

50 Years! People Plus! Building Community Since 1976 NEWS!



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

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org   February 2026 • Volume 26, No. 2

At People Plus, we 'deal' in fun!



AT LAST MONTH'S 50TH ANNIVERSARY POKER AND BINGO GAME DAY, People Plus Board Trustee Joe Neuhoff, shown left, came "ready to deal" the 'winning' poker cards at one of the three poker tables. We're pretty sure the hands dealt weren't all winners, but the fun mattered most ... in fact, fun was in the cards all afternoon! At right, some of the bingo players flash their (lucky?) cards. The bingo letter/number balls were scrambled in the antique bingo tumbler used in the town of Bowdoinham for decades of bingo games. "This old spinner has seen thousands of bingo games in its time and you can tell it's happy to be resurrected," said Frank Connors, former town manager of Bowdoinham and People Plus staff emeritus.

Get your seat for gala dinner auction!

Accepting auction item donations until March 6th

Cue up your calendar, folks, as we turn 50!

We are getting closer every day to our 24th annual Music in April online auction and live auction and dinner gala – two top-notch happenings in the Brunswick community. This year's fundraiser celebrates our 50th anniversary as the vital center that builds and supports community for older adults and youth. Join us so you can be a part of our special golden celebration that honors five decades of not only dedicated



[ticket link](#)

service, but a shared spirit that keeps our members healthy and socially connected. The Music in April event runs all through April, including our popular online auction (April 1-30), plus a raffle and the live – and lively – auction gala slated for Saturday, April 11, from 5-9 pm at the St. John's Community Center. Get your gala tickets early before they sell out! Tickets, \$75 each or two for \$140, include fantastic local music, delicious food, fabulous raffle prizes, and a fun, lively auction. You don't want to miss this all-out blast for a really good cause – actually 50 years of a good cause!



People Plus is collecting auction items now. "Since this is our 50th anniversary gala, we are hoping for some extra special auction items this year. If you've been holding on to

something special or have a unique idea, this is the year to donate it," says Program Director and auction coordinator Jill Ellis. Do you know a business near or far that might be willing to donate a product or service? Do you have season tickets or vacation home you won't be using? Or an antique in the attic or a wonderful gently used item you no longer need? You can donate handcrafted items, a gift card to your favorite restaurant or business, a professional service, or anything we can sell!

continued on page 15

Calling all members!

Join us at the State House in Augusta on Feb. 24 when members of the Maine House of Representatives and the Maine Senate proclaim a legislative "sentiment" to honor the 50th Anniversary of People Plus and its many achievements. Sentiments are official accolades, and we will meet with members from both legislative chambers. Sen. Mattie Daughtry, who represents the Brunswick area and is President of the Senate, will read the official sentiment aloud in the Senate Chamber. If you're interested in attending, we'd love to have you come along. Please register with us by Feb. 13. FMI, see page 2.

FYI! What the Heck is AI?

Thu, Feb. 12, 1 pm. The phrase "artificial intelligence" has become nearly impossible to avoid. It appears in news stories about job automation and fake videos, in advertisements for smart appliances, and in debates about the future. But what does it actually mean? And why should any of this matter to how we live our daily lives?

Presenter Fernando Nascimento teaches Digital and Computational Studies at Bowdoin College. He worked for more than two decades in the technology industry and has been studying and teaching the intersections of ethics and digital technologies since 2017.

Free, open to the public. Registration required.

'Aging Well' Lunch & Learn: "Financial Safety for Older Adults"

Mon, Feb. 23, 12 pm. Hillary Barone, Financial Wellness Specialist, Ancorum Credit Union, will teach us about common financial scams as well as discuss financial abuse of older adults by strangers or those known to us. You'll also learn about what to do if someone has fallen for a scam, who to talk to, and what steps to take. Bring your own lunch or grab a cup of free soup at the Center. We'll provide drinks, chips, and dessert. Registration required. Free and open to the public.

Balance and Falls Clinic with Reform Physical Therapy

Thu, Mar. 5, 1:30 pm. Dr. Christina Levesque, PT, DPT, is back for her famous Balance and Falls Clinic at the Center. She will teach us what balance means, how to prevent a fall, and how to properly handle a fall if one occurs – very important information! Free, open to the public. Call 729-0757 to register.



Don't Neglect Your Health, Reform It

50th SPOTLIGHT

Save the Date

TV Show Theme Song Trivia!

Tue, March 31, 1 pm. A nostalgic trip through the decades of the 50s to the 80s through TV theme song trivia. Refreshments and prizes. Members only.

It's tax time!

People Plus hosts free AARP tax prep service

The AARP Tax Aide Program is back with appointments on Tuesdays and Thursdays beginning Feb. 3. Appointments are required and can be scheduled by calling People Plus at 729-0757. Clients will need to pick up paperwork at the Center ahead of time, which they will fill out and bring to their appointment.





people Plus!

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

ADVERTISE WITH US!

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

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

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People Plus Staff

Stacy Frizzle-Edgerton
 Executive Director
director@peopleplusmaine.org
Jill Ellis
 Programming Director
programming@peopleplusmaine.org
Sarah Deck
 Office Coordinator
reception@peopleplusmaine.org
Kathe Mickunas
 Membership & Transportation
driver@peopleplusmaine.org
Barbara Quinn
 Administrative Director
office@peopleplusmaine.org
Jennifer Felkay
 Communication Manager
marketing@peopleplusmaine.org
Charmaine Daniels
 Content Developer
news@peopleplusmaine.org
Taylor Carter
 Brunswick Area Teen Center Director
teens@peopleplusmaine.org
Renee Foster
 BATC Nutrition Coordinator

Spectrum Generations Staff

Abby Powers
 Meals on Wheels Coordinator
apowers@spectrumgenerations.org
 207-607-4406
 Aging & Disability Resource Center
 207-607-4405

How many people get to receive an official legislative Sentiment in their lives? I'm guessing not that many! And even though our state senators and local representatives love to shower people with accolades at the state level, it doesn't really happen that much.

Consequently, I feel incredibly fortunate to be part of the second Sentiment for the People Plus organization in the last decade!

In 2016, People Plus was honored to be presented an Expression of Legislative Sentiment at the State House in Augusta. The Sentiment was sponsored by the late Sen. Stan Gerzofsky of Cumberland County and cosponsored by then-representatives Daughtry of Brunswick, McCreight of Harpswell, and Tucker of Brunswick and was in recognition of the 40th anniversary of People Plus.

Receiving that recognition 10 years ago was a huge accomplishment! When I joined the organization in 2011, it was struggling financially, had reduced hours of operation, and had seen four executive directors in as many years. The future seemed unstable, yet I found that the determined staff led by Betsy White and Frank Connors was ready for change. They embraced me and together we all worked hard to increase the membership, the programs and activities offered, as well as the marketing to draw in more folks – and things took off! Over the last 15 years our membership has tripled, and we now see over 500 visits a week through the doors of the Center. Our grand total after 50 years of service is over 1 million visits to the Center! Just like McDonald's – but with fewer hamburgers.

It was an enormous honor to be a part of the 40th anniversary recognition in 2016 and an even greater honor to invite

our board of trustees, staff and membership to join us this year on February 24th for the organization's official Legislative Senate Sentiment honoring the 50th Anniversary of People Plus!

It is sponsored this time around by Brunswick's very own Mattie Daughtry, who is currently the President of the Senate! She's a busy person (and about to move her business, Moderation Brewing, into the newly renovated Central Fire Station building) so we are thrilled and honored she's able to squeeze us into her tight schedule for the recognition on February 24th.

We are also grateful that this has come together with Brunswick Rep. Poppy Arford leading the charge. She connected us with Sen. Daughtry's office, set the whole thing up, and reached out to other area representatives, including Sen. Denise Teplar and Rep. Dan Ankeles, Cheryl Golek, Rafael Macias, Sally Cluchey, Kilton Webb, and David Sinclair. Since People Plus has members who live in both Cumberland and Sagadahoc counties, our reach includes Brunswick, Harpswell, Topsham, Bowdoin, Bowdoinham, Durham, and Bath!

I'm really looking forward to taking a photo that includes all of these senators and representatives!

So ... with all this said, you may actually be wondering what a Sentiment is, and what's the point? Well, it's a bit like Schoolhouse Rock as we learn that a legislative Sentiment is "a significant expression of the sense of the Legislature and are not used for trivial events, thus maintaining their significance and importance".

