Russ Grohe, whose cheerful and reassuring presence has been a godsend to many. He has been a volunteer for about ten years and gives multiple rides every week. Like many Friends in Action volunteers, he in many different ways. He offers one-on-one computer tutoring at the Senior Center and has been a volunteer at the coffee house for several years, serving coffee and chatting with those who come to visit. He has also served on the Friends in Action Board of Directors since 2011. Russ says that he wanted to volunteer with Friends in Action because he wanted “something useful to do” when he retired and had always done service for others throughout his life. His favorite part of volunteering is time he spends with people when giving a ride; he calls it “a few minutes of fun”.

Emily Muise, a resident of Trenton, offered to help with rides because she knew one of the older people that Friends in Action had helped. She gives rides once or twice a week and is ready to go anywhere (shown here with her map!). She has been volunteering for about a year and has recently joined the Friends in Action Board of Directors. She also volunteers in the FIA office once a week.

Shirley Leslie worked in the legal field for many years, 26 years at Pine Tree Legal. She came to the Friends in Action Senior Center where she participates in many programs and volunteers to serve meals, helps with the senior coffee house, and assists with events at the center. Because she lives alone now, Shirley knows how important it is to be with other people. For her the most important part of volunteering is to see people feel welcomed and comfortable at the senior center. She most enjoys the camaraderie she finds at the center, both for herself and for those whom she serves.

Janice O’Brien retired from Vermont to Ellsworth and came looking for volunteer opportunities. She found Friends in Action online and became a volunteer leader for the RSVP Program “Bone Builders” that Friends in Action hosts at the Senior Center, an exercise class led by volunteer leaders to prevent and reverse osteoporosis. Janice also volunteers for Friends in Action in other ways, helping with rides when needed, assisting with events, meals, and even the raised bed gardens that are a new part of the Senior Center.
Weekly Program Schedule in April

Programs marked with a star (*) are free of charge.

MONDAYS:
9:00—11:00: "Visit with Friends" Coffee House*
9:00 – 10:15: "Bone Builders"*
11:30 – 12:30: Strength & Balance
1:00 – 1:45: BEST Strength Training
1:00—3:00: Pastels on Velour

THURSDAYS:
9:00 – 11:00: Open Gym for Seniors*
9:00 – 11:00: "Visit with Friends" Coffee House*
10:00 – 11:00: "Bone Builders"
10:30 – 11:30: Tai Chi (beginners)
12:00 – 1:00: Senior Lunch
1:00 - 3:00 : Computer Help *

FRIDAYS:
10:00 - 11:00: Zumba Gold
11:30 – 12:30: Strength & Balance
12:45 – 1:15: Chair Yoga
1:00 – 3:00: Computer Help *

TUESDAYS:
9:00 – 10:00: "Friends in Motion" Walking Group*
10:00 – 11:00: Pickle Ball
10:00 – 11:00: "Friends in Motion" Walking Group*
10:00 – 12:00: Computer Help*
10:00 – 11:30: Free Writing Group*
12:00 – 1:00: Senior Lunch
1:00 – 2:00: Chair Yoga
5:00 – 6:30: Senior Strength Training*

WEDNESDAYS:
9:00 – 10:15: "Bone Builders"*
9:00 – 12:00: "Wednesday Painters"*
10:00 – 12:00: Sewing
10:30 – 11:30: Tai Chi
11:30–12:15: BEST Strength Training
1:00 – 4:00: Open Sewing
1:00 – 2:00: Gentle Yoga
2:30 – 4:45: Mah Jong*
3:00 – 5:00: Computer Help*

