On the Blue Hill Peninsula, our home visitors volunteer initiative has 10 new volunteers. A grant through Thriving in Place Downeast has expanded our services and we are working closely with the Blue Hill Memorial Hospital to better serve older people with chronic health conditions and to expand Friends in Action’s services in that area of Hancock County.

In addition to the 29 new volunteers listed above, we have added 5 new volunteer drivers rest of the County and 6 new volunteers helping at the Senior Center. That is an amazing 40 new volunteers in the past two months!

Some NEW ways to help Friends in Action

The Board of Directors is launching a new way to support Friends in Action. We know many people have come to value Friends in Action’s programs at our senior center and services in the community and want to know how keep FIA around.

“We FRIENDS FOREVER” is a giving society for those who have taken steps to support Friends in Action over the long term. There are a variety of ways of doing this. We will be hosting a wine and cheese event in July to introduce some of our participants to this way of supporting Friends in Action. Like to know more? Just call Jo Cooper, 664-6016.

FIA volunteers helping at the Senior Center. That is 10 new volunteers in the past two months! Our volunteers help others live independently through FIA.

Want to volunteer? Just call us at 664-6016, or drop by!

New things happening at Friends in Action!

We have a new art class, Watercolor Painting (see p. 2), and new fitness classes ("Small Group Training") for those who feel more comfortable with a smaller class or who may want to work on individual goals with a friend.

On Deer Isle, our satellite initiative now has 19 volunteer drivers! We are helping more people there than we ever have before, thanks to a grant from the Island Medical Center.

Friends in Action has been accepted by Maine’s Community Service and Volunteer Program (CSVP) and Fosters Community Funds Program. Friends in Action over the long term. There are many people who have come to value Friends in Action’s programs at our senior center and services in the community and want to know how keep FIA around.

"FRIENDS FOREVER" is a giving society for those who have taken steps to support Friends in Action over the long term. There are a variety of ways of doing this. We will be hosting a wine and cheese event in July to introduce some of our participants to this way of supporting Friends in Action. Like to know more? Just call Jo Cooper, 664-6016.

Friends in Action has been accepted by R H Fosters Community Funds Program. You can have a portion of your propane and fuel oil price per gallon donated to Friends in Action. For those who enroll, FIA will receive .02 center per gallon of Distillates for every gallon delivered, or .05 cents per gallon of propane. More information on page __. If you enroll, you can donate to FIA with money that you will be spending on these products anyway and helping Friends in Action in a real way.

And if you enjoy golf—or even if you don’t!—you can support Friends in Action’s golf outing on September! Friends in Action will be holding its 6th Annual Golf Tournament at Kebo Valley Golf Club Tuesday September 13th. For registration information contact Paul Pangburn panggoalie@aol.com or 207-852-3414. If you aren’t a golfer and would like to say thank you to Friends in Action there are personal sponsorship as well as business sponsorship opportunities available.

Thank to our July sponsor:

Hale & Hamlin, LLC

Attorneys at Law

Barry K. Mills, Esq.
Justin M. Bennett, Esq.
Melissa M. Hale, Esq.
Sally N. Mills, Esq.

Serving the Downeast community since 1883.

4 State Street, Ellsworth, Maine, 04605
Telephone: 207 667 2561
www.halehamlin.com

We are pleased to announce our new additional office in Blue Hill
105 Main Street, Ste 2, Blue Hill (opposite the post office)
Telephone: 207 374 7016

Paul Pangburn (diamond design) shows off his fancy golf trunks at the 2015 FIA Golf Tournament. A great way to support FIA and see handsome young men in fancy pants!
Weekly Program Schedule in JULY

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”※
10:00 – 11:00: Zumba Gold
11:30 – 12:30: Strength & Balance
1:00 – 1:45: “BEST” Strength Training
1:00 – 3:00: Pastels on Velour

TUESDAYS:
9:00 – 11:00: Pickle Ball
9:00 – 10:00: “Friends in Motion” Walking Group※
10:00 – 12:00: Computer Help ※
10:00 – 11:30: Free Writing Group ※
11:30 – 12:00: Small Group Training
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 – 9:30: Small Group Training
9:00 – 12:00: “Wednesday Painters” ※
10:30 – 11:30: Tai Chi
11:30 – 12:15: “BEST” Strength Training
1:00 – 4:00: Carol’s Sit and Sew
1:00 – 1:30: Small Group Training

THURSDAYS:
9:00 – 11:00: Open Gym for Seniors ※
9:00 – 11:00: “Visit with Friends” Coffee House ※
10:00 – 10:45: Strength & Balance
10:45 – 11:45: Tai Chi (beginners)
12:00 – 1:00: Senior Lunch
1:00 – 3:00: Computer Help ※
5:00 – 6:30: Senior Strength Training

FRIDAYS:
10:00: Zumba Gold
11:30: Strength and Balance
1:00 – 3:00: Computer Help ※
1:00 – 1:30: Small Group Training

Starting JUNE 28
Watercolor Painting Classes
1:00 – 3:00: Tuesdays
Instructor Karin A. Hill will be starting from the beginning and all new students are welcome. Suggested materials needed are: a 1” flat brush, your own watercolor paints and a watercolor paper pad (not needed for first class).
Cost of Class is $5.00 per class.

