DID YOU KNOW?
Friends in Action receives no state or federal funding and only $5,000 from the City of Ellsworth for the Senior Center. We rely on the community for support to make all of these programs possible! We are in the midst of our 2016 Annual Appeal and would certainly appreciate your support so that we can continue the wonderful programs at the Senior Center - and to offer direct services such as transportation and friendly visits all over Hancock County. In 2016, 427 people around the county received these services. Over 760 individuals participated in programs at the Senior Center. Membership is free.

In 2017 we will be expanding these services in several regions of the County. Won’t you please help us?

These businesses have sponsored events and this newsletter for Friends in Action in 2016

THANK YOU!

DARLING’S
OUR LEAD GOLF TOURNAMENT SPONSOR AND GENEROUS SPONSOR OF OUR VAN!

Machias Savings Bank
Lead sponsor of our Moroccan Dinner and Live Auction; newsletter sponsor and generous sponsor of Senior Center events!

Freshwater Stone
generous business donor with annual “Yard Sale”; sponsor of newsletter, Golf Tournament and Dinner/Auction!

Atlantic Landscape and Construction
sponsor of our Dinner/Auction, Golf Tournament and newsletter!

Bar Harbor Bank and Trust
sponsor of Golf Tournament (“Long drive”) and our newsletter!

Wesmac Custom Boats
sponsor of Golf Tournament (“Closest to the Pin”)

R.H. Foster
“Community Funds” donor

The following businesses sponsored our Golf Tournament:
Atlantic Landscape, Columbia Air Services, Dead River, Dollars and Sense, Ellsworth American, The First, Freshwater Stone, Gibson Financial Services, Hale and Hamlin, John Edwards, Jones Kuriloff and Sargent, Machias Savings Bank, One Step Homecare, Bells IGA

The following businesses have also sponsored our newsletter this year:
Atlantic Landscape and Construction, Bar Harbor Bank and Trust, Coastal Eye, Freshwater Stone, Hale and Hamlin, Ironbound Restaurant, Machias Savings Bank, Maine Coast Memorial Hospital, Seaport Village Healthcare

Let these businesses know that you appreciate their support of seniors in our community!
AARP Watchdog Alert

Scam Dodger

Identity Theft
Identify theft occurs when someone steals personal information that could be used to falsely apply for credit or for government benefits. Here are three common ways con artist steal your identity.

1. **Phishing**—Someone contacts you via email and says there is some problem with your bank account and you need to verify the account with a Social Security Number, bank routing number or birth date.

2. **Stealing mail or sensitive document**—Personal information is taken from your trash, your office, or from social media websites and used to steal your identity.

3. **Bogus Job Opportunities**—Con artist post bogus job offers on various employment websites. The scammer may use or sell your personal information provided in the job application.

Balsam Centerpieces
Join us for the wonderful smells of balsam and the holidays. Have a fun filled afternoon with friends making your own balsam centerpiece. Class is limited to 30 so call FIA office at 664-6016 to reserve your spot. Thurs., Nov 17 1-3. There is no charge, thanks to the generous donation of Wreaths Across America.

Holiday Schedule at the Senior Center

The week before Christmas:
Monday Dec 19 - Dec 22: The Center will be open with regular classes
Friday Dec 23: No regular classes; the Center closes at noon.

The week after Christmas:
Monday, Dec 26: The Center is closed.
Tuesday, Dec 27 - Friday, Dec 30: No Senior Meals this week. Center is open with regular schedule otherwise.

There will be no Stroke Survivors Support Group in December.

The Parkinson’s Support Group will meet as usual on November 16 and December 14.

The SAGE group will meet as usual on November 29 and December 27.

Happy Birthday to those born in November and December
Ellie Batchelder, Ellen Bate, Janet L. Bunker, Harriet Carter, Greg Coad, Peter Farragher, Carol Hodkiewicz, Clara Johnson, Kerri Stewart, Phil Tobin, Margarete Whitney and Julianna Wood

LEARN TO PLAY PICKLEBALL
Want to learn the ins and outs of Pickleball? The 2nd Thursday afternoon from 1-3pm, of every month is reserved for new players to drop in. $5 fee.

New levels of strengthening classes!
Everyone needs to keep up with strengthening exercises and balance training, but you may not be sure what class to take. You can meet with one of our trainers, Machelle or Europa, for an assessment to determine where to start. You can also visit our classes and observe or try it out and decide what suits you best.

This month we are changing the Tuesday and Thursday “Strength and Balance” classes to a higher level “Core Circuit/Balance Training” (see description on page 4). This will be a more advanced level than the regular “Strength and Balance” class, which will be offered on Wednesdays and Fridays. For easy reference, we will identify classes at different “levels” but every level counts! You may find that you sometimes are able to participate at one level but another month may need to try something different.

Another option is to join with a friend or two and have a small class with a trainer that is custom made for you! Times are offered twice a week and must be reserved. This is a great way to stay motivated through the winter and to work out the way that is best for you.
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 WATERCOLORS**  
**TUESDAYS, 1pm -3pm.** Beginners’ welcome, Instructor Karin Hills will be instructing. Suggested materials: 1"flat brush, small water color paint set, and a pad of watercolor paper (not necessary for first class) 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. There is no charge.

**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.

**“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.

**GARDENERS BOOK CLUB**  
**Meets the third Thursday of the month.**  
Nov 17, 9:00 - 11:00. “Rachel Carson and Her Sisters” by Robert Musil  
No Meeting in December

Sewing room still open for independent projects.