COMING IN APRIL

RAISED BED GARDEN PLANNING
April 18, 11:00
The next meeting about the raised beds will be
April 18th, 11:00. Join Master Gardener Volunteer Mary Jude and other FIA volunteers as we plan the gardens for 2016!
"Coffee with a Cop" April 21, 2016, join the fun at our regular Senior Coffee Café 9 to 11, and meet your local Ellsworth Police Officers.
Basic Computer Operations, with David Gee, 10am to 12pm, this 2 hour class meets April 5th, 12th, and 19th. These are free classes, call FIA today to register 664-6014.
Iris Folding April 19th, 2:00pm-3:00pm, Lynne O’Kane will teach you how to Create a Greeting Card with Iris Folding. This technique gets its name from the spiral effect of an old fashioned camera iris diaphragm. $5.00 for class.
Slide Show by Wayne Smith, April 28th, 10:30-11:30, His recent trip overseas.

MOTHER’S DAY TEA
Friday, May 6, 2:00–4:00
A FUND RAISING EVENT FOR FRIENDS IN ACTION
$10 PER PERSON. Music and refreshments, gifts and door prizes! Enjoy a special afternoon with your mother, aunt, sister, daughter or friends. Tickets available April 1. Seating is limited. 664-6016 to reserve your seat.

COMING IN MAY

INTRODUCTION TO HAND-BUILDING WITH CLAY.
Tuesdays and Thursdays
1pm to 2:30pm
May 3rd through May 26 join us for this 8 class program. Instructor Neale LaSalle, from Clay with Me, will teach the basics of clay handling and care.
Class is $75.00 per person, pre-registration is required. Call FIA today to reserve your space 664-6016

COMING IN JUNE

AARP SMART DRIVERS CLASS
Monday June 13, 10-3:15 drivers 55+ will receive a certificate to get a discount on their vehicle insurance. Pre-registration required. For more info and to register stop in or call the FIA office. 664-6016

Saturday evening, October 1
Second Annual DINNER & AUCTION
A huge success in 2015! Promises to be an even bigger success in 2016! Seating is limited.

"WALL OF LOVE"
Honor your loved ones in May
We will be running a special in the May edition of our Program Guide honoring loved ones. You can add your loved one’s name to the “Wall of Love” with a small donation. Entries must be received by April 25th. Call or drop in to the FIA office to fill out your Memorial form.
The Friends in Action Senior Center is located at 5 General Moore Way, Ellsworth, within the Moore Community Center. There is no fee to become a member of the Senior Center. For more information, contact Paula Perry, Senior Center Program Coordinator at 664-6016 or pperry@friendsinactionellsworth.org.

PASTELS ON VELOUR
MONDAYS, 1:00 – 3:00
$5.00 per calendar month. Pastels painting, with Jill Donovan.

FREE WRITING GROUP
TUESDAYS, 10:00 – 11:30
This group welcomes new participants. You may share your writing, or not, as you prefer. Some prompts are provided to inspire! There is no charge.

WEDNESDAY PAINTERS
WEDNESDAYS, 9:00 – 12:00
A painting group that welcomes new senior participants. Bring your own materials. There is no charge.

MAH JONG
WEDNESDAYS 2:30 – 4:45
An ancient Chinese game. Learn to play or increase your skill level and enjoy some social time! If you don’t play a

COMPUTER CLASS
Basic Computer Operations , April 5, 12, and 19th
This is a three 2 hr classes, to introduce you to and help you understand your computer. Classes are Free, and seating limited, call now to reserve your seat. 664-6016

VISIT WITH FRIENDS COFFEE HOUSE
MONDAYS and THURSDAYS, 9:00 – 11:00
Come meet new and old friends and enjoy a cup of coffee and some conversation! Refreshments, coffee, cribbage and board games, some occasional entertainment. There is no charge, donations are appreciated. ** Special April 21, come enjoy “Coffee with a Cop” during our regularly schedule coffee house.

SENIOR LUNCH PROGRAM
TUESDAYS, THURSDAYS 12:00
A hot cooked meal prepared on the premises. Monthly menu is available with this program guide or on our website. Meals are $6.00 per person age 60 and over, $8.00 for all others, and must be ordered by 2:00 pm the prior day; if ordered, payment is required. Financial aid is available to any who need it and is kept confidential. Application form available at our website, in our office and with this program guide.

