

People News

plus

The Center to get more out of life

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

Frizzle named to lead People Plus

By FRANK CONNORS

Stacy Frizzle, most recently the marketing and communications coordinator for the Brunswick Downtown Association (BDA), has been hired to be the new executive director of People Plus.

Center trustees unanimously accepted the nomination from its search committee on Sept. 22. She begins her new duties on Oct. 11.

"Stacy's appointment begins a new era for People Plus," Board of Trustee chair Gregory J. Shea predicted. "We look forward to working with Stacy, who has the skills and the drive to lead us forward."

Ms. Frizzle, a Topsham resident, "in her mid-40s," has 20 years of executive experi-

Meet the new director

Join staff and trustees for cider, cookies and conversation with new Executive Director Stacy Frizzle on Thursday, Oct. 20, from 2 to 3:30 p.m., in the Center's Union Street Caf  following the monthly Lunch & Connections. Frizzle will be introduced, will offer brief remarks, and then join in an informal discussion of future plans for the center:

ence in public relations, marketing and market development. She has been active in the greater Brunswick area's business community since 2002, and the marketing specialist for the BDA for nearly a year.

Earlier in her career, she was director of global media systems and advertising for the Coca-Cola Co., in Atlanta, Ga. She holds a degree in communications, with minors in psychology and nutrition, from the University of North Carolina at Chapel Hill.

Frizzle is the mother of three pre-teenage daughters and has been restoring her River View Farm in Topsham for nearly nine years. She is very quick to tell everyone of her love for and interest in the Brunswick area.

"I'm a big promoter," she said.

Frizzle is a former trustee of the Topsham Public Library and worked on its development campaign. She has worked on



Stacy Frizzle and her dog, Gertie.

Please see **FRIZZLE**, Page 2

From yoga to ancestry.com

Plenty to do this fall

People Plus has a number of programs and activities planned for October. Among them:

Gentle Yoga

Gentle Yoga with Dennis Kimmage is ideal for anyone seeking a mild form of exercise and especially beneficial to seniors or people recovering from illness or injury. Classic yoga postures that stretch, tone and improve joint flexibility are modified in a gentle class to make them more accessible. It is an excellent way to start yoga or deepen an existing practice.

When: Tuesdays, 5:30-6:30 p.m.
Cost: \$60 per 6 week class, Oct. 11 to Nov. 15

Beginning Mat Pilates

Pilates with Ann Kimmage can benefit many people at many levels of fitness. It can improve range of motion, flexibility, circulation, posture and abdominal strength. Strong abdominal muscles increase your control and precision of movement, improve posture, and contribute to a healthy spine and back.

When: Thursdays, 4:15-5 p.m.
Cost: \$60 per 6 week class, Oct. 13 to Nov. 17

All-Levels Yoga

Yoga with Ann Kimmage improves flexibility, strength, range of motion, balance and reduces stress. This class consists of classic yoga postures and breathing techniques designed to help you unwind and re-energize after a busy day.

When: Thursdays, 5-6 p.m.
Cost: \$60 per 6 week class, Oct. 13 to Nov. 17

Volunteer Opportunity Fair

People Plus, Curtis Memorial Library and the United Way are bringing together more than 25 local, art, environmental, community service, education and support groups needing your help. Learn more about the generous people in our community and become a volunteer.

When: Thursday, Oct. 27 in the Morrell Meeting Room at the Curtis Memorial Library, from 2-7 p.m.

Ancestry.com

Come to the Curtis Memorial Library on Thursday, Oct. 6, from 12-2 p.m. when library director Liz Doucett will guide us through "The Ins and Outs of Ancestry.com Genealogy Software."

Please see **PLENTY**, Page 8

Eatin' what they cook



Eric Thoreson, a nutritionist with the Cooperative Extension Service and leader of our Cooking for One series last month, serves up apple sauce to some of his students during a recent class. Thoreson will lead a series on menus and budget shopping on Wednesdays in October.

Lunch & Connections

September luncheon features local harvest

The Lunch & Connections on Oct. 20 will be our annual Harvest Celebration, featuring heaps of local vegetables, flavorful boiled ham and homemade desserts.

"This is one everyone should be watching for," chef Frank Connors said. "It's going to be a great one."

Potatoes, cabbage, carrots, turnip and beets are all coming from Six River Farms, over in Bowdoinham, and there will be squash from area gardens. Dessert will be fresh baked cookies, produced in our new convection oven, and you'll be encouraged to take an orchard fresh apple home with you.

Of course there will be a fresh, lightly-dressed green garden salad for everyone, and the featured drink will be fresh cider or apple juice. Tea, coffee and milk are always available. A meatless casserole will be waiting for our vegetarian

guests.

Focus of this monthly Lunch & Connections program, underwritten by Spectrum Generations, is nutrition, information and variety. A CHANS Home-health care professional is always on hand in the caf  area to offer a free blood pressure check prior to lunch and this month, a CHANS team will be available to offer flu shots; no appointment necessary.

Come to the Center early, pick up your \$0/50 raffle ticket and register for one of several door prizes. Reservations for seating are necessary and obtained by calling the People Plus information desk at 729-0757. A limited number of rides to dinner can be provided, on a first call, first served basis. Suggested donation is only \$5 for adults 60 and older and children 12 and under, and \$7.50 for all others. Lunch is served at noon.

Magazine features Write On!

The members of Write On!, the creative Wednesday afternoon writer's group at People Plus, gained at least a moment of national notoriety last month when they became one of two such groups profiled in IdeaGems Magazine.

The lead story in the fall quarterly edition is titled, "A Tale of Two Writers' Groups," and the article profiles Brunswick's Write On! and the

Please see **MAGAZINE**, Page 2



People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick area. Editorial submissions and advertising queries should be e-mailed to:

frank@peopleplusmaine.org

Questions, comments and written contributions should be sent by the 15th of the month to:

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 Office fax (207) 729-0672

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Much more than 'filling in!'

