<div>6</div> <div>8:30 Women's Breakfast 8:30 Taxes 9:00 Table Tennis 9:30 Art Class 9:30 Beg/Int. Bridge 11:00 Yoga 1:00pm Learn to Art 1:30pm Intro to Contra Dancing 6:00pm Int./Adv. Belly Dancing</div>	<div>7</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</div>	<div>1 / 8</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>10</div> <div>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</div>	<div>11</div> <div>8:30 Taxes 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</div>	<div>12</div> <div>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</div>	<div>13</div> <div>8:30 Taxes 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Beg/Int. Bridge 11:00 Yoga 1:00pm Learn to Art 1:30pm FYI! Maine Audubon</div>	<div>14</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Spinning Club 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</div>	<div>15</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>17</div> <div>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 1:30pm Movie Monday 7:00pm History Book Club</div>	<div>18</div> <div>8:30 Taxes 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</div>	<div>19</div> <div>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 1:00pm Private Rental</div>	<div>20</div> <div>8:30 Taxes 9:30 Art Class 12:00pm Lunch and Connections 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing</div>	<div>21</div> <div>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</div>	<div>22</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>24</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies 12:00pm Lunch and Learn: Alzheimer's Association 1:30pm Bridge</div>	<div>25</div> <div>8:30 Taxes 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</div>	<div>26</div> <div>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</div>	<div>27</div> <div>8:30 Taxes 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 Apple Club 6:00pm Int./Adv. Belly Dancing</div>	<div>28</div> <div>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</div>	<div>29</div> <div>9:00 Zumba 10:15 Table Tennis</div>
<div>31</div> <div>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</div>	<div>Calendar page sponsored by</div> <div></div>				

Book a vacation with People Plus and Collette Travel! Trips are open to the public - bring a friend!



Spotlight on Tuscany

Oct. 1-9, 2025. **Deposits due March 26.** 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

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>



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!





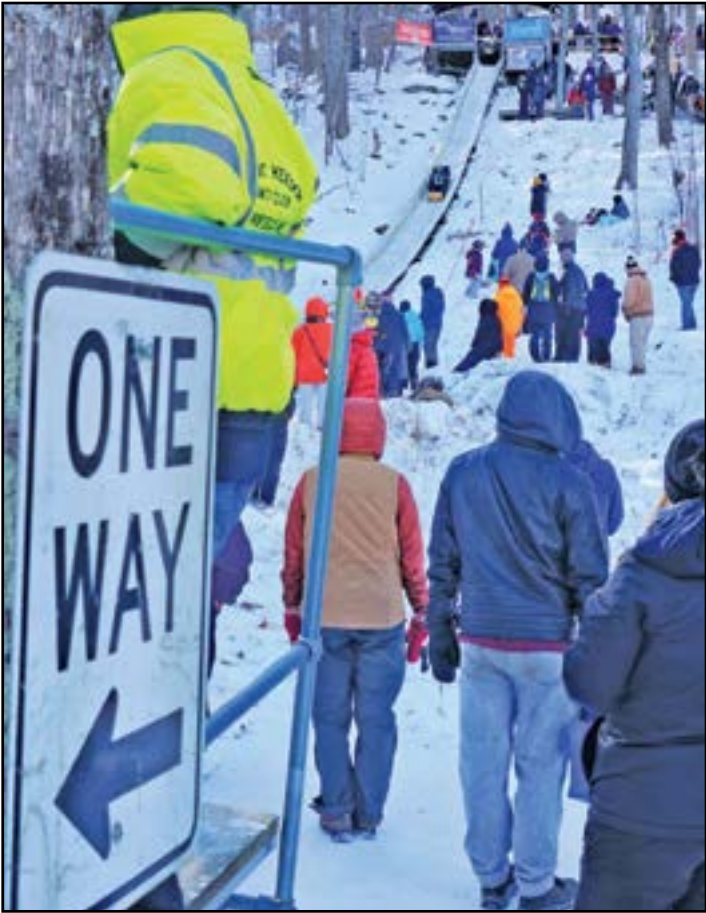
# The fastest toboggan chute in the East

All this chatter around our Stacy’s decision to enter with her “flock” into the 34th annual U.S. National Toboggan Championships in Camden last month got my curiosity – and my memory – going, so Jane and I piled into our car and headed off to “spectate!” We always want to support the efforts of our People Plus boss, you know; besides, being “chute side” once more reminded me of another toboggan race, way back in the last century.

Maybe you hibernate though your winters and have no idea what the U.S. National Toboggan Championships might be? Shame on you, and let me explain.

The Town of Camden, that gem of the coast for so many summer visitors to Maine, is the proud owner of its own ski area and winter adventure center. This Snow Bowl, as it’s called, is one of the few places I know where you can ski within sight of the Atlantic Ocean. Off on the left side of the ski trails, you’ll find the all but unique toboggan chute. Built and rebuilt over the years, this 450-foot, maybe 30-degree angled, ice-filled wooden chute will spit a toboggan off a mountainside and onto an ice-covered lake, faster, they say, then a “turd down a toilet!” Eight seconds? Nine, ten seconds? Ice? Stacy, what were you thinking?

Turns out, I know just what she was thinking. My kids and I did that chute, back when they were teenagers, and I considered myself “less breakable!” Better than that, in 1998, I was the “spiritual leader” of a team that won a trophy in that competition! To know the story, let me refer you to Volume II of Writing For Fun, a publication of the 55 Plus Center in the year 2000. Effie Blackstone was the author of a piece she called, “The Toboggan Ride.” She states: “Two years ago, our activity director (Frank Connors) at The Highlands suggested we might be interested in participating in a unique national sporting event, the U.S. National Toboggan Championships!” T’s



were crossed, I’s were dotted, and I hauled a van full of seniors, average age of 78, for a day on the chute. Effie became one of my three volunteer riders, the venerable ‘K’ Schmidt another, and our goal was a newly minted “Oldest Team” trophy. That third rider remains in a sort of witness protection program.

Effie continues: “There were three volunteers, I being one of them ... we had to sign a document absolving Camden from any liability in case of a mishap ... we were seated on (Frank’s) old toboggan with instructions by an official to keep our legs properly anchored to avoid a spill ... our volunteer seated in the rear said she had knee replacements so she couldn’t

bend her knees in that awkward position. I, being in the center, was delegated to hold her legs up!”

