**HARVEST TIME!**

There’s some cool weather in Downeast Maine and the raised bed gardens have had a wonderful season in spite of the dry and hot summer. Master gardeners and Friends in Action volunteers joined together to grow a surprising variety of vegetables that supplemented the senior meal program. The latest harvest on Sept. 28 yielded over 18 pounds!

**SENIOR HEALTH WEEK**

Friends in Action is offering some additional programs during the first week of October that will educate about health resources available to seniors, some at no charge. On Monday, Oct 3, at 10:00 Healthy Acadia will offer a demonstration of “Medline Plus”, an online health information tool from the CDC. At 1:00 there will be a workshop on “What is Estate Planning?” presented by Jones, Kunlof and Sargent. On Tuesday, Oct 4, Healthy Acadia will lead a bingo competition about the SNAP benefits, at 10:00 before lunch. A program on drugs and accidental overdosing by seniors will be on Thursday, Oct 6 at 1:00, just after lunch. On Friday morning, 10:00 – 12:00, Eastern Area Agency on Aging will present a special program about the many different services and programs that they offer seniors. In the afternoon at 1:00 there will be a program about Wellness Coaching and Good Nutrition by Elizabeth Byard, a health coach.

**MORROCAN FEAST**

To benefit Friends in Action

SATURDAY, OCT 15

5:00

LIVE AUCTION TO FOLLOW

Seating is limited. $60 per person.

At the Moore Community Center.

**TICKETS AVAILABLE**

Contact Friends in Action 664-6016

**PICKLE BALL and TABLE TENNIS FUN**

Want to learn to play pickle ball? A new class will start on Oct 11 at 1:00. Add a new activity to your repertoire! And we will set up the Table Tennis tables to have a little fun with something new in the mornings, 9:00 – 11:00!

**Thank you to this month’s sponsor:**

**BAR HARBOR BANK & TRUST**
### NEW & SPECIAL PROGRAMS IN OCTOBER

"Learning to be Old"
Tuesday, 1-2pm, October 18 in the Senior Café, Join Peg Cruikshank, author of the book
Explore Gender, Culture, and Aging

"LEARN TO PLAY PICKLEBALL"
A 4 week class, (8hrs) Tuesdays - October 11, 18, 25 and Nov 1, 1-3pm, class size limited to 6, learn the rules, how to keep score, and court manners. Cost of Class is $20.00. call now to reserve your spot. 664-6016

**Flu Shot Clinic**
October 18 8:30-11:30
Provided by Walgreens.

### LOOKING AHEAD

**CHRISTMAS CRAFT FAIR**
Saturday, November 5, 9–2

### GREAT NEWS!
Friends in Action
Has been chosen for the
Hannaford Helps Reusable Bag Program
VISIT THE HANNAFORD STORE IN ELLSWORTH
DURING OCTOBER,
PURCHASE A SPECIAL HELPS BAG
AND FIA WILL RECEIVE $1

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### Weekly Program Schedule

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 – 3:00: Open Pickle Ball
- 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 – 11:00: Strength and Balance
- 10:00 – 12:00: Computer Help *
- 10:00 - 11:30: Free Writing Group *
- 11:30 –12:00 Small Group Training
- 12:00: Senior Lunch
- 1:00 – 3:00: Open Pickle Ball
- 1:00–3:00 Water Color Classes
- 1:00 – 2:00: Chair Yoga

**WEDNESDAYS:**
- 9:00 – 10:15: “Bone Builders” *
- 9:00-9:30 Small Group Training
- 9:00 – 12:00: “Wednesday Painters” *
- 10:00 – 10:45: Strength & Balance
- 10:30 – 11:30 Tai Chi
- 11:30 - 12:15: “BEST” Strength Training
- 1:00 – 3:00: Open Pickle Ball
- 1:00 - 1:30 Small Group Training
- 1:00 – 2:00: Gentle Yoga
- 2:30 – 4:45: Mah Jong *
- 3:00 – 5:00: Computer Help *
- 5:00 – 6:30: Senior Strength 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: Open Pickle Ball
- 1:00 – 1:30: Computer Help *

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

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Every month we celebrate birthdays on the first Thursday at the coffee house. Join us for some cake and a rousing chorus of Happy Birthday!

**Happy Birthday in October**
Many happy returns!
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. FRIDAY

**GARDENERS BOOK CLUB**

**Meets the third Thursday of the month.**

Oct 20, 9:00 - 11:00. “American Canopy” by Richard Mabey

**CHRISTMAS CRAFTS**

**THURSDAYS 9-12, Starts September 8. Leader: Liz Tracy.**

Liz is an experienced seamstress who has been sewing for many years and inspire you and help you learn something new! $5.00 PER CLASS

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**

Wednesdays 2:30-5:00, Betty and the gang will welcome any new players. 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.

**New Fitness Classes:** 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.

**“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.
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
MONDAY: 11:30 – 12:30; TUESDAY, 10:00 - 11:00; WEDNESDAY 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 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, FRIDAYS 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 October 17, 2016, meets the THIRD Monday of each month
Hancock County Parkinson’s Support Group
2:00 –4:00 pm October 19, THIRD Wednesday of each month
Sage Maine
1:00 –3:00 pm, October 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, OCTOBER 7TH, & 14TH, 9:00—3:00
By appointment only. Call 1-800-432-7812

Zumba is now on both MONDAYS AND FRIDAYS!!

BECOME A PICKLEBALL PLAYER!!

Thank you to all who donated and attended Machelle’s benefit supper! It was a great success!

"You need to incorporate some stretching into your fitness routine, so I glued all of your snacks to the ceiling!"
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__________

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)_____________

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!

LUNCH MENU
OCTOBER 2016
JOIN US FOR GOOD FOOD AND ENJOYABLE COMPANY EVERY TUESDAY AND THURSDAY AT 12:00 NOON.

Tuesday Oct 4
Lasagna, roll, Salad, Jell-O parfait

Thursday Oct 6
Cheese filled Bacon Wrapped Meatloaf, baked potato, broccoli & cauliflower, Fruit and Custard Trifle

Tuesday Oct 11
Beef Tips & Gravy, Mashed potatoes, green bean & Carrots, roll Caramel Ice Cream Cake

Thursday Oct 13
Homemade Baked Beans, Hot Dogs, yeast roll, coleslaw, pineapple upside down cake

Tuesday Oct 18
Garlic Chicken, rice, broccoli and cauliflower, roll, Pudding Parfait

Thursday Oct 20
Chili with Corn Bread, Salad, Death by Chocolate flourless cake

Tuesday Oct 25
Twice Baked Potato with Cheddar and Bacon, Roast Pork, roll, Cookies & Cream Ice Cream Cake

Thursday Oct 27
Boiled Dinner with Ham, Potato, Cabbage, turnip, rolls, Jell-O Cake
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!

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<th>Drop-in fee: $5</th>
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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
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.

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.

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.

OUR WISH LIST

Art room storage cabinets
Books for a lending library
Flat screen TV for presentations

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

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
## SENIOR CENTER CALENDAR
### OCTOBER 2016

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.

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**Columbus Day**

**Senior Health Week Oct 3-7**

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**Bar Harbor Bank & Trust**

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