It sounds like ours falls under the category of "Civic or Charitable award for service," which of course makes total sense as all we do is provide amazing

From the Executive Director

Stacy Frizzle-Edgerton



services for our nearly 2,000 members – including older adults and teens!

And it's a big certificate that we can frame and hang on the wall for all to see!

So, as we get ready to go to Augusta, I'm still amazed that this little nonprofit founded by the town of Brunswick in 1976 was started by a group of determined women who wanted a place for older adults to recreate, gather for social events, and support their community with transportation and meals. And 50 years later we have nearly 2,000 total members, have seen over 1 million visits to the Center for activities and events, have served over 20,000 meals, and have the largest volunteer transportation program in the state of Maine with over 30,000 miles of free rides a year!

I hope you consider joining us as we head to Augusta on February 24th. Please call the Center for more information and to register by Feb 13th. If you can't make it, I will report back on the event and have loads of photos (yes – including a selfie!) to share!



REPRESENTING PEOPLE PLUS at the 2016 event (pictured l to r) were Betsy White, office manager; Jill Ellis, programming coordinator; Sen. Stan Gerzofsky; Stacy V. Frizzle-Edgerton, executive director; Frank Connors, membership coordinator; and Jack Hudson, 2nd vice chair of the People Plus Board of Trustees.



Peter W. Ladner, President, circa 1980

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



BETTY BAVOR, WHO TURNED 94 last month, is shown at the Write On Writers meeting where she got to blow out 4 candles on her cake (94 wouldn't fit!) and heard a rousing rendition of "Happy Birthday."



DEIDRE LOCASCIO OF SPECTRUM GENERATIONS displays a lasagna she made in the People Plus kitchen for the "Lasagna Love/Spread Kindness With Food" program that matches volunteer chefs with people needing meals. If you're interested in spreading a little lasagna love to help those who lack adequate access to food. Check it out at lasagnalove.org.

Annual Fund needs you!

Charitable tax guidelines are changing in 2026

Feeling charitable and able to give to our People Plus Annual Fund? New this year, you don't have to itemize deductions to receive a tax benefit from your gift to us in 2026! The new law allows people taking the standard deduction to claim a new "above the line" deduction for cash donations to qualified charities. The allowable charitable contribution deduction is capped at \$1,000 or \$2,000 if married and filing jointly.

This year's Annual Fund goal is \$100,000, according to Administrative Director Barbara Quinn. This fund is specifically slated for our Center programming: supporting homebound elders, as well as the Volunteer Transportation Network (VTN), keeping the classes in the Center at low cost, and offering free lectures, games, language clubs, cultural events, and much more. As of Jan. 20, the total received is \$77,808.

As Stacy emphasizes, "Between the support of the area businesses and folks like yourselves, we can provide older adults with vital services, necessary health and wellness programs, socialization events and nutritious meals – which they will lose without your support!" Thank you!



Scan to donate

Choose Your Topping with Strawberry Sparklers

Ingredients

- 1 container fresh large strawberries
- 2 Tbsp. dried cranberries, chopped.
- 1 cup Greek yogurt
- 2 Tbsp. chocolate chips, chopped
- 2 Tbsp. pistachios, chopped
- Orange zest

Note: You can buy cranberries with less added sugar. Just be sure to buy the ones that do not contain non-nutritive sweetener.

Instructions

1. Wash strawberries under cold running water to remove any excess dirt.
2. Pat the berries dry with paper towels.
3. Place yogurt in a glass bowl with orange zest and stir until smooth.
4. Place chopped items in small bowls.
5. Dip strawberries in yogurt, then in one of the chopped mixtures. Place them on a small plate, then refrigerate until ready to serve.
6. Serve chilled.

From Anita's Plate

Anita Nugent
(207) 504-6439



National dietary guidelines have changed

Have you seen the new 2025–2030 recommended dietary guidelines for Americans? At first glance it might be confusing, so I've taken a deeper look and would like to offer things to consider anytime you're making choices about your health. (And, as always, please remember to consult your doctor when you are considering significant changes to your diet.)

- Eat more plant-based food.
- Enjoy full-fat dairy products in moderation.
- Limit highly processed food and reduce added sugars.
- Limit foods with artificial colors and dyes.
- Decrease sodium intake.
- Limit red meat and tallow.
- Prioritize lean protein with every meal.
- Drink water and unsweetened beverages.

FMI, www.dietaryguidelines.gov.

And since Valentine's Day is coming up, let's try and put a few of these recommendations on the plate so you can still enjoy the day without the guilt!

- have chocolate hummus with strawberries or other fresh fruit.
- make a chocolate cake without sugar, using applesauce, or other healthy sweeteners.
- have a special meal at home instead of going out to eat. It'll save you calories and dollars!

Save the date! Saturday, April 25 2026 Earth Day Festival in Brunswick

Harriet Beecher Stowe Elementary

**44 McKeen St,
Brunswick**



**Saturday,
April 25th**

**10–3 pm
Free general
admission**

FMI VISIT [HTTPS://EARTHDAYINBRUNSWICK.COM](https://EARTHDAYINBRUNSWICK.COM)



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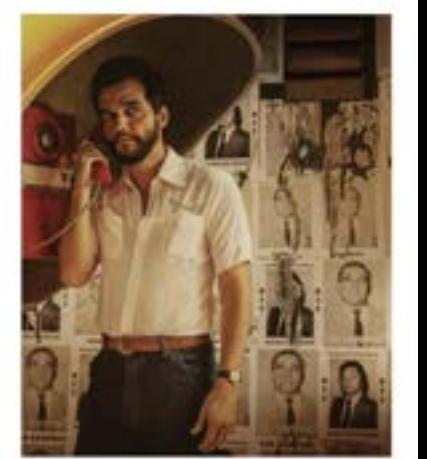
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**THE
SECRET
AGENT**

Heart Smart Habits:

Nutrition for a Strong, Healthy Heart

Thu, Feb. 26, 1:30 pm. Discover easy, realistic nutrition tips to support heart health as we age with Spectrum Generations' registered dietitian Kirsten Solomon, MS, RDN, in this interactive class. Learn about important nutrients to focus on, how to build balanced meals, and which heart-healthy foods to enjoy more often. This class will also highlight small, sustainable changes that can support healthy cholesterol levels, blood pressure, and overall heart wellness. We'll prepare two simple, heart-healthy recipes you can enjoy at home. Registration required, class size is limited to 20. Donations appreciated (\$5) but not required. Open to the public.

Medicare 101

Tue, Feb. 10, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans. Free, open to the public (\$15 suggested donation appreciated).



A Matter of Balance Workshop

with Spectrum Generations

Mondays, 2-4 pm, March 3 - April 20. Designed to reduce fear of falling and increase activity levels. FMI, see Page 14.

Exercise with us!

Yoga, Full Body Fitness, Chair Yoga, Tai Chi, Qigong, Zumba, and Getting Stronger will help you stay healthy and fit! \$7/class for members (\$12 for non-members.)

Activity Punch Cards

Don't carry cash? No problem! Get a handy punch card instead! Stop by the Center to purchase yours today! \$35 for 5 classes \$70 for 11 classes (1 free!)

Poker & Game Day

Tue, 1-3 pm. Come to the Center to play board games with friends. We have a great selection or bring your own.

NEW – we will also have tables set up for "No money" poker! Join us!

Register for activities at 729-0757

CENTER CLUBS

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

Apple Club

Tue, Feb. 17, 1:30 pm. Bring your Apple device and questions.

Books a la Carte

3rd Tue, 2 pm. Join a 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

3rd Mon, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War through WW II eras.

Singing for Fun

2nd Wed, 1:30 pm. Join us for songs that are simple yet satisfying. No experience needed.

Table Tennis

Mon 11 am; Tue 12:30 pm; **Thu, 9 am; Sat, 10:15 am.** *Times subject to change; check calendar.

Wednesday Walkers

Wednesdays, 1 pm. Meet for a walk or hike (usually an hour).

Write On Writers

Wed, 1 pm. Meet to share writings.

GAMES

Duplicate Bridge. **Mon, 1 pm.** Int./adv. players. Must come with partner.

Bridge. **Tue/Thu 9 am.**

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!

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

LANGUAGE CLUBS

Spanish Club. **1st Tue, 2:30 pm.** Enjoy a friendly chat en Español.