“We made two flashing runs down that 450-foot, ice-coated chute, (best time) 9.8 seconds,” Effie wrote. “We were well behind the record time of 8.3 seconds. On the second run, we couldn’t stop and continued racing down the center of the lake. I shut my eyes tightly, held onto those two legs with all my might – to drop them meant flipping over at a tremendous speed – and I prayed, oh my dear God, when is this all going to end! At which time we hit a rut in the ice and flipped over! Fortunately, we were unscathed, and we proudly returned to The Highlands with that “Oldest Team Trophy!”

“Tobogganville” has changed dramatically in the last quarter century. Jane and I sat in a mile-long traffic jam in the middle of nowhere for nearly an hour, only to be rejected within sight of the venue and told by a jovial policeman, “Go get on the shuttle.” Eager to see Stacy’s nine seconds of glory, we did that, parking in downtown Camden, climbing on a slightly warm school bus that sped up Washington Street and took a back road into the Snow Bowl. “How did we miss this,” Jane wanted to know, as we de-bussed, and walked across the ice-shrouded lake, enjoying a guy doing a

MAINE

& me

by Frank Connors

play-by-play on a loudspeaker as toboggans, one after the other, came rumbling off that chute.

Hundreds of tobogganers from all over Maine, New England, and the rest of the world, packed around the chute. Organized chaos came to mind. Food trucks, warming huts, tents, and open campfires lined a sort of midway, as down parka-ed, boot-kicking, mit-tened-and-masked revelers packed the area.

Jane and I almost lost each other. “Hey,” she yelled, “do you remember the time we went to the winter carnival in Quebec?” That question is the measure she and I use to describe freezing cold, wind-howling conditions like at the Bowl.

I started to wonder how I could miss four lovely lady competitors in bright yellow suits. I looked at Jane and decided we needed to hurry. Turns out, we did not see Stacy race, we never even found Stacy! Thirty minutes later we’re back on a bus, blowing life back into our fingers, and headed back to Camden. It was a great day, but we were focused on an early supper at Moody’s Diner.

**If You Go:** Follow Route 1 through Bath, Damariscotta and Waldoboro. At Warren, turn left on State Route 90 and drive through West Rockport. Rejoin Route 1 at Rockport, where you turn left again. As you enter Camden, see signs for the Camden Snow Bowl; it will be another left turn. You’ll see the lake first, the Snow Bowl is one last left turn. You’re almost 60 miles from Brunswick when you park your car for free.

The toboggan championships are always the second weekend of February, don’t miss it next year. I’m wondering if Stacy will be there?

FRANK’S FACT

A team from Massachusetts called Frogs on a Log, average age reported to be 84, took home what they called the Oldest Team Trophy in the U.S. National Toboggan Championships this year. Good for them, but in my mind, my ladies from The Highlands, circa 1998, and our own Stacy Frizzle-Edgerton’s Flying Flock, are still the undisputed champions.

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

HandBasics<sup>sm</sup>: Self-Care Education

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

Available Dates:

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

Single Session Cost \$40

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

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

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.





# Lunch Out!

March 11th at 11:30 am.



16 Station Ave, Brunswick

## Do you get our weekly email?

Jill sends a weekly email with all the upcoming events happening at People Plus. It's the quickest way to get updated news! The email also includes a weekly wrap-up written by Stacy, a Teen Center update from Taylor and, of course, Frank's weekly Two-Cents.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 to be added to the list!

## Gone but not forgotten—

**Jeannine Powers**

April 16, 1932–Jan. 21, 2025

**Harald A. Zinke**

Feb. 8, 1934–Feb., 2025

# JOIN US FOR ‘MOVIE MONDAY’ AT EVENINGSTAR CINEMA!

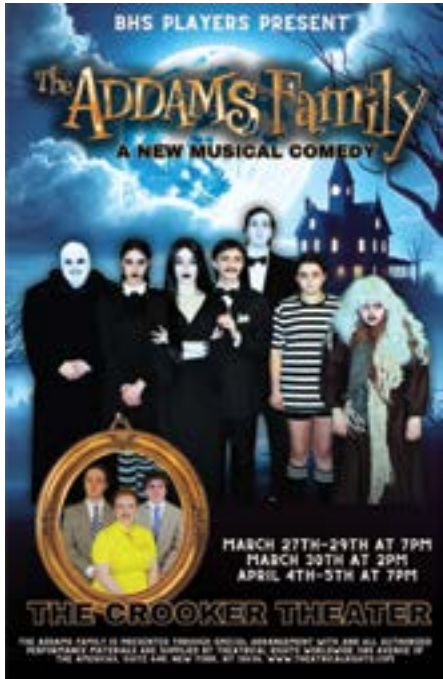


## March 17 is ‘Movie Monday!’

We have teamed up with Eveningstar Cinema, in downtown Brunswick, to offer a 1:30 pm matinee show on the third Monday of every month! This month's movie is *Waking Ned Devine*, a charming Irish comedy perfect for Saint Patrick's Day. 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 senior ticket price (\$10 ticket with 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. Mark your calendars so you never miss this fun outing with pals to see a movie! Registration for "Movie Monday" is not necessary.



## Don't miss the BHS play!



They're creepy and they're kooky... and they're coming to the Brunswick High School stage! Don't miss The BHS Players production of *The Addams Family*, a musical comedy. The show will run for two weekends with 7 pm shows on March 27, 28, 29 and a 2 pm matinee on Sunday, March 30, plus 7 pm shows on April 4th and 5th. Tickets are available at the door or online at <https://sites.google.com/brunswicksd.org/brunswickhighschoolplayers/home>

That's Jill's daughter Caitlin in yellow. She is playing Alice Beineke, and this will be her last show with the Brunswick High School Players as she will be graduating this spring. It's sure to be a fun and hilarious show!

## MaineHealth Mid Coast Hospital Auxiliary Health Career Scholarships



Receive financial support to pursue a rewarding career in healthcare!

The Mid Coast Hospital Auxiliary awards multiple scholarships each year to high school seniors and non-traditional students pursuing a career in healthcare.

### ELIGIBILITY REQUIREMENTS:

- Enrolled in an accredited institution
- Program and/or major must be in a field that will lead to a healthcare career
- Applicant must reside in the following communities:

Alna, Arrowsic, Bailey Island, Bath, Bowdoin, Bowdoinham, Brunswick, Dresden, Durham, Freeport, Great Island, Harpswell, Lisbon, Lisbon Falls, North Yarmouth, Orr's Island, Phippsburg, Pownal, Richmond, Topsham, West Bath, Wiscasset, Woolwich

APPLICATION DEADLINE APRIL 15



Scan here → to learn more!