By J. GREGORY SHEA

Jim Pierce is enjoying the sun and surf of Hawaii as I type this. That's where he was a year ago when People Plus Board President Ed Harris called to ask him to step in as the "interim executive director." Our previous executive director, Susan Cole, had resigned, giving relatively short notice.

He knew he would have to resign his People Plus Board seat to take this role. He thought about Ed's request for a bit and called back with an unequivocal "Yes!"

All of us who "are" People

Plus ... members, staff, communities, board ... knew we were blessed by Jim's answer. We knew that his 33+ years as CEO of Independence Association and active support for and knowledge about People Plus were a fortuitous "gift."

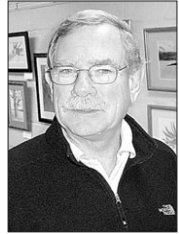
What we did not know was how hard Jim would work to not only keep People Plus functioning as it needed to, but to move us forward on several critical fronts to improve our operations and prepare us to better serve our members and communities.

There was no issue, task, challenge or difficulty Jim did not confront and address.

He has worked incredibly long hours. He has served for many more months than any of us expected would be necessary.

Jim does not know this column is being written. But, not to celebrate and appreciate his incredible devotion and success over the past year would be a major dereliction.

From the bottom of our collective heart, Jim, we THANK YOU for how hard you worked, how much you care, the courage you displayed, the accomplishments you achieved and, mostly, for being YOU!



Jim Pierce

And, because Jim is Jim, he will be working with the board to assist and support our new executive director, Stacy Frizzle, as she begins her tenure on Oct. 11.

Stove 'n Stuff raffle results offered

The first effort to raise money to pay for the new stove in the People Plus kitchen raised nearly \$650, and is being called a success by organizers.

"We sold 128 tickets for \$5 in less than a month," program manager Frank Connors explained, "and, thanks to the generosity of four area restaurants, our expenses were zero."

Alison Harris of Brunswick purchased the first ticket drawn at the September Lunch & Connections dinner and selected the gift certificate from Dolphin Marina and Restaurant in Harpswell. Brenton Zachau of Bowdoinham

selected the \$30 certificate from Richard's German Restaurant in Brunswick, and Joan Tarazewich of Brunswick took the certificate from Capt. Mike's seafood restaurant in Brunswick. The three gift dinners from Brunswick's Fat Boy Drive-In went to Ed Harris of Harpswell, Ruth Foehring of Phippsburg and David Barlag of Brunswick.

"We want to offer a special thank you to the restaurants who participated," Connors added. "Their generosity made the event possible."

FRIZZLE

From Page 1

fundraising for the Bath Area Family YMCA, the Brunswick Area Big Brothers Big Sisters, and has worked as a personal trainer. She encourages everyone to meet her "best friend" Gertie, a 1-year old, jet black, mixed breed retriever.

She called People Plus a wonderful and unique organization. "I can't wait to get in and get my feet wet," she said. "I'm excited to meet everyone and to learn how things work."

She looks forward to a "good transition and a continuing partnership," with the BDA and area merchants.

Shea added, "we remain grateful and indebted to Jim Pierce, our interim director since last November, whose hard and diligent work has put us on the right path."

Pierce, a former board member and director of Brunswick's Independence Association for 33 years, became interim director when Susan Cole left the job in October 2010.

MAGAZINE

From Page 1

Poway (Calif.) Pen & Ink group. Managing editor Laurie Notch focused on the importance of writers' groups as "engines" that provide training, inspiration and challenges for aspiring writers, and presented the 20-year-old Brunswick group as, "one of the best around."

Write On! members profiled in the magazine and contributing to the segment include Bob Dow, Bonnie Wheeler, Gladys Szabo, Vince McDermott, Ruth Foehring, Lynne Kresge, Charlotte Hart, Dottie Moody and Paul Karwowski.

A "sample" magazine is available for inspection on Frank Connors' desk. Electronic downloads are available at www.magcloud.com/browse/issue/27134

Memorial Donation
 made to People Plus
 In memory of
Joe Bryant
 "Counselor, principal, neighbor and friend"

Lunch Out! will again benefit Center

The Oct. 11 Lunch Out! to Thai Paradise on Pleasant Street will once again be an opportunity to benefit the People Plus Center as you enjoy a noon time luncheon. Harpswell resident Al Moren, who has no affiliation with the restaurant, has agreed to pay the Center a cash donation of \$10 for each of the first 50 people who attend this Lunch Out!

Pre-registration at People Plus is essential. You may register over the phone by calling 729-0757.

Keep germs from spreading.
Cover your cough!

Flu shots

Thursday, Oct. 20, 11 a.m.-1 p.m.

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Seasonal Flu Shots to be offered at People Plus Center this fall.

The deer whisperer

By CHARLOTTE HART

A steady gentle rain fell. The wind-dried wipers were rhythmic, slow. Cows grazed in the field to my right. People flocked the farm stand to my left, and I drove by slowly. I approached a lovely old set of buildings — the house attached to the barn which stood very close to the road.

Suddenly! From behind that barn! Right in front of me! Two deer! I swerved. I avoided the big one; I hit the smaller one. I pulled off the road. Lights off. Wipers off. Umbrella. Keys. Don't lock yourself out! A truck coming south stopped. A young man and a boy about eight jumped out and ran to the wounded deer.

"Easy, easy, fella. It's okay. You're gonna be okay. Mam, are you all right?"
"I'm all right," I breathed.

The man and his son eased the deer off the road to the side of the barn. They settled it under a hydrangea.