GARDENERS BOOK CLUB
THIRD THURSDAY of each month
April 21, 2016 9:00—11:00 Paths of Desire Dominique Browning
This group is open to seniors and is organized by Master Gardener volunteers.

SEWING & QUILTING
WEDNESDAYS 10:00 – 4:00
Check in for the latest project being worked on, Help is available for beginners. Work on your projects and enjoy learning from others; $5.00 drop-in fee. There are machines and materials available.

COMPUTER HELP
TUESDAYS 10:00 -12:00 (David), WEDNESDAYS 3:00 -5:00 (Russ) THURSDAYS 1:00 -3:00 (David), FRIDAYS 1:00 – 3:00 (Russ).
Volunteers Russ Grohe and David Gee provide one-on-one assistance for computer questions. Appointments are recommended. There is no charge. Call 664-6016 for an appointment.

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ARTS AND ENRICHMENT PROGRAMS

HEALTH AND WELLNESS PROGRAMS

FITNESS ROOM
See Fitness Room information included with this guide.

PERSONAL TRAINING FOR POSTPHYSICAL THERAPY PATIENTS
This is available by appointment only, for those who are recovering from a stroke or other injury or who need individual guidance. $30 per half hour.

“BONE BUILDERS”
RSVP CENTER ON AGING
MONDAYS & WEDNESDAYS, 9:00 – 10:15
Gentle strength and balance training, to prevent and reverse osteoporosis. Participants should commit to regular attendance; a physician’s written approval is required. Limited to 15 participants. Led by trained lay leaders, this class is free.

FRIENDS IN MOTION
TUESDAYS, 9:00 – 10:00
Indoor and outdoor walking group. There is no charge.
HEALTH & WELLNESS PROGRAMS continued

BASIC EASY STRENGTH TRAINING (“BEST”)
MONDAYS, 1:00—2:00 WEDNESDAYS 11:30—12:15
This class is perfect for beginners. BEST will help you maintain bone mass and prevent age-related muscle loss. This style of strength training will gently and effectively work the muscles, tendon, tissue and ligaments in a way that it will allow you to perform everyday activities with greater ease, and with less risk of falling. Freedom of movement can have a considerable impact on your quality of life.$5 drop in or free with Fitness Pass.

STRENGTH & BALANCE
MONDAY, 11:30 – 12:30; TUESDAY, 10:00 - 11:00; THURSDAY, 10:00 -11:00; FRIDAY, 11:30 - 12:30
Systemic overall body workout that combines strength and cardio training with a variety of exercises; you can get more fit and strong no matter what your age or limitations $5 drop-in fee or free with Fitness Pass.

SENIOR STRENGTH & CARDIO
TUESDAY, 5:00—6:00
Melanie Zador leads the group in Strength Building for seniors, no charge for this class.

PICKLE BALL
TUESDAYS, 9:00 - 11:00, OPEN COURT: Monday, Tuesday, Wednesday, Thursday 1:00- 3:00 **Please note during the week of 4/18 thru 4/22, there will be no afternoon Pickle Ball, due to School Vacation. This game uses a whiffle type ball, lower net, smaller court and is similar to tennis. Come learn with how to play with the rest of us! Instructors available to teach first timers. Non-marking shoes required. This game is addicting! By donation ($2 suggested).

SENIOR OPEN GYM
THURSDAYS 9:00 – 11:00
Play ping-pong or shoot a few hoops in the gymnasium. Coming soon: indoor shuffleboard! No charge.

CHAIR YOGA
TUESDAYS, 1:00 – 2:00;
FRIDAYS, 12:45-1:15
This class which offers an alternative to yoga on the floor. Chair yoga lends itself to many aspects of the practice of yoga: meditation, breathing techniques, stretching. $5 drop in or free with Fitness Pass.