FMI: 207-373-2122 or visit [mainehealth.org/mainehealth-mid-coast-hospital](http://mainehealth.org/mainehealth-mid-coast-hospital)

## 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:

- 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](mailto:info@respite-care.org)  
[www.respite-care.org](http://www.respite-care.org)



Poems & Prose

For more submissions from our writers' group, go to [www.peopleplusmaine.org/write-writers-0](http://www.peopleplusmaine.org/write-writers-0)

I Did It Again

A while ago the gas cap cord on my car disintegrated, and the cap was now detached. I decided to make it a habit to place the cap on the car roof when I filled the tank. Once I forgot to replace it and returned to Irving with hope! No cap had been found, nor did I find it on my search at the pump area. I purchased a new one at VIP.

With the prediction of snow, I like the weight of a full gas tank just in case. I had my usual happy Monday morning activities at People Plus and was off to fill my gas tank at the very busy station. I drove around twice before a pump became available. I was also distracted, forgetting to unlock the gas filler door from inside the car. It was windy and the thought that the cap might blow off the roof occurred to me; however, habit won out.

Task completed, receipt received, and on my way, I heard a noise from the roof and realized I had not replaced the cap. I turned around in the credit union parking lot to retrace my departure route with hope once again. The person at the pump I used said he was leaving so I could search – no cap. The gentleman on the opposite-side pump stepped up with kindness, offering to help me. He saw the cap on the road, told me he would go get it. As I watched, a truck was approaching the station and flattened the cap. This kind man was so apologetic saying, “Why did I not stop that truck?” He tried to repair the pancake-shaped cap and recommended I go across the street to VIP. He was sure they would have a new one. He gave me a hug and said he was so sorry. What a thoughtful act of kindness.

I felt confident I could replace this cap again at VIP as I had done before. Surprise, surprise – 2006 caps are no longer in stock and need to be ordered. Another act of kindness. This VIP serviceman said, “Let me see if it is available at NAPA just down the street. A bit of computer networking informed him they had this cap in stock. I was on my way once again with gratitude. No customers at NAPA and this serviceman welcomed me, understood my issue, checked inventory, and said he had two – one with an attached cord and one without. Both were retrieved and out we went to the car for a fitting check and decision. I now have a cap attached to the gas tank. Oh yes, he asked if I was a AAA member for a discount, so the good news was it cost less than VIP’s that lacked the attachment cord and had an order wait!

I am so grateful to live in Maine with caring and thoughtful people. Kind deeds change lives.

–By Betty Bavor

Hope Peace Love

Hope is when you see the way.  
Peace is when your mind rests.  
Love is when you see what is real.  
Hope is when fear shrinks.  
Peace is when you are quiet and still.  
Love is when joy conquers fear.  
Hope is when you feel love.  
Peace is when you find hope.  
Love is when you feel peace and hope.

–By Alene Staley

**Haiku**

The March wind blows hard  
Making old apple trees sway  
A game, pick-up sticks

–By Nonie Moody

Who Am I Now

On cold winter days when I am housebound  
And in my middle 80s, I sit and think.  
My life is so different than I expected.  
Suddenly, my strength and ability to do anything unwinds

I’m dealing with heart failure,  
Breathing is an effort,  
Much less running, walking is shaky,  
Driving, shopping, or dancing is a memory,

I always knew God had a purpose and plan for my life,  
Is it over?  
Did I do a good job?  
I pray I did. Is it over?

Was the plan now to sit and watch the birds at our feeder,  
Or call on the phone to talk with family and friends?  
I still have a voice to encourage and praise.  
God gave me a love of people.

Loving my neighbors is everything,  
I can still ask God to bless them.  
Maybe my best days  
Are not behind me.

I know one day I will close my eyes  
And like the birds I watch,  
Will fly away home.  
That will be the perfect day.

–By Bonnie Wheeler

Lions

Did you know that lions can eat 100 lb.-1,000 lb. animals including alligators, rats, snakes, and even a human, and even if a lion is injured or has tooth decay? And did you know they can go two weeks without any food?

Females weigh 280 pounds and males 420 on an average. They cannot be kept as pets. They are predators and will kill. The average life span for a female is 15-16 years, and a male is 8-10. If a lion is in captivity, it will live on an average up to 20 years. The oldest male alive is 19 and rules a large pride of females.

Lion populations have dropped 43% in the past 20 years. To prevent lions from becoming extinct, we are finding where lions live and are staying away. In 2024, there was an estimated 23,000-39,000 lions left in the

world. There are no black lions. White lions are very uncommon. There is a special organization that is working on saving the white lions.

Lions live in Africa from the Sahara Desert’s southern edge to northern South Africa. There are a few lions that live in India’s Gir Forest. You can get in there for \$46, but it may cost you a lot flying to India.

One interesting fact I found out from the internet is how fast a lion can kill a human. It takes a few seconds with a quick bite to the head or neck. As a nurse, I realize they do that by biting the carotid artery along the side of the neck. Be careful when visiting lions in the zoo!

–By Lucy Derbyshire

Prompt

In with the old, out with the new  
Yet, ever new, is when I think of you  
Each changing season of our lives  
Presents a fresh face, and new dance  
So I say, in with the old, and forever new

–By Robert Mulligan

Time Travel

Spring forward, fall back,  
Is an expression some people fear.  
It tells about the time change  
That comes regrettably twice a year.

Some ask why we bother  
As it puts our bodies into shock  
By going from daylight to darkness  
When it’s only 4 o’clock.

And then during the summertime,  
I really don’t think it’s right,  
That at 9 o’clock in the evening,  
I can’t sleep because it’s light.

Now whether you agree or not,  
It will take a lot of willpower  
To carry on as usual  
When the clock turns back one hour.

–By P.K. Allen

Spring in Maine

You know spring has arrived in  
Maine when

The sun is shining brightly and  
your teeth are chattering;  
You have to wear a parka over  
your Bermuda shorts;  
The sunscreen display is next to  
the ice melt in the store;  
Your early blooms have to poke  
through the ice;  
You want to start digging your  
garden but are out of dynamite;  
You just got back from Florida and  
are ready to go again, but you  
have to wait until the roads have  
been cleared of snow.