"It's okay fella. It's all right. You'll be all right." His voice was soft, tender, as if he were speaking to a hurt child. "Mam, I think it may be just a broken leg."
"Can we take him to Gray, Dad?"
"I'd like to, Bobby. Mam, I'd put him in my truck and take him to Gray Animal Farm, but I've got my dog with me. Wouldn't work."

A man in a yellow slicker came from the house across the road. He was speaking into his cell phone. She seems all right. Her car looks okay. Yes. Yes. He closed his phone. "That was 911. They're sending help."
The boy and his dad kept soothing the deer. The beautiful animal lifted its head. Enormous brown eyes gazed at the young man who kept saying, "You'll be all right. You'll be all right."
This ... this man ... is a Deer Whisperer, I marveled.

Police arrived. Cars eased by. Blue lights were flashing. "Are you all right, Mam? Are you sure? Let's take a look at your vehicle. Turn the lights on. Signal lights. Don't see any damage. You were so lucky!"

"Yes," I told him, "if I had been going a tad faster, I'd have hit the big one. Is it okay if I go along now?"

"Stay a few minutes. Trooper may have questions. You can wait in your car."
"I like the fresh air." I opened my umbrella.

The trooper arrived. More blue lights were flashing. The Deer Whisperer and his son headed for their truck. "Come on, Bobby, we've got to go, we could do."

The trooper was very tall, very dark, dark hair, dark eyes. "Are you okay, Mam? Step away, folks. Over there. Bullets can ricochet off a building."
He drew his gun. The shot echoed from the side of the barn. The trooper saw me wipe away a tear.

"The meat will go to a needy family, Mam."
"That is ... a ... good thing," I sighed.

Halloween

By P.K. ALLEN

A pumpkin is in the window that was carved the night before With a face to scare little children as they knock at our front door.

It means we're open for business on this special night of the year To hand out lots of candy along with some ghoulish cheer.

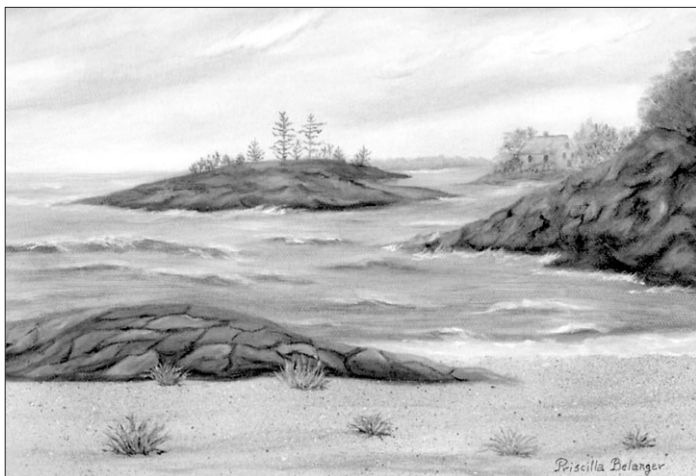
Kids dressed as ghosts and goblins and clowns with great big feet Stand with open paper bags while chanting, "Trick or Treat."



Rough water

By BETTY KING

Angry teeth showing on the Kennebec; Wind blowing against the tide. Underneath the surface fuss The river, unpreturbed, Goes its majestic way.



"Coastal Scene," oil on board, by Priscilla Belanger

Gallery featuring Merry Meeting Art Association

The exhibition featuring members of the Merry Meeting Art Association will continue in the Union Street Gallery at People Plus through October.

The multi-media show is a first for the association since our gallery opened, but several of the art association members are not strangers to the center, as several of them are students in the Tuesday/Thursday painting classes taught

at People Plus by Connie Bailey.

Association members invited to exhibit include Marilyn Flanagan, Meredith Hicks, Fran Townsend, Jan Roberson, Lea Peterson, Judy Krok, Florence Carman, Priscilla Belanger, Carol Durgin, Flo Rich, Debby Stubbs, Sharon Bond and Connie Bailey. The Merry Meeting show is available for review during normal business hours at People Plus.

My lake in Germantown, N.Y.

By ADELAIDE GUERNELLI

My lake is a long, compassionate mirror That likes to inject hope in all human beings

And animals, who take time to admire its surface And its oval shape, because it wants to be heaven and earth.

It has always tried to be human silently ... 'cause it loves

To penetrate and cure the suffering of everyone, that become its friends! So, we all used to wash our bodies in its clear water because, It was always fresh and it never destroyed our skins!

It gives us all Peace, and the relatives of my husband are Still living in front of it because it was its existence, what moved Us to build our modest home for the Summers of God And the splendor of nature in the United States of America!

Fall in Maine

By VINCE McDERMOTT

The colors! Brisk winds!
Blue Skies!
Maine at its best
Inhale the clarity
Expel the gloom

The leaves drift down
Red, gold, and orange flutterings

Cover the ground
A rich carpet

Some exercise required
Enthusiastic raking
Clear the ground for more
Into the compost

More flutterings
Thicker carpet
Exertion

Invigorating

Heavy fall
Lots of raking
A bit stiff, some aches
Too many leaves

Enough, already
Stop!
I've had it!
Bring on the snow.

Life

By GLADYS SZABO

A lot of people died with their music still inside them
I doubt anyone dies, not leaving unused gems
Life seems to always be on the run
Hardly ever getting it all done.
Try as we may, there will be something bereft
If we finished it all what would life have left?