German Club. **2nd Tue, 2:30 pm.** Sprechen Deutsch with a great group.

French Club. **2nd & 4th Tue, 2:30 pm.** Practice your Français in good company.



THANK YOU FOR YOUR DIAPER DONATIONS! George Hardin holds some of the many baby diapers that were donated for our January diaper drive sponsored by Midcoast Community Action in Bath. Studies show that diapers cost approximately \$1,000 a year per child so your donations will help out many local families!

Good Eats—Good Friends!

Monday Munchies

Mondays, 11:30 am - 12:30 pm. Join us for free soup for members on Mondays donated by Mid Coast Hunger Prevention Program!



Soups will be listed in the Friday "Peek at the week" email.

Women's Breakfast

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

Men's Breakfast

Thu, Feb. 12, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

WEDNESDAY WALKERS

Destinations for February

Please note meeting time each week – walks start at 1 pm for the colder and darker months. Call 729-0757 to let staff know if you will need or can give a ride. ***Walks begin once carpool arrives.** Watch the weather: micro spikes or snow shoes may be needed. In case of inclement weather meet at Bruns. Recreation Center at **1 pm** (with indoor shoes.) FMI check the Friday People Plus "Peek at the week" emails.

Feb. 4. Planning meeting and a walk. Meet @PP by 12:30 pm to share ideas and help plan the walks for March! Then we'll walk at Bowdoin College and visit the Arctic Museum.

Feb. 11. Kate Furbish West. Carpool: meet @PP by 12:30 pm or at site by 1.

Feb. 18. Cathance Trails. Carpool: meet @PP by 12:30 pm or at site by 1.

Feb. 25. Kate Furbish East. Carpool: meet @PP by 12:30 pm or at site by 1.

Lunch and Connections

It will be a lovely lunch!

Join us **Thursday, Feb. 19,** for meatloaf, mashed potatoes, squash and peas, pickled beets, bread, salad, and strawberry cake for dessert!

Lunch & Connections is underwritten by Spectrum Generations and focuses on nutrition, useful information, socialization, and fun. Dining room opens at 11:15 am, and buffet service starts at noon. Come pick up your 50/50 raffle ticket, claim your favorite seat, and chat with your friends. Registration required, call after the first of the month to reserve your spot. \$7 for members, \$12 for non-members.

Lunch & Connections Punch Cards!

\$35 for 5 lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!

Foot care services

Terri Burgess, RN, offers foot care at People Plus on Thursdays – **Feb. 12 & 26, 12-4 pm.** Clients will complete a release waiver/registration form, remove shoes and socks, soak feet in the provided foot bath, then meet with Terri for a consultation. Services could include toenail filing, foot moisturizing, and mini foot massage. Limit of 60 minutes per appointment. Serious toe and foot issues will be referred to a doctor. Registration is required, \$15 donation. Members only. Call 729-0757 on the first of the month to register.

Program Notes for February

- Center Closed Monday, Feb. 16
- Ukulele Club is taking a winter break - back in April

Apple Device Tutoring

Tue, Feb. 17 and Wed, Feb. 18, 9:30-12 pm. One-on-one Apple device tutoring sessions with Bill Perry. Bring your iPhone, iPad, Macbook, etc. Free, members only. Call starting Feb. 2 to book your appointment.

Take a trip with Collette Travel and People Plus!



Visit Tropical Costa Rica!

November 5-13, 2026. Highlights include: Monteverde Cloud Forest, Hanging Bridges or Canopy Adventure, Farm tour and lunch, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise. Deposits due April 28, 2026. FMI <https://groups.gocollette.com/en-US/link/1384648>

Is there a place you've always wanted to visit? Contact Jill @729-0757 to share ideas.

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Mon	Tue	Wed	Thu	Fri	Sat		
	2	8:30 Taxes 9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Int/Adv Duplicate Bridge	3 9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 12:30pm Table Tennis 1:00pm Poker & Game Day 2:30pm Spanish Club	4 8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 10:15 Tai Chi 12:00pm Growing Stronger 12:30pm Wednesday Walkers 1:00pm Write On Writers 6:30pm Int. English Country Dance	5 8:30 Women's Breakfast 8:30 Taxes 9:00 Table Tennis 9:00 Art Class 9:00 Beg/Int. Bridge 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	6 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	7 9:00 Zumba 10:15 Table Tennis
	9	8:30 Taxes 9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong	10 8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers 12:30pm Medicare 101 12:30pm Table Tennis 1:00pm Poker & Game Day 2:30pm French Club 2:30pm German Club 6:00pm Divine Dance	11 8:30 Taxes 8:30 Men's Breakfast 9:00 Table Tennis 9:00 Art Class 9:00 Beg/Int. Bridge 11:00 Yoga 1:00pm FYI: What the Heck is AI? 6:00pm Int./Adv. Belly Dancing	12 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	13 8:30 The Skinny Chasers 9:00 Zumba 10:15 Table Tennis	14
	16  Center Closed	8:30 Taxes 9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Apple Device Tech Tutoring 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 12:30pm Table Tennis 1:00pm Poker & Game Day 2:00pm Books a la Carte 2:30pm Apple Club	17 8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 9:00 Apple Device Tech Tutoring 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers 1:00pm Wednesday Walkers	18 8:30 Taxes 9:00 Art Class 9:00 Beg/Int. Bridge 12:00pm Lunch & Connections 6:00pm Int./Adv. Belly Dancing	19 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Full Body Fitness 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	20 9:00 Zumba 10:15 Table Tennis	21
	23 9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Arts Club 10:00 Zumba 11:30 Monday Munchies 12:00pm Lunch and Learn: Financial Safety for Older Adults 1:30pm Duplicate Bridge	8:30 Taxes 9:00 Proclamation of People Plus Sentiment at State House 9:00 Int/Adv. Bridge 9:00 Art Class 9:00 Chair Yoga 10:00 Yoga 11:15 Qigong 12:30pm Table Tennis 1:00pm Poker & Game Day 2:30pm French Club	24 8:45 Cribbage 9:00 Mah-Jongg 9:00 Full Body Fitness 9:00 Art Class 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write On Writers 1:00pm Wednesday Walkers 6:30pm Brunswick Coin/Stamp	25 8:30 Taxes 9:00 Table Tennis 9:00 Art Class 9:00 Beg/Int. Bridge 11:00 Yoga 1:30pm SG Nutrition Class: Heart Smart Habits 6:00pm Int./Adv. Belly Dancing	26 9:00 Mah-Jongg 9:00 Full Body Fitness 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	27 8:30 The Skinny Chasers 9:00 Zumba 10:15 Table Tennis	28

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

Calendar sponsor:



MaineHealth

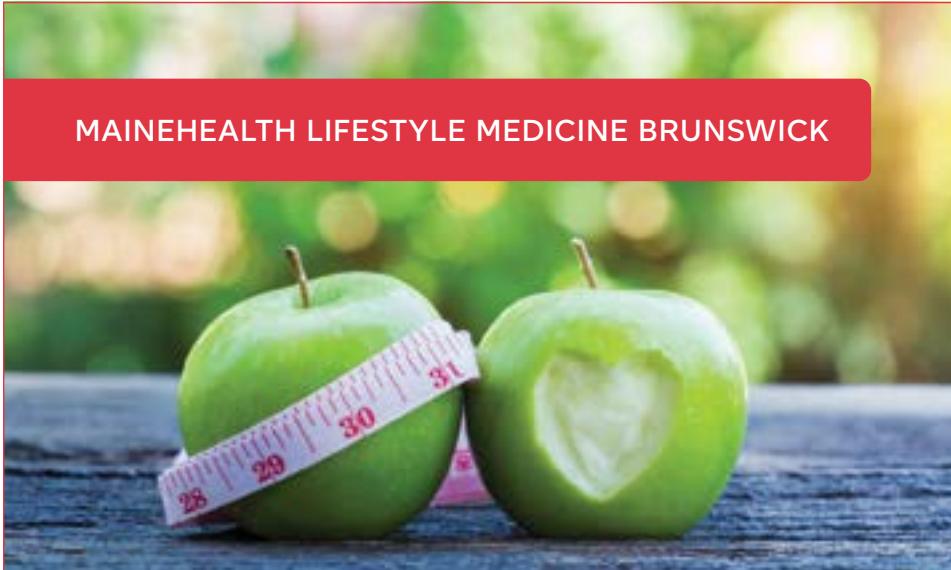
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MAINEHEALTH LIFESTYLE MEDICINE BRUNSWICK



New Name, Same Commitment to Health

The former Mid Coast Center for Community Health & Wellness is now **MaineHealth Lifestyle Medicine Brunswick**.

