

## Zumwalt: the ship, the man

Capt. James T. Kirk of the United States Navy will visit the center on Thursday, Sept. 25, at 1 p.m., to offer an “enthralling and informative talk,” about the leadship destroyer, the USS Zumwalt, now being constructed at Bath Iron Works, and about Adm. Elmo Zumwalt, the former chief of naval operations, for whom the ship is named.

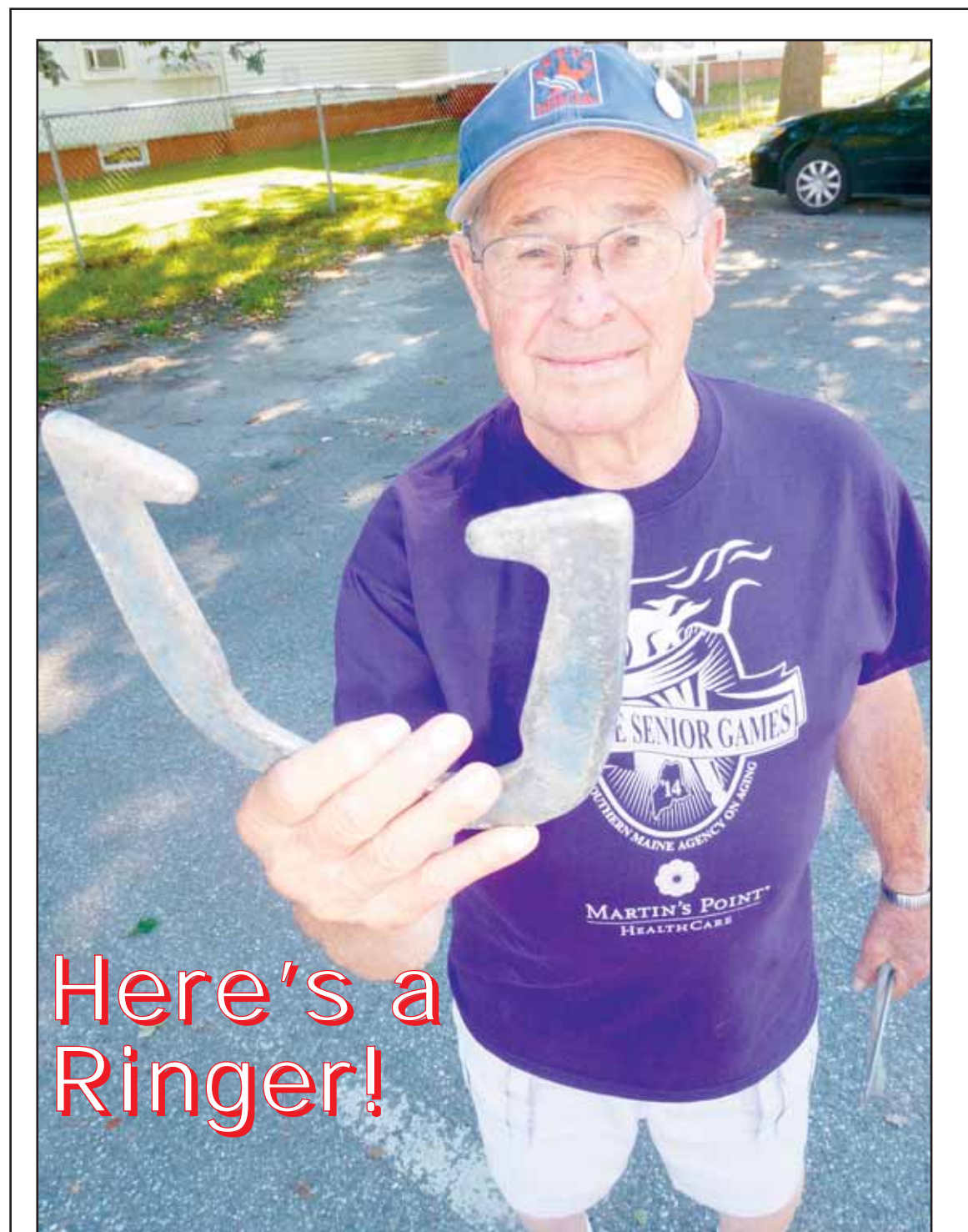
The USS Zumwalt has been called the most advanced warship ever constructed for the U.S. Navy, and Adm. Zumwalt, the 19th chief of naval operations, was the youngest officer

ever to serve in that capacity. As an admiral, and later as CNO, Zumwalt played a major role in modern naval history, especially during the Vietnam War. A highly decorated naval veteran, Zumwalt is credited with reforming the navy’s personnel policies in an effort to improve enlisted life and to ease racial tensions.