The good life

By DOTTIE MOODY

Fall in Maine
a season
to love

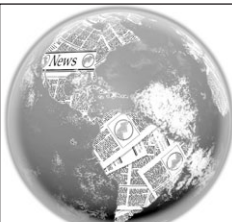
Nature dresses
for winter

Leaves falling
create
a stark landscape

Apples are ripe
spooks on their way
turkey not far behind

It's cool
cooler
cold

Just the hardy remain
to enjoy
Maine's best season



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spectrum generations

Happenings

Veterans Benefits Assistance

Are you a veteran who deserves benefits from the VA? Do you know what VA benefits you are eligible for? Are you a dependent who might be eligible for VA benefits? Have you had trouble getting in touch with the VA. On the third Tuesday of each month we will have a representative of the Veterans Administration here at the center. Call for appointment.

Facebook—

So much happened at the last facebook class we were asked to have it again. Come learn a little about this social media phenomena. No Facebook knowledge required. Thursday, October 13th. 10:00-11:30 am, \$10.

Chair YOGA - Six Week Class

No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor. All are welcome! This six-week class begins Tuesday October 17th. Tuesdays at 10:30 AM \$48 for all six classes. Please call to register and reserve your spot!

Professional Foot Care Clinic -

R.N. Jeanne Otis offers monthly appointments which include a foot and nail evaluation, along with written recommendations for further medical attention if needed, nail grooming and care, tips for home foot health, education for diabetics. For gentle, consistent, and professional care make an appointment with Jeanne.

Come Play Games -

Every Monday morning at 9:30 we have a game morning. Coffee, tea, fun & games. Stop in and join in!

Dowsing -

Join us and hear all about dowsing. Glenn Johnson will be here to explain what it is and how it works. He may even show us! Wednesday October 27 at 1 pm. \$2 activity fee. Please call to register.

Carefree Café -

Our second season continues. This restaurant style meal is for people with progressive memory loss & their caregivers & loved ones. Call and register for this free lunch. October 25th at noon.

Reike - Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Call us and register for your free session. Friday's starting October 7th.

USDA Food Banks

Spectrum Generations and the USDA have teamed up to open five food banks within our service area to help fight hunger within our senior population. Recipients must meet age and income eligibility guidelines. Recipients are responsible to pick up the food each month or can have a proxy to pick up the food for them. If you or someone you know could use 30 pounds of FREE non-perishable food each month, please contact one of the following for full details.

Augusta area:

Call Lynda at 626-7777

Lewiston area:

Call Lynda at 626-7777

Winslow area:

Call Ryan at 873-4745

Norridgewock area:

Call Ryan at 873-4745

Rockland area:

Call Suzanne at 596-0339



We Sustain Maine is our new award winning program that allows us to radically improve our nutrition program. Thanks to a grant from the Meals on Wheels Association of America and the WalMart Foundation, along with a substantial gift from philanthropist Elsie Viles, Spectrum Generations will serve healthy food products from Maine's own local farmers. It's a win-win for all and a program that you'll be hearing a great deal about in the coming months!



Pat Greenleaf's passion for helping

A few weeks ago, Pat Greenleaf, Spectrum Generations Community Living Program Coordinator, was called upon to assist Legal Services for the Elderly (LSE) with a 90 year old impoverished woman who was being evicted.

The elderly woman had no options for other living arrangements, and not only was having difficulty finding an apartment she could afford, but also had a great deal of "things" that would need to be moved. Pat assisted the Attorney from LSE in finding an even more affordable subsidized apartment in a setting ideal for the woman. But Pat didn't stop there. Because of the woman's physical and cognitive limitations, Pat also assisted with coordinating the move so that the elderly woman was settled in and her old apartment was vacated and cleaned before the court order expired.

Legal Services for the Elderly Staff Attorney, Denis Culley, was so pleased and affected by the effort Pat took that he wrote a letter of commendation to our CEO citing:

"In this time of increased need and stress on all of the social service systems I am certain that it was not easy for Ms. Greenleaf to take the time, effort and care to so deeply engage in this matter. That she did engage, so deeply and so well should be noted, commended and endorsed. Thank goodness for the careful, compassionate and effective work of Pat Greenleaf and Spectrum Generations."

Spectrum Generations Community Living Program provides resources, alternatives, and referrals for those termed at-risk of nursing home placement. Options Counseling is a grant funded program that takes each individual's circumstance into account, explains the housing and adaptive options available to them, and then provides resources, choices, and referrals customized for each person.

It's also designed to assist primary caregivers unable to continue at the same level of care or who are expressing feelings of distress, anger, depression, or burnout.

If you feel the Community Living Program could help you, or someone you know, contact Pat Greenleaf at 1-800-639-1553 / pgreenleaf@spectrumgenerations.org, or visit her in person at the Spectrum Generations booth at the Life Without Limits Expo on September 20 in the Cook's Corner Mall in Brunswick.

Each year the Center for Medicare Services (CMS) offers an open enrollment period for Medicare beneficiaries.

This year the open enrollment period is earlier than previous years – October 15 through December 7. During this period Medicare beneficiaries can either switch Medicare Part D plans, or join a Part D plan for the first time. Changes will take effect for 2012.

Medicare plans change every year and so may your needs. Now is a good time to consider the plan you are in. Will it continue to meet your needs for 2012? Do you have unanswered questions?

Make sure you understand your options and make the choice that is best for you.

Medicare beneficiaries and their caregivers are encouraged to gather their list of prescription drugs and call Spectrum Generations to set up an appointment for Medicare Prescription Drug Plan counseling at one of its centers located in Topsham, Damariscotta, Rockland, Belfast, Hollowell, Waterville, and Skowhegan.

Enrollment clinics will begin in October. For assistance and a convenient appointment, please call Spectrum Generations Center at 1-800-639-1553. TTY: 1-800-464-8703.



Stop In and See All That Is Happening

Consumer Information Specialist—Andrea Handel is available to help you with Medicare, Social Security and other health care questions. Please call to make an appointment.