–By Vince McDermott





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

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

- Scheduled Local Transportation
- Heat and Electricity
- Maintenance Service
- Free Laundry Room

Other services available for a reasonable fee.



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



**Gorgeous!**



**The McLellan**  
*Live better.*

Call today.  
This unit  
will go QUICK!

**2 Bedroom Unit AVAILABLE NOW**

This 3rd floor, 1,200 sq. ft. home apartment is one of The McLellan’s finest! We are soooooo surprised nobody on the waiting list grabbed it! Now it’s open to YOU! Complete with a 8 x 12 deck, the largest bedroom with double closets, 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](mailto:info@themclellan.com)  
[Themclellan.com](http://Themclellan.com) | 26 Cumberland St. Brunswick, ME



O'Donnells, Ed Sullivan, and The Beatles, February 9, 1964

Do you remember where you were on February 9, 1964?  
I do! Well, parts of it.  
I turned 12 in September 1963. I was at that age in between childhood and lusting after boys. Whoops ... I meant to say at that age where you were still a child, but verging on teenageism. Is that a word? Teenageism! It should be a word. Let's put it this way – hormones are raging, or beginning to.  
I was also at that stage where I wanted to wear makeup and choose my own "cool" clothes and listen to the latest in "cool" music.  
Only, my dad beat me to it – the listening to cool music part. As for clothes ... my dad always looked festive in his red plaid Christmas vest. And he picked out the most beautiful dress for my mom one year. Not sure where the cool dressing gene landed, but not with me. But I digress.  
Picture this. My family is at our favorite restaurant – O'Donnells – a rare treat. It is Sunday. Ed Sullivan is on every Sunday, but wasn't a big deal in our family ... until – yup, February 9, 1964.  
Dad rushed us through our meal, since he needed to be in front of the TV, when Ed Sullivan came on. Hmmm ... what was up with that? The Beatles, of course. Not that I had ever heard of them.  
Well! I can tell you ... after that evening on Ed Sullivan, I gathered my saved allowance and trotted right down to Wisconsin Ave. in Bethesda, Maryland, and bought my first 45, "I Want to Hold Your Hand." The flip side was "I Saw Her Standing There." And then there was "She Loves You." I can't help singing "Yeah, Yeah, Yeah ..."  
According to British TV publication TellySpotting, and I quote, "More than 73 million Americans (almost 50% of television households) gathered around their televisions to watch four young men from Liverpool make history. Beatlemania was officially a thing from that day forward."  
That day will be engrained in my psyche forever.  
And as another aside, one of my dear high school classmates, Bill, who I still stay in touch with, now owns O'Donnells restaurant, inherited from his parents and his grandparents when they first opened the restaurant in 1922 in Washington, D.C., down by the waterfront. Known for their seafood, and especially their turtle soup (which is delicious, especially with a dash or four of sherry delivered to the table in a small pitcher.) The next restaurant to open in 1956 was the one we went to and was operated by Bill's mom. Now the family owns seven restaurants in the Maryland/D.C. area that Bill's daughter oversees.  
So, between The Beatles and the O'Donnells, I have tons of "verging on teenage" memories.  
–By Deb Noone

The Forests

The forests are keepers and revealers of all things quiet – secrets, shafts of light, dank moss, deeply embedded root structures supporting canopies of shelter and so many arms for hugging. Can the forests see and hear? Yes. It senses our movements and sounds. The forest breathes – intake of carbon and outflow of oxygen. Some trees have leaves, while others have needles fingers to explore, to touch and be touched. Breathe deeply, dear forest friends; smell the earth's essence. The forest has a voice; it sighs and moans in the wind, tree trunks sway back and forth, teasing the light. Listen to the language of the forest.  
–By Laura Lee Perkins



Join us!  
Wednesdays  
at 1 pm



IT WAS A PACKED HOUSE FOR ROB BURGESS' "FYI" about stargazing in the winter! Educating and entertaining is right up Rob's alley as the president of the Southern Maine Astronomers Club. He came to teach us about prominent winter constellations, some mythology behind them and how to find them. We enjoyed a snack of moon pies, star cluster cookies, and cosmic brownies when the event was over! You never know what sort of get-together we're gonna have at the Center, and our informational and entertaining lecture series is always a great time!

# Chicks Do Chores

(AND SOMETIMES CHUCK)

So you don't have to!

WE'LL TACKLE YOUR TO DO LIST!

## 207-729-5760

www.chicksdochores.com

MaryEllen Rosenberg, owner  
729-5760

- ★ Attics • Basements • Decks • Garages • Offices ETC
- ★ Clean • Clear out • File • Dump runs • Label • Paint ETC
- ★ Run errands FOR you or WITH you!

Call for estimates and scheduling

- ★ Fully Insured
- ★ Bonded
- ★ LLC



Midcoast Senior College is a non-profit 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.

Celebrating **25 years** of providing lifelong learning opportunities!

Visit our website to see all we have to offer!  
**midcoastseniorcollege.org**  
18 Middle St., Ste 2, Brunswick, ME 04011  
(207) 725-4900      info@midcoastseniorcollege.org



Thank You  
2025 Sponsors!



PRIORITY  
REAL ESTATE  
GROUP

RTT





Bowdoin



Bath Savings

Since 1852



MSMT

MAINE STATE MUSIC THEATRE

Brackett Funeral Home

Edward Jones

Legacy Properties -  
Sotheby's Int'l Realty

Norway Savings Bank

Off Their Rockers

Penobscot General  
Contractors

Spectrum Generations

Avita of Brunswick  
& Sunnybrook

Coastal Landing Retirement  
Community

Hancock Lumber

Kennebec Savings Bank

Maine Event Design & Décor

The Highlands

Thornton Oaks Retirement  
Community

Atlantic Federal Credit Union

Brooks Feed and Farm

\*Sponsor list as of print date.

Music in April Online Auction  
Opens April 1!

New items added weekly through April 30.

2025 AUCTION ITEM SNEAK PEEK















Music in April

continued from page 1

that are interesting, attractive, and of value. Maybe you're downsizing and have artwork or vintage items you are looking to find a good home for? Or maybe you know a business that would donate a gift certificate? And don't forget that you can buy a gift card from your favorite business and donate it, which also helps local restaurants and shops.

Donations can also be an experience or an adventure, like a gourmet meal in the donor's home. The list goes on – and you never know what an item will bring in! If you're not sure an item would be good for the auction, or if you have questions, call Jill at the Center. We hope to have all donations on hand by March 7.