The talk is open to the public and free of charge. Please call the Center’s information desk at 729-0757 to register.



NAVY CAPT. JAMES T. KIRK



Here’s a Ringer!

People Plus member and championship horseshoe tosser Rick Fortin, 83, of Brunswick, shows off the exceptional form that won him gold at the Maine Senior Olympic Games at Portland’s Deering Oaks Park last week. Pitching horseshoes since 1980, he’s competed in the Maine Senior games since 1993. His win this year automatically qualifies him for the National Senior Olympic games competition coming to Minnesota in 2015.

## Join us in the orchard

Join your friends at the Center on Wednesday, Sept. 24, for an afternoon at the orchard with “cider and a doughnut on us.”

We plan to car pool to Bowdoin’s Rocky Ridge Orchards for an opportunity to eat lunch, pick some apples and have a

great afternoon in the out-of-doors.

Meet at the park and ride in front of Home Depot, in the Topsham Mall at 11 a.m., or be at the orchard, in the town of Bowdoin, off Maine Route 201, by 11:30 a.m.

Folks flashing their People

Plus membership card will be treated to a cup of fresh cider, made at the orchard, and a homemade doughnut.

You may purchase your lunch in the restaurant at the orchard.

Please sign up for the carpool by calling 729-0757.

## Fall health expo is filling fast

As the deadline for registration nears, local businesses and organizations are lining up to participate in the second annual Senior Health Expo being organized jointly by People Plus and Spectrum Generations, and held on the indoor concourse at the Cook’s Corner Shopping Mall on Tuesday, Oct. 21, from 9 a.m. until 1 p.m.

Mid Coast Health and Rousseau Management are already signed on as partners, and sponsors include Bar Harbor Bank & Trust, Bill Dodge Auto Group and The Times Record.

Exhibitors thus far include: Androscoggin Home Care & Hospice; Assisted Home Care II; Bath Housing Authority; Bay Square of Yarmouth; Before & After Photo Restoration; Brunswick First Responders; Bridges Home Care; CHANS Home Health Care; Denture

Designs; Dionne Commons; Freeport Place Assisted Living; Hawthorne House Rehabilitation and Nursing, Freeport; Horizons Living & Rehab Center; Iris Network; Lincoln County Dental; Lincs To Home; Maine Center on Deafness; Maine Veterans Home; MAS Home Care of Maine; Mid Coast Hospital; Mid Coast Senior Health Center; Pejepscot Terrace; Skolfield House; Stetson’s Funeral Home; Sullivan Chiropractic; Thornton Oaks Retirement Community; and Maine Behavioral HealthCare, WISE Center.

Registration deadline for exhibitors is Sept. 19.

The collaborative effort last season was a “sold out effort,” with more than 70 exhibitors and at least 500 community members attending the free, public service event. Call 729-0757 for more information.



Tuesday, October 21, 2014  
Cook’s Corner Mall  
9-1 pm

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207-729-0757 www.peopleplusmaine.org

## Times and Seasons

Author’s chat features Write On! book

Members of the People Plus Write On! group will strut their stuff during a very special Author’s Chat at the Center on Sept. 17, beginning at 2 p.m.

The 174-page book, titled, “Times and Seasons,” is a unique collection of poetry, prose and photographs featuring the work of 21 local writers and artists. The book has been “in the works” for more than a year and is being billed as “the best effort yet” completed by the writers group.

The book includes work by P.K. Allen, Beth Compton, Robert

Dow, Ruth Foehring, Charlotte B. Hart, Julia Garbowski, Adelaide Guernelli, Karen Johnson, Paul Karwowski, Wendall Kenney, Margie Kivel, Elizabeth “Betty” King, Ralph Laughlin, Vince McDermott, Dottie Moody, Ann Robinson, Karen Schneider, Winnie Silverman, Nancy Sohl, Patty Sparks, Gladys Szabo and Bonnie Wheeler.

The book has been delivered and is available for purchase at the Center.

Cost is only \$14.95, and all proceeds, after costs, benefit the People Plus Center.

## Yoga legend to be feted

Please join us on Monday, Oct. 6, at 1:30 p.m. when we salute the career (and birthday) of longtime yoga instructor Ruth Vogel, who announced her “retirement” from teaching at People Plus after “more than 20 years.”

Vogel, who will be “90 something” Oct. 4, admitted it is time to “slow down at least a little,” and since she doesn’t drive much any more, it was hard to meet her class commitments.

Center Executive Director

Stacy V. Frizzle promised a “celebration to equal the person,” adding that Vogel has been a central piece of the Center’s fabric, “Longer than some of us can remember.”

Vogel has promised to “drop by” the Center whenever she can, and still hopes to participate in yoga classes in the future.



RUTH VOGEL