Meals on Wheels—Do you know someone who is homebound and doesn't have a support system to regularly eat. We deliver Meals on Wheels—Call us to find out more.

Health Seminars at our Center—Stop in and pick up a newsletter, or at many public places. We offer health seminars on different topics each month.

Enrichment Classes & Seminars—Topics can include "Cell Phone 101", "Facebook", movies, VA help, and many others. Stop in and pick up a newsletter, or join our popular email list—to keep abreast of what is going on.

Southern Midcoast Community Center

12 Main St., Topsham
1-800-639-1553
729-0475

Open Monday—Friday
9 am to 3 pm

spectrumgenerations.org

OCTOBER 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM Tai Chi Easy 9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 6:00 PM Belly Dancing	9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Ping Pong 1:00 PM Quilting Club 3:00 PM Teens First 3:30 PM Hip Hop Teens 6:30 PM Modern Dancer	8:00 AM Tai Chi Easy 8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Midcoast Retired Teachers meet 11:00 AM Menus/Budgets 1:00 PM Writer's Group 1:30 PM Tai Chi	9:00 AM Loosen Up! 10:00 AM Ping Pong 10:00 AM Art II 1:00 PM ANCESTRY.COM 5:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing	1:30 PM Qigong	10:00 AM Bridge	
10 COLUMBUS DAY Center is closed.	9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Ping Pong 3:00 PM Teens First 3:30 PM Hip Hop Teens 5:30 PM Gentle Yoga 6:30 PM Modern Dancer	8:00 AM Tai Chi Easy 8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Ping Pong 10:00 AM FOLiage TRAIN 11:00 AM Choreo Lab 11:00 AM Menus/Budgets 1:00 PM Writer's Group 1:30 PM Tai Chi	9:00 AM Loosen Up! 10:00 AM Art II 10:00 AM Ping Pong 4:15 PM Plates 5:00 PM Unwind with Yoga 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing	Teen Center open, Tuesday through Thursday, 2:30-5:30 PM		
	8:00 AM Tai Chi Easy 9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 1:00 PM IRIS NETWORK 6:30 PM Civil War Book 7:15 PM Ballet II	9:00 AM Loosen Up! 10:00 AM Ping Pong 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First 3:30 PM Hip Hop Teens 5:30 PM Gentle Yoga 6:30 PM Modern Dancer	8:00 AM Tai Chi Easy 8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi	9:00 AM Loosen Up! 10:00 AM Art II 11:30 AM LUNCH & CONNECTIONS 4:15 PM Plates 5:00 PM Unwind with Yoga 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing	1:30 PM Qigong	10:00 AM Bridge
8:00 AM Tai Chi Easy 9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 6:00 PM Belly Dancing 7:15 PM Ballet II	9:00 AM Tools for Budget 9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Ping Pong 2:30 PM CAFE en FRANCAIS 3:00 PM Teens First 3:30 PM Hip Hop Teens 5:30 PM Gentle Yoga 6:30 PM Modern Dancer	8:00 AM Tai Chi Easy 8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Living with Diabetes 11:00 AM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi	9:00 AM Loosen Up! 10:00 AM Art II 10:00 AM Ping Pong 2:00 PM CML Volunteer Fair 4:15 PM Plates 5:00 PM Unwind with Yoga 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing	1:30 PM Qigong	9:00 AM DAY OF MINDFULNESS	
8:00 AM Tai Chi Easy 9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 6:00 PM Belly Dancing 7:15 PM Ballet II	PEOPLE PLUS NEWS & VIEWS		FEATURING BETH HILL, coordinator of Mid Coast Senior Health Center Life-Line Program	Viewed weekly on Cable Channel 3, Brunswick Community TV Monday AFTERNOON 4 P.M. WEDNESDAY MORNING 7 A.M. SUNDAY EVENING 9 P.M. And on Harpswell Community Television viewed online, anytime: http://vimeo.com/harpswelltv	REIKI TREATMENTS are given at the Center. Call 729-0757 to schedule.	

Protecting yourself from frauds and scams

Merrymeeting Bay TRIAD and People Plus have arranged for Detective Bill Moir to meet with members on Nov. 3 from 1-2 p.m.

Moir, part of the criminal investigations division of the Brunswick Police Department, will discuss ways to protect our personal information in this technology age. He will explain what to do if we find ourselves in an uncomfortable situation, how to recognize door-to-door and telephone scams, and how to protect our identities from theft. He will give us the tools we need to prevent these crimes from affecting our families and our community.

The cost is a donation to People Plus. For more information, call 729-0757.

People Plus members have asked for dances and dancing, which is why we're delighted that talented teachers are coming to People Plus to offer a wide assortment of dance classes.

These programs are open only to People Plus members, but joining the Center is simple to do. And, members can attend, or try out, a class for free.

- **Intermediate Modern Dance**
One hour of instruction, beginning at 6:30 p.m., for experienced movers, teen through adults of all ages, with jazz, modern dance or ballet background. The second hour provides students with the option of sitting in on rehearsals of the Moving Spirit Dancers as they work with choreographer Peg Brightman. Maximum 15.

When: Tuesdays from 6:30-8:45 p.m.
Cost: \$40 per month for four classes in October

October brings dancing to People Plus

- **Choreo Lab (Choreography and Improvisation)**

This informal, supportive workshop is a class for teens and adults of all ages - beginner to experienced movers. We will explore movement improvisation, individual and group problem-solving, and create solo and small group dances. Based on the work of Doris Humphrey, Alwin Nikolais and Rudolf Laban.

When: Wednesdays, Oct. 12, 19, 26 from 11:30-1 p.m.

Cost: \$30 month, for 3 sessions in October

- **Ballet Beginner II**

Ballet for the adult or "mature teen" with some dance experience who is inter-

ested in brushing up on classical ballet technique and working on their flexibility and balance. It will include barre work, center work and moving across the floor. Please wear ballet slippers and form fitting attire. Maximum 12. Led by Donna Bissett.