To buy a ticket to the Music in April gala, register as a sponsor, or donate items for the auction, please call the Center at 729-0757. Tickets are also available online by scanning the QR code below or visiting our website at [peopleplusmaine.org](http://peopleplusmaine.org). Thank you!

Look to the left for a sneak peek at some of the 2025 auction items!

Music  
in April  
2025



ticket/auction link

Tired of high heating costs & cold or drafty windows?

WindowDressers inserts can help!



Reusable low- or no-cost insulating window inserts can help:

- Lower your heating costs
- Make your home warmer
- Reduce greenhouse gas emissions

Now taking orders for the 2025 Community Build!



Scan to sign up for inserts!



Inserts improve insulation, keeping the heat inside your home



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

[207-596-3073](tel:207-596-3073)

WindowDressers is a Maine-based, volunteer-powered non-profit organization

MAINEHEALTH  
MID COAST HOSPITAL  
GIFT SHOP

Come find out why local people keep returning to this well-curated shop!

Habitat, Escape, and Cut-loose clothing. Jewelry, Cards, Bags, Unique Gifts, and I Heart Guts Plush Organs are among some of the awesome items you will find. Many customers find most of their wardrobe and gifts at this unique shop, while supporting Health Care Scholarships.

LOCATION:

123 Medical Center Drive

Inside the Main Entrance of Mid Coast Hospital

Monday - Friday

10:30 a.m. - 4:30 p.m.

MARCH SPECIAL

15% OFF

SOCKS,  
PUZZLES &  
JEWELRY

All Mid Coast Hospital Gift Shop proceeds fund the Herb Paris Health Career Scholarships that are awarded by the Mid Coast Hospital Auxiliary.

QUESTIONS?

Contact Barb Kay,  
Gift Shop Manager  
at (207) 373-6017 or  
[Barbara.Kay@mainehealth.org](mailto:Barbara.Kay@mainehealth.org)





3rd  
Tues.  
2 pm

Books  
a la  
Carte



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

**FICTION**

**The Moviegoer** by Walker Percy. Classic work set in New Orleans in the late 1950s. A Korean War veteran drifts through life, despite his intelligence and many talents.

**The Moorings of Mackerel Sky** by MZ (Emily Zack.) This debut book by a Mainer combines knowledge of lobstering communities and vivid imaginings about mermaids, mermen, and witches.

**The Frozen River** by Ariel Lawhon. Tale of historical fiction based on the diary of Martha Ballard, a midwife in Hallowell around 1800.

**Absolution** by Alice McDermott. Set in Saigon in 1962-63, it follows the wives of U.S. political and military personnel, then reconnects them 60 years later. It describes military pressures and the pre-feminist era.

**The Nightingale** by Kristin Hannah. Historical fiction about two sisters in Nazi-occupied France during the war.

**The Ministry of Time** by Kaliane Bradley. Government officials confiscate a portal that allows time travel. Several people are transported from past centuries to “study and learn.” Difficulties follow.

**Tom Lake** by Ann Patchett. Three adult

daughters return home during the pandemic and pester their mother into telling the story of when she co-starred with a movie star in the play *Our Town* in Tom Lake, Michigan.

**NONFICTION**

**Fire and Ice: Henry and Lucy Knox and the Settling of Maine** by Gerald W. Gawalt. True story of the Revolutionary War hero and first Secretary of War, and his wife, who come to Thomaston as Maine is forming.

**21 Lessons for the 21st Century** by Yuval Noah Harari. A brilliant professor analyzes complex topics like religion, immigration, and justice in a clear way.

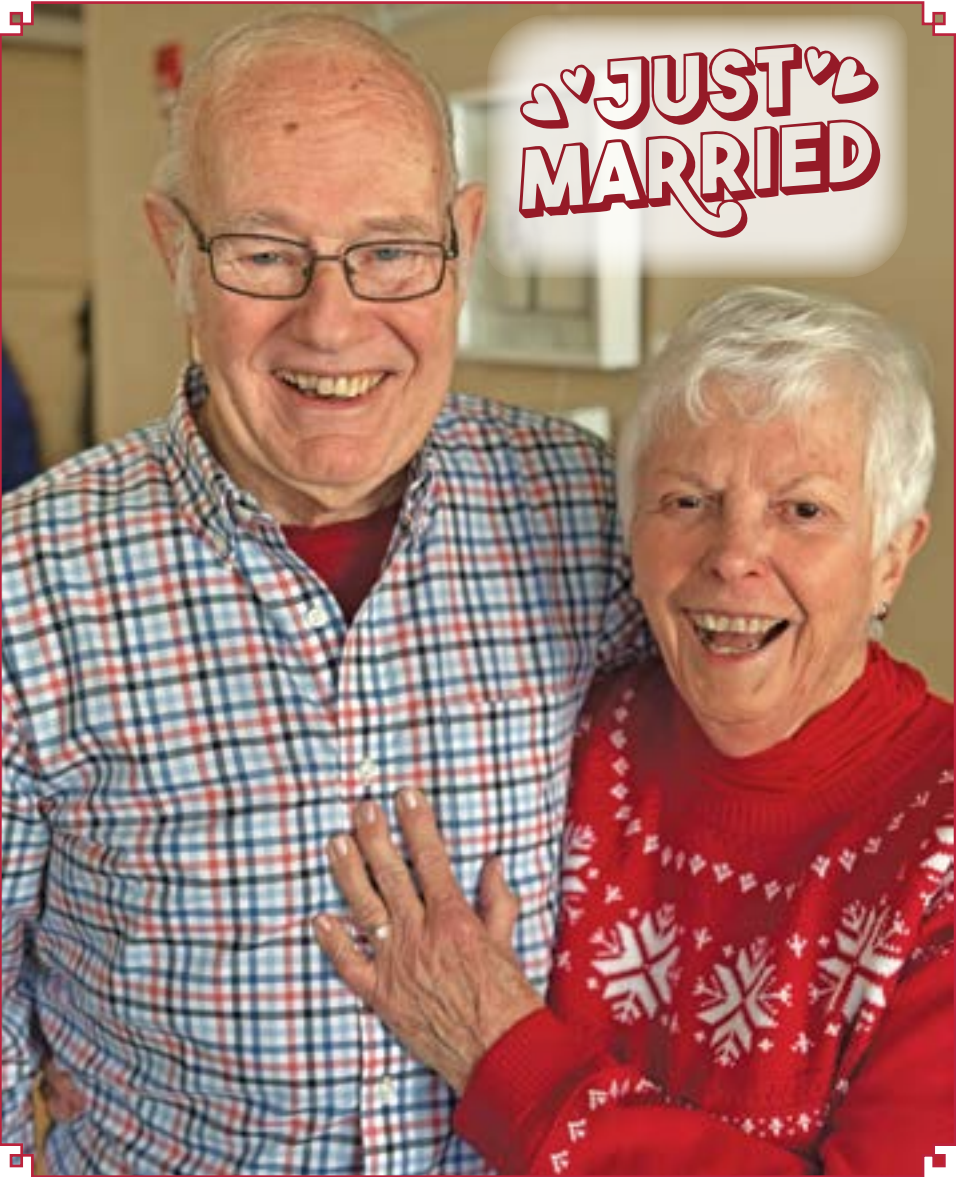
**The Ragged Road** by Dennis Leaver. New book by a Topsham resident covers the author’s life from the “wasted” years of young adulthood to grace-filled maturity. Includes a gripping misadventure in the Maine woods and an inspiring faith journey.