GENTLE YOGA
WEDNESDAYS, 1:00 – 2:00
For all ages and levels. Anyone can do gentle yoga! There will be some deep breathing and simple stretches to tone and energize the body and mind. We will start with a brief centering meditation and end with a deep resting pose. Great way to feel better all over! $5 drop in fee or free with Fitness Pass.

TAI CHI FOR HEALTH
WEDNESDAYS 10:30-11:30,
THURSDAYS 10:30-11:30, Improve balance, strength, and flexibility. Offered by Healthy Acadia and trained leader Nina Zeldin. $5 donation to Healthy Acadia.

GIFT IDEA!
Happy April Birthdays!
Every month we celebrate birthdays at the Coffee House on the first Thursday!

APRIL BIRTHDAYS:
Jane C., Ellen C., Cindy G., Dwight N., Mardie T., Glen W., AND Aleta Fusco

SUPPORT GROUPS
Brain Injury & Stroke Support Group
2:00 –4:00 April 17 meets the THIRD Monday of each month
Hancock County Parkinson’s Support Group
2:00 –4:00 pm April 20 THIRD Wednesday of each month
Sage Maine
Drop –in Center Support Group
1:00-3:00pm April 26 LAST Tuesday of each month

RESOURCES
Every month, Eastern Area Agency on Aging offers resource information workshops and one-on-one counseling about Medicare and other benefits at the FIA Senior Center.

Medicare and Benefits Counseling
FRIDAY, April 8, 9:00—3:00
FRIDAY, April 15, 9:00—3:00
By appointment only. Call 1-800-432-7812

I ride horses so I need a strong core. I attend the strength and balance classes 2-3 times a week and yoga. My riding instructor has noticed a big difference in my core strength since I started coming to Friends In Action. I come because it’s always a great workout that is fun! - Barb

I come for companionship and I found that mixed with laughter! These workouts are fun! I have noticed my increased core strength and muscle mass which you lose easily if you don’t keep moving. The classes here are suitable for every level. It’s okay to sit or stand. You can participate at your level of comfort. — Jaquie
APRIL 2016

**Tuesday, April 5**
Ham, Baked Potato, squash, roll, Carrot Cake

**Thursday, April 7**
Ruben Sandwich, Cole Slaw, Chips, Berry Crisp

**Tuesday, April 12**
Spaghetti and Meat Balls, Garlic Bread, Salad, Sherbet

**Thursday, April 14**
Turkey with Gravy, mashed potato, carrots, Stuffing, roll, Brownie Cup

**Tuesday, April 19**
Breaded Pork Chop, Baked Potato, roll, peas, Baked Apple

**Thursday, April 21**
Corn Chowder, Salad, roll, fresh Fruit Cup

**Tuesday, April 26**
Shepard's Pie, Roll, Pudding Parfait

**Thursday, April 28**
Ham, Mashed Potato, Veg, Roll, Pineapple Upside Down Cake

**All meals are served at 12:00**

**RESERVATIONS REQUIRED**
Reservations must be received by 2:00 pm the day before. (Call 664-6016)

MEALS ARE $6.00 FOR AGES 60 and older $7.00 FOR SENIORS WHO HAVE NOT REGISTERED

*(Financial Aid is available if needed.)*

ALL OTHERS $8.00

Friends in Action receives $1 per meal from Eastern Area Agency on Aging for all registered seniors, ages 60 and older. Starting March 15, we will charge $7.00 per meal for seniors who prefer not to register. An updated form is available at meals. Registration is only required once per year and you may register the day of your meal. This subsidy helps make our meal program possible. Thank you for your help!