We offer evidence-based programs, education and interventions to treat and prevent chronic disease. We are your community partner to help you make sustainable lifestyle changes that will improve your health and well-being.

MaineHealth Parkview Campus
329 Maine Street, Brunswick

[Learn more:](#)



MaineHealth

Where the ice is still nice

First look, it's just another ice-covered, tree-rimmed pond not a half mile from nowhere, but this pond is Thompson Pond, and if you can find it, you're in for a day of fun and living history, a day of outdoor adventure and exercise that will stay with you long after you finally thaw your wet fingers and toes.

Believe it or not, South Bristol's Thompson Pond has been the site of winter ice cutting for 200 years! In 1826, Asa Thompson dammed a spring-fed brook on his farm, and used the pond he created to harvest ice, first for his own needs, then building a business supplying local fishermen and the ever-increasing, "summer visitor trade." Today, the rickety old wooden ice house at the pond is listed on our National Register of Historic Places, and that toolshed museum – loaded with toothy



Blocks of 24-inch-square cut ice collect on the pond and are then guided with poles to the elevator incline that carries them up to be stored in the ice house.

saws, ice picks, busting bars, claws, chisels, and clamps – will leave you understanding why laborers converted to gasoline engines.

They're still doing it, you know, cutting ice on Thompson Pond. Once each season, (this year on Sunday, Feb. 15, from 11 am-3 pm) volunteers and "friends" will again scrape the pond of snow, scratch the ice with hand groovers, work rust off the blades of saws

with teeth longer than fingers, and manage "the cut" until uncounted, 24-inch-square ice blocks are stacked 20 or more deep, from the floor to the rafters of the roof. The daylong harvest is part party, part confusion, all work and all fun, and you are encouraged to help. You might be bribed with a hot dog, or a cup of hot chocolate, coffee, or chili. You will be coached to perfection, and realize pretty quick, "It ain't that hard," and always there are folks advising you to stay away from that frigid, ever-widening pool of open water.

Once a channel is cut, loose blocks of ice are floated to the chain-driven elevator. Folks with pick-poles push and prod the heavy blocks into position and watch as they go up the

ice harvest that brought real fortunes to many. Cavernous ice houses dotted the shores of the Kennebec, Cathance and Penobscot rivers, preserving the harvested ice til spring and then summer, when the ice would be shipped, via wooden sailing vessels, to markets all over the world. You can look at the Thompson Ice House and see how the process worked. You can roll up your sleeves, shed your down jacket and do the work! I know of no other place like this in New England. "Even the sweat's free," I was told. Were it not for the Toyota pickup being used to control the ice elevator, and the John Deere tractor turning that massive ice saw ("We have to cheat a little, we try to finish in a day," one of the guides told me),



On Sunday, Feb. 15, you can see South Bristol's annual ice cutting day on Thompson Pond in action. During a previous winter, Frank Connors and another volunteer are shown using giant saws to cut blocks of ice. The saws are roughly 6 1/2 feet tall!

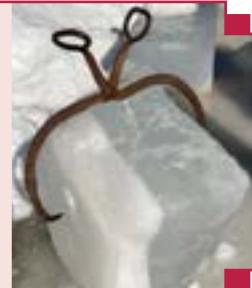
MAINE & me

by Frank Connors



FRANK'S FACT

A block of ice 7 inches thick and 24 inches square will weigh 100 pounds. Don't believe me? Go to Thompson Pond and try to pick one up!



you might even think for a minute you're working in a 19th-century Maine community.

In his book *A Maine Man in the Making*, Franklin Gould said it best. "It's (ice cutting) the best gol'darned business in the world, there's nothing to do but sit back and let the river freeze up."

If the weather is bad, the annual harvest could be delayed a week to Sunday, Feb. 22. Check the Thompson Ice House website to be sure (www.thompsonicehouse.com). While you're at it, mark your calendar for July 5; there will be an old-fashioned ice cream social on the same site. Folks will be wanting to be using all this ice, before it melts away!



Volunteers help to line up the ice blocks stacked from floor to rafters in the ice house. Come July 5th, an ice cream social held at the site takes advantage of the ice gathered in the heart of winter.

If you go: Drive Route One North to the Damariscotta exit. Drive through downtown on Main Street and at the white church turn right onto Maine Routes 129/130 toward Pemaquid and Bristol. Pass the Miles Memorial Hospital entrance. In three miles, the routes split and you need to turn right onto Route 129. Pass the Darling Marine Center on Rt. 129, and in six miles turn left onto McFarland Cove Rd. You'll see the pond and ice house. It is nearly 50 miles from Brunswick.



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:

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www.coastallanding.com

142 Neptune Drive, Brunswick, ME, 837-6560

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

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RESPITE CARE**



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

Our first Golden Anniversary luncheon!



PEOPLE ENJOYED A DELICIOUS BAKED CHICKEN and roasted root vegetable luncheon last month! The culinary crew led by Judy, Rick, and Louisa, created a memorable lunch with a throwback vintage dessert of blueberry buckle! With decorations in gold and silver, we celebrated the new year and our first 50th anniversary luncheon. The crowd sparkled with joy throughout the event. They even agreed to do a selfie with me that ran in *The Times Record* in January!

Poetry comes alive: Longfellow Days 2026

Brunswick's celebration of poetry, Longfellow Days, spans the month of February in this 22nd year of honoring the legacy of world-renowned poet Henry Wadsworth Longfellow. The many events offer poets, presentations, music, workshops, tours, and an interfaith service.

This year's theme, "Finding Your Voice," embraces an ideal way to explore the distinct acts of creating, writing, performing and enjoying poetry. During the month, more than 50 poets and community members will read original work and poems they enjoy.

The month will conclude with a festive open mic celebration on Longfellow's birthday, Friday, Feb. 27. "Over the years we've had many emerging poets step to our open mic," says Longfellow Days' co-chair, Maryli Tiemann, "including local farmers, students, folks who had never shared their work before."

For the schedule of Longfellow Days with complete details of all events, go to www.uubrunswick.org/programs/longfellow-days-2026.



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.

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(207) 725-4900

info@midcoastseniorcollege.org

50 Years! People Plus! TRAVELS! NEWS!

When you're on a trip, don't forget to send us a picture with your People Plus News!



NEIGHBORS (AND MEMBERS) LINDA KROEGER, DIANE DECI, CHRISTOPHER WRIGHT, and a friend had a fabulous time visiting European Christmas markets in Prague, Vienna, and Budapest during a Collette trip in December. Our next Collette Travel trip, "Visit Tropical Costa Rica," is planned for November 2026. See page 4 for details.



MEMBERS AND CONSUMMATE TRAVELERS KAREN MADSEN AND JANE LITTLEFIELD had a fabulous time visiting the Mt. Washington Cog Railway in New Hampshire in January. Thanks for always taking the People Plus News on your travels!




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A GRACE MGMT COMMUNITY

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When memories begin to fade, what matters most is a place that feels like home. At The Highlands, our Village Program® provides compassionate memory care built around each individual's unique story, routines, and interests.

Residents enjoy private apartments, thoughtfully designed surroundings, and engaging programs like iN2L™ technology with thousands of activities. Here, memory care isn't just about support — it's about celebrating each person, creating joyful moments today, and peace of mind for tomorrow.

Call (207) 725-2650 to schedule your visit today!