**Killers of the Flower Moon** by David Grann. This true history, set in Oklahoma (1921-26) tells of the murderous reign of terror against the Osage Nation, and the subsequent lack of investigation.

**MYSTERIES/CRIME**

**Dog Gone It** by Spencer Quinn. This mystery, involving a hard-luck private detective and his dog, is narrated by the dog. What is the dog thinking? An interesting approach.

**World Gone By** by Dennis Lehane. Action-packed novel set in Florida and Cuba during World War II. Joe Coughlin is involved with crime families, the police, politicians, and the elite of society.



**LOVE IS IN THE AIR AT PEOPLE PLUS!** Linda Allen and Ned Robbins of Topsham met at People Plus 17 months ago and have now met at the altar. The couple got married in February and will travel to the Grand Canyon for their honeymoon. How did one thing lead to another? They started to go to the lunches at the Center once a month and then to the monthly Lunch Out. They started to sit together and talk ... more and more. Taking turns in tandem, they say, “We have so much in common. We blend. We like the same music and food. We like each other!” Linda says People Plus turned her life around. “He did, too,” she says, pointing to Ned. Congratulations to the happy couple from all of us at People Plus!

Senior Companion and  
Personal Care Services  
1 to 24 hours

Yarmouth, Freeport,  
Cumberland, Falmouth  
729-0991

AGING  
EXCELLENCE  




NOW HIRING

Brunswick to Portland \$17-\$22 /hr

Free Yoga, Free Massage!

❄️ ❄️

**PEOPLE PLUS STORM POLICY**

❄️ ❄️

When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check [peopleplusmaine.org](http://peopleplusmaine.org) or local media for closure information.

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



FA  
GROUP  
FUNERAL  
ALTERNATIVES

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](http://www.funeralalternatives.net)



# New teen council, shamrock shakes and getting ready to scoop

Welcome to the Teen Center!



Welcome to Lauren Swimm, our new Teen Center intern! A social and behavioral sciences major at the University of Southern Maine, she is engaging with the students, whether it's doing arts and crafts, serving food or playing video games. Originally from Houlton, she hopes to pursue certification in behavioral health and continue to work in Maine after she graduates this year.

It's finally March! Winter is on the way out, days are getting longer and our little window garden is already sprouting a few baby beans. We've been working with the kids to create this year's springtime wish list, and overwhelmingly they're looking for more stuff to do outside! The ideas range from the realistic, like a small garden and a disc golf basket to the slightly more farfetched permanent bounce house and archery range. We're open to a pretty wide range of ideas, but we may have to pass a few of these by the school to get their opinion.

While we keep collecting ideas we'll soon be passing some of these decisions on to our newly elected Teen Center Council! The last two weeks of the month will be spent casting votes for a new council of teens to help us guide the growth of the program. It's already been an intense election as multiple tickets have formed and dissolved. Sometimes in the same afternoon! I'm sure I'll have more details on

platforms as we get closer to the election, but currently they only seem interested in having the presidential title. In the meantime we've got plenty of March-themed activities to keep the kids occupied this month. We'll certainly be doing another round of Irish cooking, but we'll wait to see if any of the kids are brave enough to try some blood sausage. We'll also be making my personal favorite: Shamrock Shakes! We haven't decided yet, but we may make that one a weekly activity. Apparently, a few of our kids have made them before so we might even have to turn it into a competition to see who makes the best one!

Behind the scenes we're also well into Gelato Scoop-a-Thon season! Staff and volunteers are hard at work planning for our annual fundraiser. We'll be starting at 11am on April 30 at The Gelato Fiasco and we'll be there for a full 12 hours! We have a slew of community members eager to join for the day, and we'll have a full

Brunswick Teen Center News

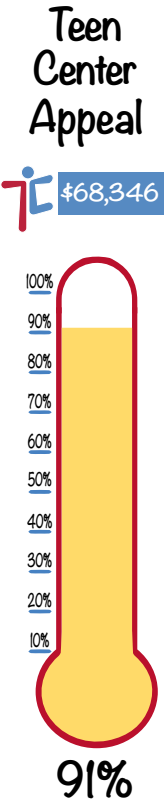
Taylor Carter



schedule of entertainment, activities, and celebrity scoopers. A huge thank you to The Gelato Fiasco and all of our volunteers, performers, and sponsors who help make this event happen! Keep an eye out for more details and make sure to reserve plenty of time that day to stop by for a coffee and some ice cream. We're probably gonna need to break a few records to help make up for our rapid growth this year!

From everyone here at the Teen Center, we hope you have a great March filled with plenty of good luck!

–Taylor and the Teens



IT'S COOKIE TIME! The teens line up to decorate cookies with volunteer Marge Himmer!



OUR TEENS GOT TO TRY OUT SOME COOL VIRTUAL DEVICES at Mount Ararat's STEM Fair. It didn't matter if it was underwater robotics or painting a house virtually, our kids tried it all!



WE GEARED UP FOR WARMER WEATHER by decorating the pots that we'll be moving our seedlings to any day now.





THE HIGHLANDS  
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](http://www.HighlandsRC.com)





BRUNSWICK AREA  
STUDENT AID FUND  
BOWDOIN • BOWDOINHAM •  
BRUNSWICK • HARPSWELL • TOPSHAM

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.