When: Mondays, Oct. 17, 24 and 31; and Nov. 7, 14 and 21, from 7:15-8:30 p.m.

Cost: \$30 for each monthly, 3-week session

Donna Bissett will offer a Ballet Beginner I class if there is interest.

Call the front desk at People Plus, 729-0757, to sign up for any program.

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Intermediate cribbage

- July 20:** Richard Tomko, 725; Mike Linkovich & Joseph Toney (tie) 708; Lois Fournier, 707.
- July 27:** Carl Nida, 708; Anita Owen, 699; Yvette Dumont, 697; Lorraine LaRoche, 693.
- Aug. 3:** Carl Nida (perfect score), 726; Richard LaPointe, 712; Lorraine LaRoche, 705; Yvette Dumont, 692.
- Aug. 10:** Lorraine LaRoche, 717; Darryl Wood, 711; Harokj Cain, 710; Cecil Eldredge, 700; Andrew DeBlassio, 694.
- Aug. 17:** Cecil Eldredge, 718; Yvette Dumont, 702; Andrew DeBlassio, 694.
- Aug. 24:** Lois Fournier, 719; Robert Mehlthorn & Carl Nida (tie), 717; Darryl Wood, 709.
- Aug. 31:** Richard Tomko, 723; Darryl Wood, 716; Lois Fournier, 703; Robert Foehning, 701; Anita Owens, 699.
- Sept. 7:** Mike Linkovich, 722; Richard LaPointe, 714; Joseph Toney, 707; Anita Owens, 697; Nancy Laffey, 696.
- Sept. 14:** Germain LaRoche, 726 (perfect score); Darryl Wood, 724; Richard Tomko, 717; Carl Nida, 711; Anita Owens, 701.

Monday/Saturday bridge

- July 18:** Bill Buermeyer and Sherman Milliean
- July 23:** Bill Buermeyer and Lorraine LaRoche
- July 25:** Collette Knowles, Gladys Totten and Lorraine LaRoche
- July 30:** Lorraine Muller, Mary O'Connell and Yvette Dumont
- Aug. 1:** Bill Buermeyer and Yvette Dumont
- Aug. 6:** Marion Schneider, Marsha Blackman and Lorraine LaRoche
- Aug. 8:** Yvette Dumont, Marion Schneider and Sherman Milliean
- Aug. 13:** Hope Russell, Bill Buermeyer and Mary O'Connell
- Aug. 15:** Bill Buermeyer, Bill Washington
- Aug. 20:** Bill Buermeyer and Lorraine LaRoche
- Aug. 22:** Gladys Totten, Bill Buermeyer and Vince McDermott
- Aug. 27:** Gladys Totten, Donna Burch and Richard Totten
- Aug. 29:** Bill Washington and Mary O'Connell
- Sept. 3:** Gladys Totten, Bill Buermeyer and Bill Washington
- Sept. 5:** Lorraine LaRoche, Mary O'Connell and Cecil Eldredge
- Sept. 10:** Bill Buermeyer, Yvette Dumont, Bill Washington and Carol Markell
- Sept. 12:** Yvette Dumont, Lloyd Jones and Bill Buermeyer



Easier than it looks

Bernie Breitbart, People Plus tech guru and leader of a popular digital camera question and answer class last month, had 28 students show up for a class designed for 10. Breitbart took the numbers in stride, and offered several follow-up classes for interested members.

Maine Kids-Kin program

On Monday, Oct. 24, at 1 p.m., Cathy Paglio from Families and Children Together will show a video and speak about the services available to persons caring for a relative's child. This statewide program provides services for grandparents, aunts, uncles, siblings, cousins and extended family who are raising relative's children. The program provides a full spectrum of services including legal and financial referrals, counseling, childcare, respite, case management, support groups, and social and recreational events for families. This program is free and open to the community. Please call People Plus 729-0757 to reserve a space.

Iris Network program Oct. 17

On Monday, Oct. 17, at 1 p.m., Nancy Bennet, a mobility specialist at the Iris Network will be at People Plus to discuss the services offered to people with vision loss. Her talk will include information about Vision Rehabilitation Services, the Low Vision Clinic, Maine AIRS, and the Job Training Program. The Iris Network provides an integrated program of education, training and support that enables people to adapt to vision loss and attain independence. Individuals may receive personal adjustment counseling, orientation and mobility training, social work services, home management instruction and more. Anyone coping with, or caring for someone with vision loss, is encouraged to attend this free session. The building is fully accessible. Please call People Plus at 729-0757 to reserve a spot.

Please recycle this newspaper.

Day of mindfulness set

Joanne Friday, a dharma teacher in the tradition of Thich Nhat Hanh, will lead a day of mindfulness at People Plus, 35 Union St., on Oct. 29. The day will include the free dharma talk as well as walking and sitting meditations, questions and answers. Beginners and experienced meditators are welcome. Friday is a dharma teacher in the Tiep Hien Order, the Order of Interbeing, founded by Buddhist monk and Zen Master Thich Nhat Hanh. In 2003 she received authority to teach from Thich Nhat Hanh, her teacher for 20 years. Joanne leads retreats for sanghas and groups throughout the Northeast. She is also an associate chaplain at the University of Rhode Island. Joanne feels that the dharma is the greatest gift she has ever received, and her greatest joy is to pass it on. One of the best known and most respected Zen masters in the world today, Thich Nhat Hanh is a poet, and peace and human rights activist. Born in central Vietnam in 1926 he joined the monkhood at 16 and remained a monk throughout the Vietnam War and helped found the "engaged Buddhism" movement. In 1967 he was nominated for the Nobel Peace Prize by Martin Luther King Jr. Author of many books, he lives in Plum Village, France. Here are three quotes from Thich Nhat Hanh: "Enlightenment is always there. Small enlightenment will bring great enlightenment. If you breathe in and are aware that you are alive — that you can touch the miracle of being alive — then that is a kind of enlightenment." "Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes." "When you love someone, the best thing you can offer is your presence. How can you love if you are not there?"