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30 Governors Way, Topsham, ME 04086

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Sweets for the Sweet VALENTINE BAKE SALE

Thursday, February 12, 2026

7:30 to 11:30 AM

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

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



 **MaineHealth**



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



Weekly Winners



DUPLICATE BRIDGE
(Mondays at 1 pm)

Jan. 5. 11 teams. **N/S**
1. Martha Cushing & Jeff Lauder 64.2%
2. Cathy Cooper & Michael Land *50.8%
2. John Morrissey & Ken Holbrook *50.8%
E/W
1. Norm Curthoys & Richard Totten 61.1%
2. Monica & Chuck Annable 58.3%

Jan 12. 13 teams. **N/S**
1. Linda McIntosh & Tony Belmont 56.1%
2. John Morrissey & Ken Holbrook 55.0%
E/W
1. Jan Jack & Jim Burnett 66.2%
2. Gail & Cy Kendrick 51.4%

Jan 19. 10 teams.
1. Norm Curthoys & Richard Totten 57.6%
2. Kathy Kenyon & Jim Burnett 54.9%

Jan 26. (snow day)

CRIBBAGE
(Wednesdays at 8:45 am)

Jan 7. (snow day)

Jan 14. Martha Davis= 726
Jim Howe= 713
Sherrill Morgan= 704

Jan 21. Janis Parent= 724
Patricia Johnson= *703
David Bertocci= *703

Jan 28. John Bouchard= 723
Patricia Johnson= 693
Janis Parent= 692

*tie score

Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Taylor and of course, Frank's weekly Two-Cents article. If you aren't getting it, just call 729-0757 or email programming@peopleplusmaine.org to be added to the list!



There is nothing better than having fun with friends, getting healthy, and feeling great at the end of the day! Use your brain, feed your soul, and have fun at the People Plus Center this winter!

You'll meet new people and have experiences that you never dreamed of! So come take a trip with us, do a class, play a game, eat a meal, and by the time spring comes you'll have had your best winter ever! And you did it at the People Plus Center!

Free clubs include Write On Writers, Wednesday Walkers, German, French & Spanish clubs, Fiber Arts, Fiber Spinning, Table Tennis, Books a la Carte, Bridge, Cribbage, Mah-Jongg, Poker & Game Day. Classes include Yoga, Full Body Fitness, Chair Yoga, Tai Chi, Qigong, Zumba, Growing Stronger, Art. Members-\$7/class, non members-\$12/class. First class free. FMI, www.peopleplusmaine.org.



Dr. Cindy Asbjornsen, DO, FAVLS, RPhS, DABVLM



Vein
Healthcare
Center

At the Vein Healthcare Center in South Portland, Dr. Cindy Asbjornsen and her team offer minimally invasive treatments for varicose veins, spider veins, leg ulcers, and other vein issues.

35 Foden Road, South Portland, ME
207-221-7799 • info@veinhealthcare.com

HAVE QUESTIONS ABOUT VEINS? ASK DR.CINDY!

WHAT ARE VARICOSE VEINS?

Varicose veins are visible veins in the leg that may bulge on the surface of the skin. They are the result of venous insufficiency, which is when blood pools in the vein because of a faulty valve. Untreated, varicose veins can lead to increased symptoms.

HOW CAN I TELL IF I HAVE A PROBLEM WITH MY VEINS?

If you can see varicose veins on your legs, you likely have some form of venous disease. However, it's important to note that faulty veins are not always visible—sometimes symptoms feel like heavy or achy legs.

CAN VENOUS INSUFFICIENCY BE TREATED?

Yes! There are a variety of approaches to treatment that are minimally invasive and overwhelmingly successful over the long term when performed by an experienced phlebologist (vein doctor).

AM I TOO OLD FOR VEIN TREATMENT?

Seniors have sometimes been told that aching, heavy legs are a normal part of aging, and that they should "deal with it." But at VHC, we believe that helping people feel better is worth the effort at any age.

HOW DO I KNOW IF VEIN TREATMENT IS RIGHT FOR ME?

An evaluation and ultrasound will best show if someone is a good candidate for treatment. At VHC, we listen closely to our patients to understand their health history and their goals for health and quality of life.

Follow us! [f](https://www.facebook.com/veinhealthcarecenter) [i](https://www.instagram.com/veinhealthcarecenter/) @veinhealthcarecenter

www.veinhealthcare.com



THE SCENIC ART OF FRANCES DUCKETT, featuring landscapes and cityscapes as well as paintings focused on interiors, is on display through the end of February at the People Plus Center.

Lunch Out!
February 10th, 11:30 am.

Applebee's
GRILL + BAR
11 Gurnet Rd, Brunswick

Membership Benefits

Businesses offering discounts for People Plus members:

Ashley Richards, Certified Aging in Place Specialist free home walk-through with tips to help you age in place. 712-3042, ashleyr15@gmail.com

Autometrics, Free Maine State Inspection for People Plus members
121 Bath Road, Brunswick, 729-0842

Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids
86 Maine St, Brunswick, 725-5111
www.berriesopticians.com

Big Top Deli, 10% off, anytime
70 Maine St, Brunswick, 721-8900
www.bigtopleli.com

Bill Dodge Auto Group, 10% off parts/service
118 Pleasant St, Brunswick, 729-6653
www.billedodgeautogroup.com

Carpe Diem Tech Support, John Fischer Help with PC & Mac. \$30/hour (40% off regular rate), 522-1238, www.carpediem-me.net

Darling's Ford, 10% off up to \$50, parts/service
262 Bath Road, Brunswick, 725-1228
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, 406-2361

Eveningstar Cinema, Members pay \$10 for any showing and save \$1 on a bag of popcorn!
149 Maine St, Brunswick, 729-5486, www.eveningstarcinema.com

Fairground Café, 10% off, anytime
Topsham Fair Mall, 729-5366

Hand Therapy Treatment and Education Center, LLP, 20% off HandBasics: Self-Care Education class
114 Maine Street Suite 4, Brunswick, 607-5800
www.therapyandeducation.com

Hearts & Hands Reiki, 10% off first visit
751-5339, heartsnhands207@gmail.com

Lee's Tire & Service, 10% off parts (not tires)
35 Gurnet Road, Brunswick, 729-4131
27 Monument Pl., Topsham, 729-1676

Maine Optometry, 30% off complete glasses, some restrictions apply.
242 Bath Rd, Brunswick, 729-8474
www.maineoptometry.com

Maine State Music Theatre, senior discount (60+) on matinee tickets for Main Stage performances
22 Elm Street, Brunswick, 725-8769
www.msmt.org

Pauline's Bloomers, 10% off in-store purchase (in person only)
153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

Reflections (Salon), 10% off, Mon & Fri
12 Center St, Brunswick, 729-8028
www.reflectionsbylucie.com

Hair Styles & Attitudes, discount for age 60+
370-9410

Tire Warehouse, 20% off labor
Topsham Fair Mall, 725-7020
www.tirewarehouse.net

Wilbur's of Maine, 10% off, anytime
43 Maine St, Brunswick, 729-4462

Wild Oats Bakery & Cafe, 10% off Mondays
166 Admiral Fitch Ave, Brunswick, 725-6287
www.wildoatsbakery.com

*Benefits subject to change



PEOPLE PLUS MEMBERSHIP APPLICATION

Date _____ PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) _____ (phone) _____ (relationship)
Name (2) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) _____ (phone) _____ (relationship)
Mailing Address _____ City _____ State _____ ZIP _____

Yearly Dues (Scholarships Available)

Cash/Credit/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____

(*donations are tax deductible)

Total: \$ _____

Single New Renewal: \$50

Couple New Renewal: \$95

(Round up to \$100 for our 50th Anniversary!!)

Lifetime Member (70 or over): \$500

Volunteer Opportunities at People Plus

I'm interested in:

- Lunch Crew**: prep, cook, setup, cleanup
- Committee work**: finance, development, programming, etc.
- Reception**: check-in, answer phones
- Teen Center**: meals/snacks, share skills

Notary Service at People Plus!

Administrative Director Barbara Quinn is a Notary and is offering her services during regular hours. Free for members. She performs marriages, too! Call to make an appointment.



Hear from our Families

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

- Terri M., resident family member



Could your loved one benefit from dedicated memory care?