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

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
Donations may be sent to:



BRUNSWICK AREA  
STUDENT AID FUND  
P.O. Box 867, Brunswick, ME 04011



# Two ways to support our teens –

Go to a concert or take home authentic haddock chowder! Or both!


## Women in Harmony concert to benefit Teen Center

The UUCB Concerts for a Cause series presents Portland-based choral group Women in Harmony on Saturday, March 15, at 7:30 pm at the Unitarian Universalist Church of Brunswick. All proceeds from the concert will be shared between the Brunswick Area Teen Center and Maine Family Planning.

Women in Harmony is an affirming and inclusive community of women who sing for social justice and the joy of making music together. The group has been dedicated to both musical excellence and social justice for over 20 years.

Catherine “Kitty” Beller-McKenna has directed Women in Harmony since the fall of 1999, bringing to the group extensive experience in conducting both women’s and mixed choruses. Deana Ingraham Gurney is the accompanist for Women in Harmony. For this concert, Women in Harmony is presenting pieces that embody commitment to working together to make the world a better place. The concert ranges in content from songs about making change happen to songs about holding onto love in an increasingly divided society. Some highlights are “I am Willing” by Holly Near, “What Happens When a Woman (Takes Power)” by Alexandra Olsavsky, and “Prayer” by Ysaye Barnwell.

Tickets are \$15 in advance, \$20 at the door. Available at the church office, 1 Middle Street, 729-8515; Gulf of Maine Books; or online at <http://ticketstripe.com/womenharmony>.



*All Saints Parish St. Charles Borromeo Church*

### LENTEN HADDOCK CHOWDER TAKEOUT

**For Lent/Easter 2025 – 5-6 pm for the six Fridays in Lent:**  
March 7, 14, 21, 28, April 4 and 11.

A pint of homemade haddock chowder, package of oyster crackers and wrapped dessert. **\$10 each**, exact cash or check (made out to All Saints Parish). \*Served 5-6 pm and available on a first-come, first-served basis.

Profits will be divided equally among: *Brunswick Area Teen Center, Habitat for Humanity-7 Rivers Maine, Mid Coast Hunger Prevention Program, Oasis Free Clinics, Tedford Housing, and The Gathering Place.*

*\*Customers are asked to enter the East parking lot entrance at 132 McKeen Street and will be directed by signs to the pick-up area.*

## Membership Benefits

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

## PEOPLE PLUS MEMBERSHIP APPLICATION

729-0757 [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

Date \_\_\_\_\_

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

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

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

**Yearly Dues (Scholarships Available)**

☐ Single (\_\_\_ New \_\_\_ Renew): \$45  
☐ Couple (\_\_\_ New \_\_\_ Renew): \$85  
☐ Lifetime Member (70 or over): \$425

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

OFFICE USE: ☐ Account ☐ Data ☐ Card Sent



## The Adult Choir and Parish Ringers of First Parish Church present *Images of Peace*

Under the direction of Dr. Jane Hagness with Joel Pierce, piano  
Alan Kaschub, trumpet;  
Linda Nagy Johnston, violin;  
Thomas Parchman, clarinet;  
Claire Stoddard, percussion;  
and Krysia Tripp, flute

Saturday, April 5<sup>th</sup> at 7:00 p.m.  
217 Maine Street, Brunswick, Maine



For tickets, scan the QR code to the left or visit [www.firstparish.net/concert](http://www.firstparish.net/concert)  
Tickets also available at the door  
Adults: \$20.00  
Students and Children: Free



**LIVE BETTER**  
HEALTH SERVICES, LLC  
BETTER CAREGIVERS. BETTER CARE.

## 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](mailto:info@LiveBetterMaine.com)**





Co-located at People Plus  
35 Union Street, Suite 1  
Brunswick, ME 04011  
207-729-0475  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

Ice Fishing Derby - 2025

This year’s derby, held on February 16, will go down in the books as one of the snowiest! Thank you to all who sponsored, donated, and attended this fun event!



Volunteers Needed!

Spectrum Generations is looking for Money Minders volunteers to help older adults maintain financial independence in the comfort of their home. With your support, people will be able to organize and understand their bills, and establish a monthly budget. If you are interested in volunteering for Money Minders and want to support your community, call

**1-800-639-1553.**

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

# Monthly Update

March 2025

CELEBRATE ST. PATRICK’S DAY with Health, Wellness, and Giving Back!

This St. Patrick’s Day, let’s embrace the spirit of health, wellness, and community! Instead of just focusing on the usual celebrations, we encourage you to make this holiday a time for movement, mindful eating, and meaningful connections. Join us in participating in outdoor activities like fun runs, nature walks, or even a lively Irish dance session to get your heart pumping. Fuel your body with naturally green superfoods—think spinach, avocado, and matcha—to keep your energy levels high. And while celebrating, take a moment to practice gratitude, mindfulness, and social connection, fostering overall well-being.

As part of our commitment to wellness, we’re looking for volunteers to teach and participate in health and wellness programs in our community. Let’s honor the giving spirit of St. Patrick by helping others on their journey to better health. If you’re interested in volunteering, sign up today and let’s make this St. Patrick’s Day about more than just luck—let’s make it about wellness and kindness!

Check out the upcoming health and wellness programs offered by Spectrum Generations and get involved!  
For more information, call 207-620-1642 or email [mhawk@spectrumgenerations.org](mailto:mhawk@spectrumgenerations.org).



Tai Chi for Health and Balance – Messalonskee Middle School, Oakland, ME  
Tuesdays and Fridays, March 4 to May 2 | 6 to 7 p.m.

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and enhance overall health and daily functioning. It is easy to learn, suitable for all ability levels, and can accommodate people with mobility challenges by offering modifications to suit individual needs. The essential principles of Tai Chi include mind and body integration, fluid, gentle movements, controlled breathing and mental concentration. Recognized as one of the most effective exercises for both physical and mental well-being, Tai Chi helps individuals relax, reduce stress, and feel better. The workshop is designed to be inclusive and can be tailored to support participants with mobility limitations.



Living Well with Diabetes – Mid-Coast School of Technology – In Person  
Rockland, ME | Thursdays weekly, March 13 to April 17 | 5 to 7:30 p.m.