St. Patrick’s Day, we enjoyed music, good food and even better friends!
SENIOR FITNESS PROGRAM

GENERAL INFORMATION

The mission of Friends in Action is to promote independence and a strong quality of life for older and disabled adults. Our goal is to improve the health and well-being of seniors throughout our region. Many studies have shown that both physical activity and social interaction are essential for all ages. The Friends in Action Senior Fitness programs and the Friends in Action Fitness Room are the result of careful planning to better address that need.

Use of the Fitness Room is intended for adults, aged 50 and older who can function independently. Our Fitness Program is for seniors of all fitness levels; come see what you can accomplish!

ORIENTATION: Before using the Fitness Room and its equipment, each user must have a general orientation to the room, the equipment and Fitness Room policies with the Fitness Program Director or a designated substitute. This orientation is free and is by appointment.

WAIVER: Each user must sign a waiver; a doctor’s permission form is strongly recommended but may be waived by the user.

CLASSES: Group classes do not require an orientation or waiver before participation (with the exception of the RSVP Center on Aging “Bone Builders” class).

FEES: Costs for classes vary; most will require the Fitness Pass or a drop-in fee. (See fee schedule below.) Some are free or by donation. The Fitness Pass is monthly; it may be purchased for several months at a time.

HOURS: The Senior Center is generally open 8:00 – 5:00, Monday – Friday. The Fitness Room may be used during those hours by members who have been approved by the Fitness Program Director. Others may use the room (after completing an orientation) when an attendant is present.

USE: Each time that you come to use the Fitness Room, you will be asked to sign in and to pay a drop-in fee if you do not have a Fitness Pass. Users with a current Fitness Pass have access to the Fitness Room and classes without additional charge.

CANCELLATIONS: We will make every effort to inform you if a group class is cancelled due to staff illness or weather. Cancellations will be posted on our website. When Ellsworth schools are closed due to inclement weather, the Friends in Action Senior Center is also closed.

STAFF: Machelle LaHaye is the Fitness Program Director, with Europa Hagerman as assistant trainer. Trainers are also available by appointment, which can be arranged through the main office.

Friends in Action welcomes your suggestions for future programs.

Gift certificates are available!

<table>
<thead>
<tr>
<th>Drop-in fee: $5</th>
<th>1 MONTH</th>
<th>3 MONTHS</th>
<th>6 MONTHS</th>
<th>1 YEAR</th>
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<td></td>
<td>$30</td>
<td>$85</td>
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</table>

FRIENDS IN ACTION SENIOR CENTER

General Information

Telephone 664-6016 (toll free 844-830-7382)

LOCATION: The Friends in Action Senior Center is located in the former Bryant E. Moore School (now called the “Moore Community Center”), 5 General Moore Way, which is off State Street in Ellsworth.

MEMBERSHIP: There is no membership fee for the Senior Center; participants are asked to register at their first visit and then simply check in at each subsequent visit.

FEES: Many of the programs offered by Friends in Action are at no charge or a low fee to cover costs; donations are appreciated and may be made in person at the Senior Center, by mail to P.O. Box 1446, Ellsworth 04605 or by credit card on our website, www.friendsinactionellsworth.org. Friends in Action is a 501 c 3 nonprofit organization and your donations are tax deductible. All of our funding is raised through individual support, grants and fundraising events.

FINANCIAL ASSISTANCE: Application forms are available at the reception desk or by calling 664-6016. They are also included in this Guide. The mission of the Friends in Action Senior Center is to offer programs to seniors throughout Hancock County so that they may live healthier and happier lives. It is our hope that our programs will be as available as possible to all who wish to participate.