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**

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Poems & Prose**The Hat**

Winter, elusive throughout the fall
fading into December
then January
... and now February
Blessed with mostly sunny days
A few flurries here and there
The first big storm hits after the New Year
Making it seem as though this new year
crawls by
January into February
Still, the Christmas present hat from son and grandson,
Sits by my jacket,
The weather mild for winter, the hat not yet worn
outdoors
Pastels in graduated rows
Soft colors
Pink and violet and soft green and yellow merging
The new state of Maine logo – the star and
evergreen
Attached to the front of the hat
Come on winter
Just one day,
I want to wear my new hat
And then ... opportunity
A frigid ice arena
Much colder than outside
Trying to stay warm
As my grandson's hockey game progresses
—Deb Noone

New Year

The old year is gone
Now all we have is memories
The new year is here
With all our hopes and dreams
We hope will come true this year
We need to hold on close
To our family and those we love
And to all the friends you have
And new friends you'll make
For these will help you make
New memories this year.
—Kathy Gaunt

The Old Frank J. Wood Bridge

The stately old bridge
has been standing over
the Androscoggin River
for 94 years. You saw the
winter snows, with plow
trucks pushing the snow
off, summer heat and
rains, the colors of fall, and
the newest of spring. You
saw the floods from the
snow melting, the waters
of summer rains that ran
under you. The years were
not kind to you, years of
salt rusting your beams.
People crossing you on
their way to work, shopping,
or vacations. There
were those that have stolen
a kiss while watching the
water flowing over the
dam and under your beau-
tiful structure. There were
different types of vehicles
that have crossed you, a
—Jim Cherry



Join us!
Wed.
at 1 pm

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

Brrr

Brrr is the feel of February
Weather forecast
Single digits,
1, 2, 8 degrees.
Just plain chilling to the bone.
A body shrinks upon venturing outside
Gloves, scarf, coat, footwear
Anything to layer against the cold.
But Brrr also summons memories of another time
Youthful memories
Snow pants, mittens, jacket, heavy boots and scarves.
Worn not to go to a grocery store,
But to rush to the best neighborhood sliding hill
Jump on that wooden sled and fly down to the bottom
of the hill as the cold breeze froze our cheeks.
Oh, the excitement of reaching the bottom first.
Then do it again, again and again.
Not to be forgotten,
Skating on the pond. Boots traded for skates, figure or
hockey, no matter.
Pulling on the skates, lacing up, standing up and with
one swift movement onto the ice. Mobility of the
skater has taken over.
Hockey game or skating with friends or alone, the
sheer joy of it all.
Today,
Brrr is a condition to deal with.
Memories, ah memories.
Happy exciting days when nature was a giver of
excitement and fun. Cold was not a challenge but an
opportunity for fun with friends on a hill or pond. No
concern of slipping and breaking a limb, but the sheer
joy of being. Yes! Thank you, February and Brrr.
March is just around the corner and kite flying. Ha ha.
—Karen Griffin

February, the Shortest Month

February is the shortest month,
true, but it is filled to the brim with
exotic, magical, and potentially
puzzling days. I'll start with the
basics. February 2 is Groundhog
Day, February 14 is Valentine's
Day, and February 16 is Presidents
Day.

February 17 is the biggest day
of the month, which falls on a
Tuesday. It is Chinese New Year,
Mardi Gras, and the beginning of
Ramadan. All of these holidays
are set by different calendars, and
they can be celebrated on different
days or even in different months.
The Chinese New Year will cele-
brate the Year of the Horse and is
a holiday period of sharing gifts
and visiting family. Mardi Gras,
also known as Fat Tuesday, is the
day before Ash Wednesday, the
beginning of Lent. The beginning
of Ramadan, which is a Muslim
religious period of fasting and
prayer, lasts until Eid, which this

year will be around March 20.

Other major events drawing
world-wide attention in February
include the Super Bowl on
February 8 and the opening cere-
mony for the Winter Olympics on
February 6.

There are special days in
February dedicated to different
foods. February 1 is Cake Pop
Day, February 9 is National Pizza
Day, and February 20 is National
Cherry Pie Day. Then there are the
days that I label 'curiosities.' For
example: February 10 is Umbrella
Day, February 15 is Decimal
Day, February 16 is Do a Grouch
a Favor Day, and February 22 is
World Thinking Day.

To borrow from my favorite
local broadcaster, Samantha York
of WCSH-TV, "If you are bored
in February, it's your own darn
fault."

—Alene Staley

When Freedom Dies

(in honor of Presidents Day)

When freedom dies
It takes our soul away,
Leaving behind the ashes
Of hope and the will to pray.

When freedom dies
It takes our compassion away,
Replacing love and kindness
With hatred and dismay.

When freedom dies
It takes our honor away,
Replacing courage and integrity
With fear and moral decay.

When freedom dies
It takes our rights away,
Leaving behind the ashes
Of liberty, justice, and the American way.

This can be our future

When truth turns into lies.

Democracy will perish

On the day – When Freedom Dies.

—P.K. Allen

Color for Year 2026

The color wheel or a set of colored
pencils have always caught my eye. In the
fall, colors seem to shout autumn oranges
to me. Then winter comes along with
what seems to be barren to some as they
hunker down in their homes to wait out
the season. Not me. I can't wait till the
first snowfall of the white stuff, longing
for a real good season of deep snow.

Looking to find out what the 'chosen
color' was for this year was on my
to-do list. Every year the Pantone Color
Institute announces a color chosen with
lots of meaning attached to it. This year's
2026 color is Pantone Cloud Dancer
(Pantone 11-4201). Pantone's color this
year is a superior, peaceful white. This

color will be used to inspire and bring
calm to a multitude of decisions made
in industry, new ideas in fashion, home
décor, tech, and, of course, art. This
color means calm, starting fresh, perhaps
setting aside "the world's noises."

The color Cloud Dancer is to give us
a relaxed and quiet existence. It is to
help one in creativity and reflection as to
imagine a clean, fresh start like a white
sheet of computer paper. The simple
Pantone color Cloud Dancer will reduce
distractions and bring balance to our
lives.

—Nonie Moody

Information sourced from Wikipedia and
Pantone.com

Farmers' Almanac 2026

The first edition of Farmers' Almanac
was published in 1818. It was early
America and intended for the whole
family. Growing up on a farm, I remem-
ber this publication. Farm folks needed
weather predictions for all seasons. It
has been reported the 2026 edition is
its final publication. It is published in
Lewiston and editor Sandi Duncan, who
has worked for the Almanac for 32 years,
writes, "We hope that this edition helps
you live the good life."

This year's edition has quite a dif-
ferent format. There used to be a daily
fact event column I checked every day,

often sharing it at our writers meeting.
It is replaced with a month page having
Sunrise-Sunset, Dates of Note, Moon's
Phases, Weather Lore, Zodiac Zone,
Helpful Hint, Birth Flower, Bird of the
Month, Birthstone, and Herb of the
Month.

I am amazed by the extended weather
forecast for all seven U.S. weather zones
and how frequently it is correct. It helps
with event and trip planning, landscaping,
gardening, nature, and the environment.
In one section of the Almanac, the
250th birthday celebration of the signing
of the Declaration of Independence
is honored by Then & Now, 1776 vs.

2026! On July 4th, 2026, this will be the
biggest birthday party any of us has ever
attended.

In another section, recipe winners –
1st, \$400; 2nd, \$300; and 3rd, \$200 – are
casserole recipes with five or fewer ingre-
dients. Maybe I will try them. Egg Facts
are listed in "Folklore & More." My final
note about the 2026 Farmers' Almanac is
"Best Days," the dates that a lot of tasks
should begin, so that you will have best
possible results.

The Almanac's 2026 "Thought of the
Year" ends my piece: "Love, compassion,
and kindness are anchors of life."

—Betty Bavor

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WHENEVER WE TAKE DOWN OUR DECORATIONS, the kids flock to try to claim them. In this instance, we were told this paper star would make a much better hat.



COLD WEATHER DOESN'T STOP our dedicated basketball fans. Thanks again to Brunswick Parks and Recreation for fixing our basketball hoop! Our kids can play all year round now.

Donate to the Teen Center!

\$30 – year of membership
\$50 – 25 meals
\$100 – gardening supplies
\$500 – driver's ed
\$1,000 – educational trips



SAGE (CENTER IN GREEN SHIRT) LEADS a few of our teens through baking a cake! Here they are decorating their final product with some fresh fruit and plenty of frosting.



TEEN CENTER NUTRITION COORDINATOR RENEE FOSTER (right) leads one of our teens through making yummy lemon poppyseed French toast. Voilà!



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'It's cold out' chronicles:

Test kitchen evolves, pro teaches baking, and kids make dessert for fundraiser

Usually, January and February are a quieter time for us here at the Teen Center. More of our kids are content to rush home and hide from the cold. Every year we tend to use this time for envisioning the year ahead – whether that's through vision boarding (kids use magazine pictures to visualize and represent a personal goal) or New Year's resolutions with the teens, or just conversations among the staff. It's when we toss every idea we can at the wall to see what sticks and then figure out how to make it happen. This year we've managed to make it through most of January without our typical lull and there's no sign of it letting up. We're still seeing over 50 kids an afternoon at least a couple times a week and the Center is buzzing with activity all day long.