This evidence-based self-management program is designed to help participants understand and manage Type 2 diabetes. You do not need to have diabetes to participate. Anyone with diabetes, borderline diabetes, at risk of developing diabetes, or interested in learning more about healthy eating and meal planning is encouraged to attend. Participants can expect to learn practical skills and strategies to understand and monitor blood sugar levels, make informed food choices and plan balanced meals, incorporate physical activity into daily life, manage stress and cope with emotional challenges related to diabetes, prevent or delay complications associated with diabetes, and communicate effectively with healthcare providers. The workshop provides a supportive environment where participants can set goals, share experiences, and gain confidence in managing their health.



Building Better Caregivers – Virtual, join from anywhere!  
Wednesdays weekly, April 2 to May 7 | 5 to 7:30 p.m.

This program covers a variety of topics, including self-care strategies to improve caregiver’s health, coping with difficult emotions, managing challenging care partner behaviors, planning for the future and finding helpful resources, enhancing communication with family, friends, and health care professionals, facilitating effective family meetings, navigating healthcare systems, and developing action plans, problem-solving, and decision-making skills. Participants will gain practical tools and strategies to improve their well-being and strengthen their caregiving abilities.

You don’t have to do this alone

ADULT DAY CARE SERVICES EXTENDED HOURS

**Thursdays 7:30 a.m. to 6 p.m.**  
**Saturdays 9 a.m. to 5 p.m.**  
*Both options include a nutritious meal and snacks*

Bridges Adult Day Care Services | Connecting Care to Community

Family caregivers need a break to focus on their health and well-being while ensuring that their loved one is in capable and caring hands. We are in this with you.

Call to learn more  
**1-800-876-9212**





# It’s not a stretch to get fit if we do it together

Over the last months I’ve been faced with recovering from knee surgery, and my physical therapist told me I needed to both stretch and strengthen my knee. Actually, I’m pretty sure she wants me to do that with all the other parts, too.

As a result, I’ve started to attend a chair yoga class at People Plus, which offers a lot of stretching. It feels good to do, and everything in my body seems to fit together more smoothly after class. It must be how my car feels after getting a tune-up. The class instructor is upbeat and supportive, the class members are engaged, and the music is comforting. The time flies by.

My therapist also told me that biking would be good exercise for my knee, so I went to the Brunswick Recreation Center and started to use the recumbent bike. When I’m on the bike, I see the folks on the track that rims the cardio area. In other words, I see other people working to stay fit, and I get inspired. It’s motivation by community, the same feeling I get in People Plus classes.

On the track I see all ages, shapes, and sizes. Some walk fast, some walk slow. Some are thin, some are bulky. Some limp or use canes, others use walkers. Some are alone, some are in pairs. Some are in shorts, others in winter jackets. (All in all, it’s a great place to people watch, right up there with airports! One day I had to smile as a girl about 4 years old tried to keep up with her grandfather.)

I don’t burn extra calories by watching humanity stream by, but it does make the time go faster and keeps me entertained, along with hearing some favorite tunes pumping through

my ear buds. No matter where I am exercising, I especially like seeing older people stretching and moving well. One day while on the bike, I got transfixed by a gray-haired woman stretching on the large mat in front of me. She had to be at least 60 years old. In my mind, I called her the pretzel lady because she could stretch any which way, seemingly with ease. I’d never seen anyone that age looking that toned and strong. When she did the sideways, vertical plank with all her weight on one arm and leg while lifting her upper leg, I said to myself, “Really? A body her age can do that?” She continued her stretch moves for at least 20 minutes. All the while, I spent those minutes on the nearby bike pedaling slowly at the lowest possible resistance level. Let me tell you, petty as it may sound, I kept scanning her musculature to see if there could be one remaining ounce of underarm flab.

A new thing I have found out about is weighted vests. I noticed several people wearing them while on the elliptical machine or walking on the track. They are said to help



**COME EXERCISE WITH US** to help gain strength, improve flexibility and balance, socialize, improve your health and have fun! Janis Parent, a frequent visitor at the Center, holds hand weights used in several classes, including Growing Stronger on Wednesdays at 12 noon. Check page 5 (or online) for class schedules.

burn more calories, increase cardiovascular intensity, add load to strengthening movements, and potentially improve bone density. (However, the vests should not be used without consulting a health professional or physical therapist and only introduced gradually into a workout.)

Speaking of weights, I haven’t mentioned the weight room, which is in a separate area at the Rec Center – one that I stay away from! But rehabbing my weakened knee and hip has taught me the importance of strengthening. I’ve always focused on aerobic exercise or stretching with yoga poses, but I now know that, especially for older adults, strengthening is key to maintaining muscle mass, improving mobility, reducing the risk of falls, boosting bone density, and managing chronic conditions like arthritis and diabetes.

Okay, okay, I should sign up for the Growing Stronger class at People Plus and also get a tour of the weight room! (By the way, for anyone feeling intimidated by fitness machines, the Rec Center offers “Machines 101” several times each month.)

## Thinking out loud

Charmaine Daniels



news@peopleplusmaine.org

Overall in this rehabilitation journey, I realize that having other people exercising near me is an incentive. It helps me ‘catch the vibe.’ When I see the same person circling the track over and over, I tell myself, “I could pedal a while longer.” Though I’ve never joined a regular gym, I suspect the stakes would feel higher, that I’d feel more alone, and that I’d feel more intimidated by a younger crowd wearing more spandex.

Whether at People Plus or the Rec Center, I feel like I’m one of many people trying to make my health better each day no matter our age or size. We all inspire each other, and even if I don’t always meet my goal, I’m part of a community of people trying. And I feel lucky to have the best of both worlds, the support and encouragement of a class instructor and friendly reinforcement from my fellow students at People Plus, along with the cardio machines and track at the Rec Center. Altogether, I’ve got total fitness options.

One day, I saw a fellow exerciser with a tee shirt that said, ‘Be kind to your mind.’ Of course, a great way to do that is be kind to your body. So count me in.

Celebrating Lives Well Lived

DIGNITY | RESPECT | COMPASSION

**STETSON'S**  
Funeral Home & Cremation Care  
12 Federal Street—Brunswick, ME 04011—725-4341

**Carpe Diem Tech Support**  
www.carpediem-me.net

Supporting:

MACs \* Chromebooks \* Smart Phones \* PCs  
iPads \* A/V Equipment \* Learning \* Websites

John Fischer      207.522.1238      john@carpediem-me.net

### 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

**Avita**  
of Brunswick  
A Northbridge  
Memory Care Community

Could your loved one benefit from dedicated memory care?

Scan the QR code to take a quick survey and learn about your options >>>

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](http://AvitaofBrunswick.com)