**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.

**MAH JONGG***  
**Please note time change**

Wednesdays 1:30-4:00, Betty and the gang will welcome any new players. There is no charge.

---

**NOVEMBER & DECEMBER 2016**
HEALTH & WELLNESS PROGRAMS continued

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 (intermediate level)
MONDAY,11:30 – 12:30; WEDNESDAY 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.

CORE CIRCUIT/ BALANCE TRAINING
TUESDAYS and THURSDAYS, 10:00 – 10:45
This class will include 30 minutes of core conditioning (stretching and strengthening muscles of the abdominals, pelvic area and lower back region). You will be using your core throughout the whole 30 minutes. This is followed by 15 minutes of balance training and sequencing for building core, hip, leg stability and strength.

SENIOR STRENGTH & CARDIO
TUESDAYs and WEDNESDAYS 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
1:00 pm November 21, 2016, meets the THIRD Monday of each month
No meeting in December

Hancock County Parkinson’s Support Group
2:00 –4:00 pm November 16, THIRD Wednesday of each month

Sage Maine
1:00 –3:00 pm. November 29, 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, NOVEMBER 4, 11:00—3:00
FRIDAY, DECEMBER 9 9:00-3:00
By appointment only. Call 1-800-432-7812

BECOME A PICKLEBALL PLAYER!!
FRIENDS IN ACTION SENIOR CENTER
APPLICATION FOR FINANCIAL ASSISTANCE

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 pro-
gramming. 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)_____________

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______

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

LUNCH MENU

NOVEMBER 2016
JOIN US FOR GOOD FOOD AND ENJOYABLE COM-
PANY EVERY TUESDAY AND THURSDAY AT 12:00
NOON.

Thursday Nov 10
Potato Salad, Hot Dogs, Broccoli Slaw, Layer Cake with Frosting

Tuesday Nov 15
Beef Stew, roll, Cuke salad, Apple Cranberry Crisp

Thursday Nov 17
Mac & Cheese with Ham, roll, cole slaw, Jell-O Parfait

Tuesday Nov 22
Turkey, mashed potato, gravy, stuffing, carrots, rolls, Pumpkin Pie

December 2016

Thursday Dec 1
Spaghetti & Meat Sauce, Garlic rolls, salad, Berry Crisp/ cream

Tuesday Dec 6
Chili, cornbread, coleslaw, Pumpkin Cake

Thursday Dec 8
BBQ chicken, Potato salad, Broccoli slaw, rolls, Cobbler

Tuesday Dec 13
Tuna Casserole, Squash, rolls, Brownie Parfait

Thursday Dec 15
Meatloaf, mashed potato, string beans, rolls, Ginger Bread

Tuesday Dec 20
Baked Beans, Hotdogs, biscuits, pickles, Baked Apple Pie

Thursday Dec 22
Pork & Gravy over mashed potatoes, veggies, bread, Yule Log

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

Friends in Action receives $1 per meal from Eastern Area
Agency on Aging for all registered seniors, ages 60 and older.
We ask that those seniors who prefer not to register donate
$7.00 per meal to defray the cost of the food. 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!

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00
(Continued)

MEALS ARE a suggested donation of $6.00 FOR
AGES 60 and older; $7.00 FOR SENIORS WHO
HAVE NOT REGISTERED ALL OTHERS $8.00

Thank you for your help!

Looking for a gift idea?
How about a Senior Meals or Fitness Pass Gift Certificate?

You can help support FIA.
R.H. Fosters Community Funds

“SIGN UP IS EASY TO START HELPING
FRIENDS IN ACTION
IN IT'S FUNDRAISING PROGRAM”
A friend, employee, volunteer or anyone wishing to help FIA, can participate.

Current customers — notify R.H.Foster requesting to enroll in the FCF Program, indicate that FIA is your Fundraising Program choice.

New Customers — Apply for a new account and once account is established, all future delivered gallons will be eligible for the funding opportunity. (Credit Approval Required.)
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 and to have a place that will encourage seniors to stay physically active in a comfortable environment among their peers.

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.

These fitness prices are valid through 2016; renew now to save!

<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>
</tr>
</thead>
<tbody>
<tr>
<td>$30</td>
<td>$85</td>
<td>$175</td>
<td>$345</td>
<td></td>
</tr>
</tbody>
</table>

Fee schedule in 2017: daily drop-in fee $6; monthly pass $32. You can save by purchasing multiple months at a time: 3 months $86 (save $12), 6 months $174 (save $18), or 12 months $360 (save $24).

Gift certificates are available!

FRIENDS IN ACTION SENIOR CENTER

General Information

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
Paula Perry, Transportation Coordinator
Machelle LaHaye, Fitness Program Director
Anne Dickens, Blue Hill volunteer coordinator
Annie Taylor Gray, Deer Isle volunteer coordinator

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 Muise, 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?

Did you know there are other ways you can help raise money for Friends in Action? It's easy as shopping on-line!
Shop on-line with **AMAZON SMILE AND GOODSHOP**.
When you set your on-line shopping account you make FIA your cause to shop for. Each time you make a purchase, a percentage of that cost is donated to Friends in Action. Need to look something up on-line? Use **GOOD SEARCH** instead of another browser and make Friends in Action your cause.
For each on-line search you make, funds will be donated to FIA. For more info call the FIA office 664-6016.

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.

**OUR WISH LIST**

- Books for our ending library
- Flat screen TV for presentations
- Scale for the Fitness room

Many thanks to all our friends who have donated.

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.

---

**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.

The Senior Center will be open the week before and after Christmas, but with limited programs. Schedule is on page 2.