That doesn't mean we don't have plenty of fun ideas being tossed around for this year! Our Teen Center Council is busy designing their dream playground so we can start

improving our outdoor space, Renee is compiling a list of new garden ideas, and our kids are already trying to get field trips on our list for the summer.

We're also starting a few things right off the bat! First on our docket is evolving our 'Test Kitchen Wednesdays' into a new cooking certificate program. The new program is aimed at middle school teens interested in learning new skills in the kitchen and earning some volunteer time by acting as a kitchen assistant during the second half of their certificate program. They'll help Renee create shopping lists, prep food, and cook dishes.

Also starting this month, we'll be joined by local chef/baker Sandra Holland, who will lead a series of baking instructional sessions with the kids. These sessions are sponsored by the Coastal Rotary Club and are a test run for the "YUCK" certificate degree. YUCK stands for "Youth United Culinary Kitchen" and aims to teach teens basic food and menu planning, budgeting, shopping, meal prep and cooking. Kids that are interested will be part of our pilot cooking course this spring. If all goes

Brunswick Teen Center News

Taylor Carter



well, we hope to try out a similar idea for the garden club this summer.

If you want to get a taste of what our kids are making, then mark your calendars! On Friday, Feb. 20, the All Saints Parish at St. Charles Borromeo Church will be kicking off their annual Lenten Chowderfest Dinners fundraiser and the Teen Center will be providing dessert for the very first one! A portion of the proceeds go to supporting the Teen Center as well as several other great local organizations, so we hope you can swing by to on site or take it to go. If you can't make it on the 20th, then you can try again on the next two Fridays!

While you're marking your calendars make sure to flip ahead to April because the next Scoop-a-Thon is right around the corner! On April 29 from 11am-11pm at Gelato Fiasco, we'll have a whole day of entertainment, celebrity scoopers, and much more, so we hope to see you there.

It's nice to be envisioning warmer weather activities at the Teen Center, but I have to ground myself a little. We've still got at least one (12??) more month left of winter before I can get too excited. We'll just have to keep hunkered down at the Teen Center with plenty of hot cocoa flowing and movies playing in the meantime.



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"TRES BON!" WAS HEARD FROM ALL who attended the third and final five-course French dinner of the season. The lucky attendees from l-r were John and Linda Gillespie, Linda Houff, Diana Rose, Sumner and Diane Field, Bruce and Kathy Ward. Jonathan Edgerton seen left and Stacy Frizzle-Edgerton, People Plus executive director, hosted several fund-raising dinners at their house this year. The dinners are part of the live auction items at Music in April. Will you be lucky enough to win one at the gala this year?



All Saints Parish St. Charles Borromeo Church

Lenten Chowderfest Dinners

Fridays, Feb 20 & 27 and March 6.
5-6 pm at 132 McKeen Street, Brunswick.

Homemade haddock chowder, grilled cheese sandwich, oyster crackers coleslaw, beverage and homemade dessert, \$12. Pizza also available for \$7.

Profits shared 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.*

Local folk favorites highlight Concerts for a Cause

Jud Caswell and Lisa Redfern, award-winning singer-songwriters and favorites of the local folk scene, will perform on Saturday, Feb. 7, for the Concerts for a Cause series to raise money for Oasis Free Clinics and Immigrant Legal Advocacy Project. The show, sponsored by the Unitarian Universalist Church in Brunswick, starts at 7:30 pm.

Tickets are \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/judNLisa>.

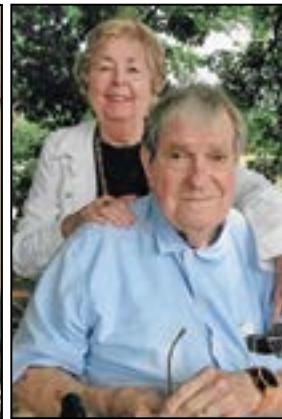
We will miss these members



Alison Coffin
Dec. 21, 1951 -
Dec. 17, 2025



Marilyn McEntee
Aug. 10, 1942 -
Dec. 24, 2025



Tom Pantaz
Dec. 9, 1941 -
Jan. 20, 2026



Stan Gerzofsky
Dec. 18, 1944 -
Jan. 21, 2026

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

Monthly Update

February 2026



All Spectrum Generations locations will be closed on Monday, February 16, in observance of Presidents' Day.

FEBRUARY IS AMERICAN HEART MONTH

Budgeting Can Improve Heart Health

Budgeting can indirectly support an individual's heart health by reducing financial stress, which is a known risk factor for heart disease. When people carefully plan their income and expenses, they are less likely to experience anxiety related to debt or unexpected costs.

Lower stress levels can lead to healthier blood pressure, reduced inflammation, and better sleep; all of which benefit cardiovascular health. Additionally, budgeting may allow individuals to allocate funds toward heart-healthy choices, such as nutritious foods, gym memberships, or regular medical checkups. By fostering financial stability and enabling healthier lifestyle decisions, budgeting becomes a practical tool for supporting overall heart well-being.

The Money Minders Volunteers provide free budgeting services to individuals 60+. If you are interested in helping others build and/or meet a budget, please call us at **(800) 639-1553** for more information.



Valentine's Day Scams

Love is in the air, but so are romantic financial scams. Scammers take advantage of emotions to steal money and personal information, especially around Valentine's Day. But you can protect yourself, and your wallet, by being informed!



What is a romance scam?

Criminals create fake romantic relationships on social media or dating apps to build trust, then request money for emergencies, travel, or investments.

Watch out for red flags:

- Is someone you are chatting with falling in love too fast?
- Do they always provide reasons they can't do video calls?
- Do they say they are stuck in another country?
- Do they ask for money, gift cards, crypto, or "emergency" help?
- Do they want secrecy?
- Do they send suspicious links or fake gift messages?

Protect Yourself:

- Never send money to someone you haven't met in person
- Don't share personal or financial details
- Verify identities
- Talk to a trusted friend before sending money

Spectrum Generations' Money Minders Volunteers not only help individuals budget, they can help identify potential scams, prevent or reduce the loss of funds to scams, and help those who are 60+ maintain their independence.

If you are interested in learning more about volunteering with the Money Minders program, please reach out to our Money Minders Coordinator at:

(800) 639-1553.

A Matter of Balance workshop in Brunswick Helps Older Adults Reduce Fall Risk and Build Confidence

Spectrum Generations is pleased to offer **A Matter of Balance: Managing Concerns About Falls**, an evidence-based program designed to help older adults reduce their fear of falling and increase their activity levels. The workshop will take place at **People Plus, located at 35 Union Street in Brunswick, on Mondays from 2 to 4 p.m., March 3 - April 20**. The class is led by two certified peer leaders and includes eight two-hour sessions. The program focuses on helping participants view falls as controllable, set realistic goals for increasing activity, and make simple changes to reduce fall risks at home. The program is ideal for older adults who are concerned about falling, have experienced a fall, or have reduced their activities due to fear of falling. **To register or learn more, contact Jen Paquet at (207) 620-1657 or email: jpaquet@spectrumgenerations.org.**

Need Help with Chores?

You May Be Able to Get Them Paid For
If you are age 60 or older, help is available!

Spectrum Generations, your local Area Agency on Aging, can work with you to help cover the cost of certain household chores as determined through the Older Americans Act.

What Does This Mean for You?

You may be eligible to have approved chores paid for directly or reimbursed, helping you stay safe, comfortable, and independent in your own home.



Examples of eligible chores include:
Snow Removal | Large cleaning projects
Brush removal | Cleaning gutters

Why Work with Spectrum Generations?

- Trusted Area Agency on Aging
- Support designed specifically for adults 60 and older
- Helps you maintain independence at home
- Financial relief for needed services

Getting Started Is Easy

Spectrum Generations will work with you to:

- Review eligibility
- Explain covered services
- Help arrange payment or reimbursement

You don't have to manage everything alone — support is available.

Contact Spectrum Generations today!
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To purchase tickets or to learn more visit, www.spectrumgenerations.org/ice-fishing-derby or scan QR code at left.