New Fitness Classes: Starting July 11th
Small group trainings, 2-4 people per group, $15.00 per person per session, or a 6 week, 2 sessions a week for $150.00, a savings of $30.00.
Pre-registration required, available slots:
Tuesday 11:30-12,
Wednesday 9:00 – 9:30, and 1:00-1:30,
Friday 1:00 to 1:30.
Set your fitness goals, we will build a fitness program to meet or achieve your fitness goals. Call 664-6016 to reserve your space.

SEPARATE FROM THE FITNESS PASS!!

Mark your calendars!

COMING IN AUGUST
* SAIL THE SOUTH PACIFIC* with Friends in Action
Friday August 5, 1-4, Enjoy an afternoon with friends sampling tropical non alcoholic drinks and tasty snacks all the while watching the movie “South Pacific”. Straw hats, leis and sandals optional. Cost is $10.00 per person, (pre-registration suggested).

COMING IN SEPTEMBER
AARP Smart Driver Classes
Sept 9, Sept 12
10:00 – 3:00
Flu Clinics
Sept 14, Sept 22
10-1 both days
Preregistration forms available by Sept 1

COMING IN OCTOBER
2ND Annual Dinner/Auction
A MOROCCAN FEAST!
Saturday evening, Oct 15
Save the date!
Seating is limited. To benefit Friends in Action!

COMING IN NOVEMBER
Christmas Craft Fair
Saturday, Nov 5, 9 – 2
Reserve a table now! To benefit Friends in Action!

For more information on any upcoming events, call our office! 664-6016

Happy JULY Birthdays!
Every month we celebrate birthdays at the Coffee House on the first Thursday!

HAPPY BIRTHDAY TO:
Sheila Cass, Susan Marcelli, Shirley Nason, Christine Snow

NEW & SPECIAL PROGRAMS IN JULY

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Every month we celebrate birthdays at the Coffee House on the first Thursday!

HAPPY BIRTHDAY TO:
Sheila Cass, Susan Marcelli, Shirley Nason, Christine Snow

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Mark your calendars!

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HAPPY BIRTHDAY TO:
Sheila Cass, Susan Marcelli, Shirley Nason, Christine Snow

New volunteer Cris Haskell gives a ride in Deer Isle.
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

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.

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.

ARTS AND ENRICHMENT PROGRAMS

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

Painting with Water Colors
Starting Tuesday JUNE 28, “Beginners” welcome, Instructor Karin Hills will be instructing every Tuesday 1pm -3pm. Suggested materials: 1"flat brush, small water color paint set, and a pad of watercolor paper (not necessary for first class) Cost of Class is $5.00 per week.

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.

HEALTH AND WELLNESS

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.

New Fitness Classes: Starting July 11th
Small group trainings, 2-4 people per group, $15.00 per person per session, or a 6 week, 2 sessions a week for $150.00, a savings of $30.00.

Pre-registration required, available slots:
Tuesday 11:30-12,
Wednesday 9:00 –9:30, and 1:00-1:30,
Friday 1:00 to 1:30.
Set your fitness goals, we will build a fitness program to meet or to achieve your fitness goals. Call 664-6016 to reserve your space.

SEPARATE FROM THE FITNESS PASS:

“FRIENDS IN MOTION”
TUESDAYS, 9:00 – 10:00
Indoor and outdoor walking group. There is no charge.

“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.

**Special note To all potential Bone Builder applicants, in response to the rising number of “waiting List” applications, FIA will be a FREE general assessment by one of our staff trainers to determine if one of our existing programs may be a good fit until an opening becomes available for Bone Builders.
BASIC EASY STRENGTH TRAINING
("B.E.S.T.")
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
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
TUESDAYS and THURSDAYS, 5:00—6:00
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 .
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;
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 10:45 -11:45
Improve balance, strength, and flexibility. Offered by Healthy Acadia and trained leader Nina Zeldin. $5 donation to Healthy Acadia.

ZUMBA GOLD
MONDAYS, FRIDAY 10:00-11:00
Low impact dance exercise that combines many exercises in a fun way. $5 drop in or free with Fitness pass. Instructor Europa Hagerman.