If you no longer drive, we will take your grocery shopping. Shopping begins at 9 a.m. Call Monday of the week you wish to shop. **Oct. 7: Brunswick Hannaford** **Oct. 14: Walmart at Cook's Corner** **Oct. 21: Brunswick Hannaford** **Oct. 28: Shaw's at Cook's Corner** Call 729-0757 and ask for the driving program or press ext. 109.

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Keeping clutter off my desk

I created a bit of a stir at the center recently when I slipped in over the weekend and stripped some 50 pounds of loose and disheveled papers off the top of my desk.

People who came in Monday quickly noticed the polished, false-wood top of my desk for the first time, and rumors started to fly. "Frank has quit," some suggested kindly. "Frank has been fired," others suggested, not so kindly. "They moved Frank's office back to the rear of the building where no one can see his messy desk," at least one deeper thinker suggested.

It occurred to no one that I had voluntarily cleared my desk as a tribute, and as a simple gesture of good will and respect to Jim Pierce, still a friend and our departing interim executive director. I suspect Jim's idea of a cluttered desk might be three or four papers, neatly stacked, certainly numbered and probably alphabetized.

It took maybe a week into Jim's administration for us to get into our first confrontation over my desk top. He alluded to wasted time, lost opportunities and he said appearances mattered. More than once, he threatened to come down with a garbage can and sweep my desk clean. But the weeks turned to months, and whenever Jim asked me for something that he considered hopelessly lost in that

pile at my right hand, I was always able to retrieve it. At some point, (I think) he just decided to focus on our staff.

Arthur G. Staples, an essayist on "common themes," and an old Bowdoinham mentor of mine, once wrote a piece on what he called, "littered" desks. He called a man's desk a "hub of industry" and a place where no other man, or cleaning lady, should ever venture. He suggested the perfect location for a desk is in a corner and against a wall, so "papers, relics and curios" might accumulate, "without worry of collapse." Here is a man after my own heart, and a new nemesis for Jim.

I once told Jim of a day in a former life when I was out on a job and needed a name and a phone number. I knew both were on my desk. I called my shop, the story goes, asked an associate to go over to my desk and face the wall.

"Of course I'll hold," I told the lady. (I didn't carry a cell phone, either.) She got to my desk, moved my chair and over the open phone I heard her tell another person what I thought I was going to do. She said something like, "he thinks he knows where a phone number might be in this awful mess."

They were enjoying a good laugh when I broke in. "Look down to your right," I said, "and find a corner of a piece of orange paper." I ignored her

attempts to apologize.

"I see the paper," she said. "Is that where the number is?"

"No," I answered. "Lift that piece of paper carefully, so you don't disturb anything, and the information I need is right under it, on a lined piece of steno pad paper." I think I told her there was a coffee stain on the piece of paper.

It made me nervous when anyone else worked at my desk. It still does.

The quietly gave me the phone number, and when I came back to the shop she said she had a, "new respect," for my filing systems. I don't think Jim ever got there.

Back to Mr. Staples for a minute. "I do not try to urge habits of untidiness," he wrote, "but I do say that whomsoever chooses to depend on a littered desk should be indulged in his idiosyncrasy. He should not be disturbed in his domain of dreams and peace. He should retain his prized pyramid of papers, books and

Speaking Frankly

FRANK CONNORS



clipping if they please him, and let one touch them at their peril." He concluded about his desk, "it loses nothing, it preserves much. It's all that can be created by me."

If Jim knows I have a box full of loose papers under my desk, he is gentleman enough not to acknowledge it, and you know, I get a spare minute, I'm going through it, filing stuff, following up stuff, throwing stuff, and yes, Jim, I DO throw more than I file. And there is a little piece of me that feels oddly satisfied at the end of each day.

Now, my office desk has been pile-free for nearly a month, but no one should assume I've turned a corner. Now, my goal has to be to try to impress Stacy!

New or renewing members — October

*Indicates donation with membership

BRUNSWICK
Mary Lee Ward
Carolyn Skelfield
John Frothingham
Rhonda
Frothingham
Mike Linkovich

Claire Gosselin*
Peg Brightman
Therese Bernier
Valerie Robbins
Marcy Clark
Pamela Frampton
TOPSHAM
Alice W. Rossiter*
Jonathan Hiltz

Donna Bissett
HARPSWELL
Patricia L'Heureux
OTHER PLACES
Dalziel Lewis,
Woolwich
Cheryl Mitchell,
Cumberland
Laurette McCobb,

Woolwich*
Steve Helphand,
Yarmouth
Peggy Mellen,
Woolwich
Richard J. Jordan,
Bowdoinham
Jacqueline F.
Jordan,
Bowdoinham

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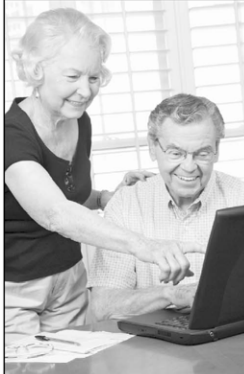
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PLENTY

From Page 1

The Curtis Library pays to subscribe to this database with more than 5 billion records. You can find census information, birth/marriage/death records; immigration records; court records and military records.

Group Personal Training

Chad Murillo, the owner of Full Spectrum Fitness, 9 Cumberland St., Brunswick, is offering People Plus members a safe, supervised workout customized to your needs. The class is open to people with all levels of mobility. Maximum of 9 people.