Friends in Action STAFF:

Jo Cooper, Executive Director
Aleta Fusco, Administrative Assistant
Lynn O’Kane, Transportation Coordinator
Paula Perry, Senior Center Program Coordinator
Machelle LaHaye, Fitness Program Director

THE BOARD OF DIRECTORS:

Paul Pangburn, President
Joyce Snow, Vice-President
Mary Ann Lock, Secretary
Tim Tunney, Treasurer
Sheila Denny-Brown, Sam Francis, Russ Grohe, Melissa Hale, Leslie Harlow, Emily Mulse, Sara Sherwood, Charlotte Stetson, Jackie Weaver, Bob Wilson
FRIENDS IN ACTION SENIOR CENTER
APPLICATION FOR FINANCIAL ASSISTANCE

Name__________________________Date of birth__________________________

Address_________________________City____________________Zip________
Telephone______________________Cell________________________Email________________________

Do you live alone____or with friend or relative____
Program(s) for which you need assistance:____________________________________

Friends in Action’s mission is to make its services and programs as available as possible to all seniors and that financial need should not prevent access to our programs. We do not receive any Federal or State funding and must raise all our funding from the community. Financial assistance is contingent upon available funding. Any contribution toward meeting our costs will help us to continue our programming. A contribution is not required but is appreciated. (For example, if the cost of each meal is $6, you may be able to contribute $3.)

COST OF PROGRAM____________AMOUNT YOU WILL CONTRIBUTE________

Gross household income guidelines for reduced price meals: (source: USDA)

<table>
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<tr>
<th>Family Unit Size</th>
<th>Weekly</th>
<th>Bi-weekly</th>
<th>Semi-monthly</th>
<th>Monthly</th>
<th>Annual</th>
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<tr>
<td>1</td>
<td>$416</td>
<td>$831</td>
<td>$990</td>
<td>$1,800</td>
<td>$21,590</td>
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<tr>
<td>2</td>
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<td>705</td>
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<td>2,152</td>
<td>4,303</td>
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<tr>
<td>6</td>
<td>1,138</td>
<td>2,275</td>
<td>2,465</td>
<td>4,929</td>
<td>59,145</td>
</tr>
</tbody>
</table>

How many persons live at your address and make up your family unit? ________ Is your gross family unit income less than the amount listed? Yes____no____

I certify that I am in need of financial assistance in order to participate in Friends in Action senior center programs. (Signed)________________________________________(date)_____________

PROGRAM(S) FOR WHICH YOU NEED ASSISTANCE:____________________________________

Approved for:________________________________________________________

APPLICATION FOR FINANCIAL ASSISTANCE

For Office Use Only:______________________________________________________

For more information, contact us at 664-6016.

OUR WISH LIST

Comfortable seating for welcome area
Display case
Yoga mats
Portable ramp
Wheel chair van!
Dyson Vac for Fitness Room

VOLUNTEER

Volunteers make everything that we do possible. You can decide on your own hours and availability. (see below)

TELL YOUR FRIENDS

We appreciate your letting others know who may benefit from Friends in Action services and programs.

A special thank you to those of you helping to fulfill the wish list.

What is Friends in Action?

Our Mission: to offer free services to elderly and disabled residents of Hancock County, so that they can live independently, with dignity and a strong quality of life.

Friends in Action is a 501 c 3 nonprofit organization serving all of Hancock County and sometimes beyond! Founded in 2003 to assist older and disabled residents with direct volunteer services, Friends in Action provides transportation, friendly visits, grocery shopping, simple home repairs, and other one-on-one volunteer services at no charge. The Senior Center began in 2008 with the "Visit with Friends Coffee House", a weekly social morning, as a way to alleviate loneliness and isolation. In 2009, Friends in Action expanded that program in partnership with the Downeast Family YMCA and the City of Ellsworth at the recently vacated Bryant E. Moore School. The City of Ellsworth provided the renovations to the school facility which is managed by the YMCA. An added benefit is the combination of the Y's preschool program and Friends in Action's senior programs in the same building. While the City provided the facility upgrades, Friends in Action remains an independent organization and provides the Senior Center programs and volunteer services to the community. We keep any program fees as low as possible. In 2015, Friends in Action volunteers provided about 5,000 rides to a variety of destinations, including medical providers, grocery stores, food pantries, beauty salons, veterinarians, the FIA Senior Center, and more! There were thousands of visits to the Senior Center and about 400 people became members. We hope you will join us! It is a great way to make new friends, stay connected, and be a part of the community.