SUPPORT GROUPS
Brain Injury & Stroke Support Group
Group Suspended for June, July, and August. Resumes on September 19, 2016, meets the THIRD Monday of each month

Hancock County Parkinson’s Support Group
2:00 – 4:00 pm JULY 20, THIRD Wednesday of each month

Sage Maine
Drop –In Center Support Group
1:00-3:00pm Suspended for July and August, LAST Tuesday of each month

RESOURCES
Medicare and Benefits Counseling
FRIDAY, JULY 8, 9:00—3:00
FRIDAY, JULY 15, 9:00—3:00
Assistance is available for Fitness and Meals

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__________

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)_____________

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<th>Semi-monthly</th>
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<td>2,465</td>
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<td>59,145</td>
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</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)_____________

LUNCH MENU

**JULY**

JOIN US FOR GOOD FOOD AND ENJOYABLE COMPANY EVERY TUESDAY AND THURSDAY AT 12:00 NOON.

**Tuesday, JULY 5**
Chicken and Broccoli Casserole, rice, carrots, mixed fruit

**Thursday, JULY 7**
Ham Salad Plate, Cukes, tomatoes, cheese, egg, roll, Berry Mousse

**Tuesday, JULY 12**
Chop Suey, peas, garlic rolls, chocolate cake

**Thursday, JULY 14**
Pastrami and Swiss Sandwich, Chips, Pickle, cole Slaw, Apple Crisp

**Tuesday, JULY 19**
Pulled Pork, Potato Salad, corn, roll, Turkey Club Sandwich, Chips, Pickle, whoopie Pie

**Thursday, JULY 21**
Parmesan Haddock, Rice, Broccoli, Lemon Pudding Cake

**Tuesday, JULY 26**
Turkey Club Sandwich, chips, pickle, cole slaw, peach cobbler

**Thursday, JULY 28**
Beef Stroganoff, Egg Noodles, Peas, Applesauce Cake

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

ALL OTHERS $8.00 (Financial Aid is available if needed.)

Friends in Action receives $1 per meal from Eastern Area Agency on Aging for all registered seniors, ages 60 and older. 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!

FINANCIAL ASSISTANCE

WE HAVE FINANCIAL ASSISTANCE AVAILABLE FOR MEALS AND FOR FITNESS PROGRAMS, THANKS TO GENEROUS DONORS AND GRANTS. WE ONLY ASK THAT YOU MAKE ANY CONTRIBUTION THAT YOU ARE ABLE. YOU MAY SEND IN THE FINANCIAL ASSISTANCE FORM INCLUDED IN THIS PROGRAM GUIDE OR OBTAIN ONE FROM OUR OFFICE.

What’s Happened to Grandmother?

In the dim and distant past
When the tempo wasn’t fast,
Grandma used to rock and knit,
Crochet, tat, and babysit.

When the kids were in a jam
They could always count on Gram.
In an age of gracious living,
Grandma was the gal for giving.

Grandma now is at the gym,
Exercise to keep slim,
Or taking clients out to lunch,
Driving North to ski or curl,
All her days are in a whirl.
Nothing seems to stop or block her
Now that Grandma’s off her rocker!

--Author Unknown
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.

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>
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<td></td>
<td>$30</td>
<td>$85</td>
<td>$175</td>
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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 Jenny-Brown, Sam Francis, Russ Grohe, Melissa Hale, Leslie Harlow, Emily Mulse, Sara Sherwood, Charlotte Stetson, Bob Wilson
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.

How can you help?

OUR WISH LIST
Display case
Portable ramp
Wheel chair van!
3 sets of Bi-Folding doors for Art Room
Large storage cabinets for Art Room
Shelving for Storage closet

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

DONATE
Probably the best way you can help is by making a financial donation. Friends in Action is a local non-profit organization that does not receive any Federal or State government funding. We raise all of our money from the community through individual donations, grants, and fundraising events. Every donation, large or small, helps. We have a special giving society “FRIENDS FOREVER” for planned gifts and an endowment fund for our future, as well. For more information, contact us at 664-6016.

MY DONATION TO FRIENDS IN ACTION

Name______________________________________________________________

Address__________________________________________________________________________

City__________________Zip____________

Telephone______________ Email ___________________________ amount enclosed     $_______________

This gift is in Memory of:______________________________________________________ in Honor of:______________________________________________

I have remembered Friends in Action in my will ___.Please send me information on “FRIENDS FOREVER”____

You can also make a donation by credit card on our website; www.friendsinactionellsworth.org, or mail to us at

P.O. Box 1446, Ellsworth, Maine 04605
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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td></td>
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<td>4:00 PICKLEBALL</td>
<td>4:00 Free Writing</td>
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<td>4:00 EAAA Benefits appts</td>
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<td>4:00 Strength &amp; Balance</td>
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<td>4:00 Carol's Sit and Sew</td>
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<td>4:00 Mah Jong</td>
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</tbody>
</table>

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