When: Group Personal Training meets at Full Spectrum Fitness, Tuesdays and Thursdays from 11 a.m.-noon beginning Oct. 4.

Cost: \$75. For information call Full Spectrum Fitness at 721-0007

Living Well with Diabetes

Led by Carol Freshley, RN from Midcoast Health, this class will offer practical information to guide us into long lives with diabetes. Your health, diet, lifestyle questions will all be answered.

When: Oct. 26 in the Café from 11 a.m.-noon.

Cost: Donation to People Plus

Café en Français

Are you a French speaker, eager to share a lively hour with good company? Have a cup of the ou café, visit with friends and make new ones at this — what we hope — will be a fun monthly event. Come and see what it will be. Call or stop by the Front Desk to sign up.

When: Tuesday, Oct. 25, 2:30-3:30 p.m. in the Activity Room.

Cost: Donation to People Plus

Seated and Standing Programs

Are you looking for seated or standing programs to increase your mobility and improve your well-being? People Plus has three safe and gentle exercise programs for you.

• Suzanne Neveux's "Loosen Up" is a gentle way to get moving in the morning. Using a chair or standing, always supported (no floor work), Suzanne will help you to mobilize joints and lengthen muscles using techniques derived

from traditional stretching movements, tai chi, and yoga.

When: Tuesdays and Thursdays, 9:45 a.m.

Cost: \$34 month

• Ruth Vogel's "Chair Yoga" has a loyal following. Come find out why.

When: Mondays 10-11 a.m.

Cost: \$20 month

• Tai Chi Easy with Diane

Dorion. Ease into your day through a carefully designed combination of QiGong and health enhancing Tai Chi with slow gentle movements to warm up the body, with concentration on breathing and inner stillness, simple self-massage and quiet meditation. Tai Chi Easy can be performed sitting or standing, with any level of physical ability and all ranges of mobility.

When: Mondays and Wednesdays, 8-9 a.m. beginning Oct. 3.

Cost: \$34 month for 8 sessions in October

Money-Saving Month

October is Money Saving Month.

We're hoping that members will share their favorite money saving tips on the pads in the Café. We'll post the results so we can all benefit. People Plus is offering two workshops in October to carry us along this theme:

• Ellen Hawkins, literacy program director, and Martin Blasco, financial literacy librarian, from the Money Works for Women program at the Curtis Memorial Library, will present **Tools for Budgeting and Ways to Save**. They will address how to create a budget to eliminate debt and save money. How to keep track of your money, reduce the costs of what we do often, and build a fund for unpredictable situations.

When: Tuesday, Oct. 25 from 9-10 a.m.

Cost: Donation to People Plus

• **Creating Menus and Budget Shopping**. Eric Thorsen of the Cooperative Extension will help us figure out what to buy at the best price and how to arrange it all into healthy meals with the least amount of work and waste.

When: Wednesdays, Oct. 5 and 12, from 11 a.m.-12:30 p.m.

Cost: Donation to People Plus

Call the Front Desk at

People Plus, 729-0757, to sign up for any of the above classes.



Fondly recalled ...

Before there was a Brunswick Executive Airport, even before there was a Brunswick Naval Air Station, a service center called Chase's Garage was a dominant business at Cook's Corner. The place serviced Model A's and T's, carriages and wagons ... "anything that was broken," according to Jim Chase who says his grandfather, Ormand J. Chase, managed the place in the 1940s. **If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.**

Foliage train, show and tours make fall trips

There is still time to join the Maine Eastern Railroad fall excursion to Rockland on Oct. 12, the show and dinner to Lewiston on Oct. 23, or to register for the four-day trip to New York City on Dec. 2-5.

"It's a great way to celebrate the fall season," program director Frank Connors suggested. All trips are a joint offering of People Plus, The Bath Area Senior Citizen Center and the Topsham Merry Makers. The Maine Eastern train leaves Brunswick's downtown station at 10:15 a.m., Wednesday,

Oct. 12, picks up in Bath at 10:40 a.m. and arrives at Rockland shortly after noon. There is time in Rockland for shopping, lunch on your own or perhaps a museum tour. The return run commences at 3:55 p.m., arriving in Brunswick at 5:50 p.m. Cost is \$35 for members, \$38 for nonmembers. You may pre-register at Bath or People Plus.

Around the World in 80 Days, a production of Lewiston's Public Theater, and dinner at the Sedgley Place is offered for Sunday, Oct. 23. Cost of show, trans-

portation and meal is \$57 for members, \$60 for nonmembers. Buses leave Bath at 12:45 p.m., pick-up in Topsham is 1 p.m. Registration is at Bath only. The four-day pre-Christmas tour of the "Big Apple" is filling fast.

It includes tours of Manhattan, Times Square, Central Park and Rockefeller Center, three nights lodging and six meals. Cost is only \$385.

Register at the Bath Center by calling 443-4837.

For more information, contact Frank Connors at 729-0757.

CLASSIFIED ADS

For Sale. Oak antique "lawyer's" book case, asking \$1,600. Teak roll-top desk asking \$1,400. Call Merrilyn for details, 725-2424.

Stove for sale. The center is offering its electric kitchen range for sale for only \$300. We paid over \$600 for it just one year ago, we are switching to a gas stove. Call 729-0757, ask for Frank.

Table tennis table for sale. The Center now has two new Ping Pong tables, we have an older, well-treated table we'd love to sell for \$125. Come see it, make us an offer. Ask for Frank at 729-0757.

Michèle's Consignments, Union St., is an authorized dealer for People Plus. Buy specially marked items at her shop, and a commission is paid to the Center. Call 837-1801.

Advertise in Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



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