Become a Friends in Action Volunteer!

Volunteers teach classes, greet visitors, serve meals, provide rides, deliver food, pick up groceries or prescriptions, help with yard work or chores, do simple home repairs and more! They are kind and caring neighbors, the true Friends in Action! To become a volunteer, contact us at 664-6016 or email info@friendsinactionellsworth.org. We also can connect you with other fun volunteer opportunities, such as helping in the YMCA Early Learning Center or in the community.
Weather cancelations: If the Ellsworth schools are closed due to inclement weather, then the Friends in Action Senior Center will be closed. Any volunteer transportation is provided at the discretion of the volunteer. We will post any closings on WLBZ 2 and the local radio stations; or you can call our office (664-6016) for current information.

### April, 2016

<table>
<thead>
<tr>
<th>SUN-</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATUR-</th>
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<tbody>
<tr>
<td>4.</td>
<td>Bone Builders</td>
<td>9:00 Coffee House</td>
<td>1:30 Strength &amp; Balance</td>
<td>1:30 Pastas on Voulur</td>
<td>1:00 B.E.S.T. fitness</td>
<td>1:00 Pickleball</td>
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<td>5.</td>
<td>Zumba Ball</td>
<td>Friends in Motion</td>
<td>Free Writing</td>
<td>Bakt! Comp Operations</td>
<td>10:30 Strength &amp; Balance</td>
<td>12:00 Chair Yoga</td>
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<tr>
<td>6.</td>
<td>1:00 West Painters</td>
<td>9:00 Coffee House</td>
<td>9:00 Bone Builders</td>
<td>10:00 Office</td>
<td>10:00 Tai Chi</td>
<td>10:00 Quilt class</td>
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<td>7.</td>
<td>Coffee House</td>
<td>9:00 Open Gym</td>
<td>9:30 Strength &amp; Balance</td>
<td>10:30 Tai Chi</td>
<td>12:00 Senior Lunch</td>
<td>1:00 Computer Help</td>
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<td>8.</td>
<td>10:00 Zumba Gold</td>
<td>9:30 Strength &amp; Balance</td>
<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
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<td>9.</td>
<td>1:00 EAAA Benefits appts</td>
<td>10:00 Zumba Gold</td>
<td>11:30 Strength &amp; Balance</td>
<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
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<tr>
<td>10.</td>
<td>Bone Builders</td>
<td>9:00 Coffee House</td>
<td>11:00 Garden planning</td>
<td>1:30 Strength &amp; Balance</td>
<td>1:00 Pastas on Voulur</td>
<td>1:00 B.E.S.T. fitness</td>
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<td>11.</td>
<td>Coffee House</td>
<td>9:00 Pickleball</td>
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<td>12.</td>
<td>1:00 West Painters</td>
<td>9:00 Bone Builders</td>
<td>10:00 Office</td>
<td>10:00 Tai Chi</td>
<td>10:00 Quilt class</td>
<td>10:00 BEST Fitness</td>
</tr>
<tr>
<td>13.</td>
<td>Coffee House,</td>
<td>9:00 Open Gym</td>
<td>9:00 Strength &amp; Balance</td>
<td>10:30 Tai Chi</td>
<td>12:00 Senior Lunch</td>
<td>1:00 Computer Help</td>
</tr>
<tr>
<td>14.</td>
<td>10:00 EAAA Benefits appts</td>
<td>10:00 Zumba Gold</td>
<td>11:30 Strength &amp; Balance</td>
<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>Moira O'Neill Fundraising Meal to benefit FIA</td>
<td></td>
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<tr>