Music in April

(continued from page 1)

We look forward to your donations for the month-long online auction. Then get ready to have some fun on April 11 at the live auction – it will be here before we know it! Donations can be brought to People Plus or arrangements can be made for us to pick up your item by calling Jill at 729-0757. You can purchase tickets at People Plus or online at www.peopleplusmaine.org.

50th anniversary special donations thus far

- Amazing, top-notch SMEG stand mixer. Value: \$500! Donated by Now You're Cooking in Bath.



- Fantastic boat trip and tour of Halfway Rock Lighthouse and boathouse in Casco Bay, notable for its maritime history and recent private restoration. Value: priceless! Donated by Ford and Karen Reiche.



It's kind of odd to have a crush on an old, rusted bridge. After all, we live in an era of endless electronic notifications and pre-registration links sent ahead of an appointment. To shave 30 seconds off a human greeting at check-in, I'm asked to fill out a form on my phone – and also asked to click a link when I arrive. I admit to liking when I could show up and talk to someone at the desk. All I'm saying is, God help whoever tries to make me pre-register for my first cup of morning coffee!

I will get back to talking about the old bridge, but first I have to say that being digitally nudged and overinformed reached new heights recently when I ordered something online. A day later, I got an email from UPS announcing that they had created a label for my package. I had to laugh ... did I really need to know that?

At the risk of sounding fossilized, I feel the modern age sometimes doesn't always deliver better experience. That's why I love that Sarah answers the phone 'in person' when you call People Plus. There's no endless phone tree with "please listen closely as our options have recently changed." There's just Sarah's peppy voice and potent presence.

Anyway, back to the old bridge. I liked the old Frank J. Wood Bridge that linked Brunswick and Topsham since 1932. I liked its open-air grace and arc, along with its transparent geometry suggesting to this non-engineer how it held together. To me, long fascinated with a sense of place, the bridge also looked somehow like it belonged

there, the way it spanned the river looking just right.

I recently enjoyed the "Light on the Bridge" exhibit in the Morrell Room of Curtis library, where the works of 40 artists depicted the old bridge and surrounds. In every painted or drawn or photographed piece, the bridge was front and center. With its deconstruction just a 1/2 mile away, it felt like a fitting farewell to see the bridge honored in this way.

I've always been fascinated by bridges – from the Arch Street bridge of my Pennsylvania youth that made a funny whirring sound from the webbed metal decking as you crossed – to the magnificent bridges across the Susquehanna River. Several of them featured a series of arches, including one whose 51 arches spanned the nearly 1-mile width. Sometimes I marvel to think visually stellar examples like the Brooklyn Bridge in New York were built long before computers made engineering computations easier.

A lot of the older metal bridges now being replaced with concrete models seemed to mesh with their surroundings. Their triangular trusses showed how the iron or steel girders worked with each other to distribute the load. The aerial quality of their structure and crowning arc suggest spanning a waterway rather than simply connecting pavement on one side to pavement on the other side. For me, many old bridges seem to become a notable part of the setting, less a concrete slab. I think about the arched granite bridges in Acadia National Park that form part of its majesty.

Thinking out loud

Charmaine Daniels

news@peopleplusmaine.org

The new bridge across the Androscoggin is nice enough, but it strikes me that when it's time to replace it in 100 years, there won't be a public outcry to preserve it like there was this time. And I tend to doubt the new bridge, while serviceable, will inspire an art show. In any case, Brunswick Public Art is developing a sculpture with steel from the old bridge, and installation is planned for later this year or early next year.

One of our People Plus members had a great suggestion: Keep the old bridge for a pedestrian park. Although that's not happening, the old and the new co-existing in an 'intergenerational landscape' appeals to me. My hope is that the new sculpture design will symbolize the former bridge in some way.

When I think about the old bridge, I think about how some of us reading this might ourselves feel old, rusty, and in disrepair. Society's darlings are the young and trending, and I know I can often feel disregarded by that cultural canon. For me, the soon-to-be-gone Frank J. Wood bridge was rusted, but still beautiful and strong. And it made me think about how being old can be both.

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"BINGO!" THE SHOUT WENT OUT as the first winner filled an entire column or row! Frank Connors, a well-known bingo caller in his former life, called the nearly 50 games attended by 30 folks. Thanks to Board Trustees Michelle Borodinsky and Gail Kendrick for organizing the super fun event! The winners got to choose from prizes including candy, vintage games, antique tchotchkes, and Gelato Fiasco gift cards. Everyone had a great time and poker proved so popular that we've added it to the calendar on Tuesdays at 1 pm. Come try your luck!



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

NONFICTION

The Perfectly Imperfect Potter by Nancy Creighton Collins. The Brunswick author learns to follow the Japanese principle of wabi-sabi, which embraces imperfection.

The Heart of the Sea by Nathaniel Philbrick. Well written and well

documented, this tragedy about the whalership Essex in 1820 vividly describes whaling life and practices and the importance of Nantucket to the industry. Winner of the National Book Award.

The Ride of Her Life by Elizabeth Letts. In 1950s Maine, a broke and sick woman decides to go to California on horseback. She travels with her dog and little else, giving us a captivating, heartwarming story.

My Beloved Monster: Marsha, the Half-Wild Rescue Cat Who Rescued Me by Caleb Carr. The account of the author's intensely personal relationship with his cat over

two decades. Note for cat lovers: Check out Cleveland Amory's books about cats, including *The Cat Who Came for Christmas*. You will learn almost all there is to know about cats.

MYSTERY

Death Is Now My Neighbor by Colin Dexter. This Inspector Morse Book centers on two Oxford dons – and their wives – who fight for a plum position. Morse reveals his first name for the first time.

FICTION

Lessons in Chemistry by Bonnie Garmus. In California in the 1960s, a woman fights off a sexual attack by a college department head, but is

blamed and fired. At a second school, her abilities are belittled. She eventually succeeds as a famous chef.

The Believers by Zoë Heller. A family of 1960s-era idealists must confront disillusionment 40 years later.

Where the Forest Meets the River by Shannon Bowring. In this sequel, Maine author Bowring follows the lives of residents of an Aroostook County town in the mid-1990s.

Queen Esther by John Irving. Esther is an orphan adopted by a well-to-do family to serve as a nanny. Irving delivers another complicated, zany, and ultimately happy tale.

The River Is Waiting by Wally Lamb. A man and his family are broken apart by a child's death and the incarceration of the child's father. The story highlights the injustices in the penal system.

Otherwise Engaged by Susan Mallery. The focus is mother/daughter relationships and the impact they have on each other's lives.

The Correspondent by Virginia Evans. The life of 73-year-old Sybil is revealed through the letters she writes to family, friends, authors, editors, and others; filled with wisdom and deep insights into the human condition.



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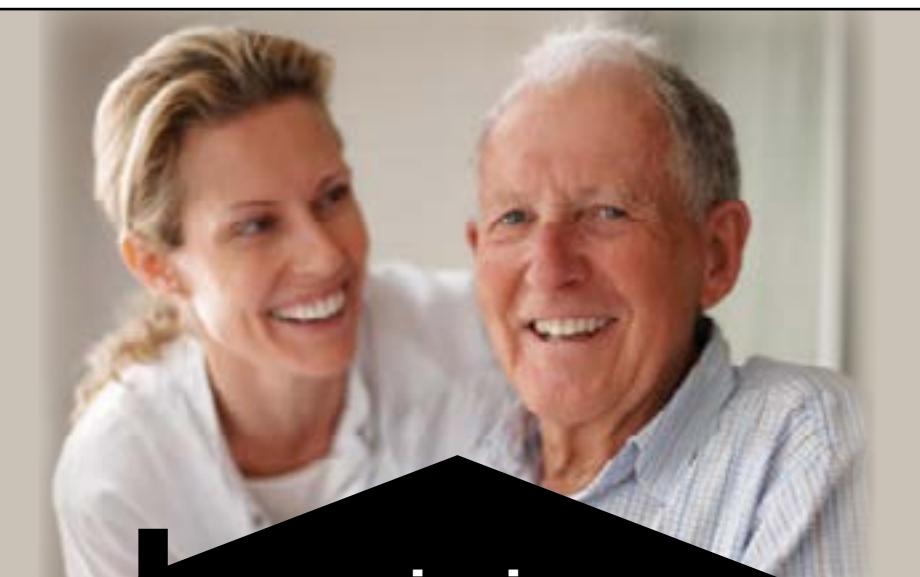
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