<td>16.</td>
<td>9:00 Bone Builders</td>
<td>9:00 Coffee House</td>
<td>11:00 Garden planning</td>
<td>1:30 Strength &amp; Balance</td>
<td>1:00 Pastas on Voulur</td>
<td>1:00 B.E.S.T. fitness</td>
</tr>
<tr>
<td>17.</td>
<td>Coffee House</td>
<td>9:00 Pickleball</td>
<td>1:00 Chair Yoga</td>
<td>1:00 Computer Help</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>1:00 West Painters</td>
<td>9:00 Bone Builders</td>
<td>10:00 Office</td>
<td>10:00 Tai Chi</td>
<td>10:00 Quilt class</td>
<td>10:00 BEST Fitness</td>
</tr>
<tr>
<td>19.** Special</td>
<td>Victorian Doll House mtg</td>
<td>10:30 Chair Yoga</td>
<td>10:30 Tai Chi</td>
<td>11:30 BEST Fitness</td>
<td>11:00 Healthy Acadia TAFH</td>
<td>12:00 Senior Strength Training</td>
</tr>
<tr>
<td>20.</td>
<td>1:00 Coffee House</td>
<td>9:00 Coffee with a Cop</td>
<td>9:00 Gardeners Book Club</td>
<td>10:00 Strength &amp; Balance</td>
<td>10:30 Tai Chi</td>
<td>12:00 Senior Lunch</td>
</tr>
<tr>
<td>21.** Special</td>
<td>1:00 Coffee House</td>
<td>9:00 Coffee with a Cop</td>
<td>9:00 Gardeners Book Club</td>
<td>10:00 Strength &amp; Balance</td>
<td>10:30 Tai Chi</td>
<td>12:00 Senior Lunch</td>
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<tr>
<td>22.</td>
<td>10:00 Zumba Gold</td>
<td>11:30 Strength &amp; Balance</td>
<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
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<td></td>
</tr>
<tr>
<td>23.</td>
<td>9:00 Bone Builders</td>
<td>9:00 Coffee House</td>
<td>11:00 Garden planning</td>
<td>1:30 Strength &amp; Balance</td>
<td>1:00 Pastas on Voulur</td>
<td>1:00 B.E.S.T. fitness</td>
</tr>
<tr>
<td>24.</td>
<td>Coffee House</td>
<td>9:00 Pickleball</td>
<td>1:00 Chair Yoga</td>
<td>1:00 Computer Help</td>
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<tr>
<td>25.</td>
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<td>9:00 Bone Builders</td>
<td>10:00 Office</td>
<td>10:00 Tai Chi</td>
<td>10:00 Quilt class</td>
<td>10:00 BEST Fitness</td>
</tr>
<tr>
<td>26.</td>
<td>1:00 Coffee House,</td>
<td>9:00 Open Gym</td>
<td>9:00 Strength &amp; Balance</td>
<td>10:30 Tai Chi</td>
<td>12:00 Senior Lunch</td>
<td>1:00 Computer Help</td>
</tr>
<tr>
<td>27.</td>
<td>10:00 EAAA Benefits appts</td>
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<td>11:30 Strength &amp; Balance</td>
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</tr>
<tr>
<td>28.** Special</td>
<td>1:00 Coffee House</td>
<td>9:00 Open Gym</td>
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<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
<td></td>
</tr>
<tr>
<td>29.</td>
<td>10:00 Zumba Gold</td>
<td>11:30 Strength &amp; Balance</td>
<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
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<td></td>
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<td>30.</td>
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<td>10:00 Zumba Gold</td>
<td>11:30 Strength &amp; Balance</td>
<td>12:45 Chair Yoga</td>
<td>1:00 Computer Help</td>
<td></td>
</tr>
</tbody>
</table>

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**Special Events:**
- **March 30:** 9:00 Coffee House
- **April 2:** 10:00 Zumba Gold

Thank you to this month’s sponsor:

![Seaport Village Healthcare](image-url)

From: Friends in Action
P.O. Box 1446
Ellsworth, ME 04605