GOLF TOURNAMENT
Sept 13
Our annual golf tournament is one of our most important fundraising events. The 6th Annual Golf Tournament is sponsored by Darling’s and will be at Kebo Valley Golf Club in Bar Harbor Tuesday, Sept 13, with a 12 noon shotgun start. Check in at 11:00. Registration forms are available in our office, online or by emailing friendsinactiongolf@gmail.com. $320 per foursome or $80 per player. Fees include scramble format, green fee, cart, gift bag and dinner! This is a great way to support Friends in Action and have a great day out. More information: Paul Pangburn: 207-852-3414.

SENIOR EXPO
AT THE RAMADA SEPT 22
Bangor Daily News and FIA will again hold a Senior Expo this year. Over 50 vendors and resource information for seniors. The event is free and will be at the Ramada Inn (near Hannaford’s) in Ellsworth, 9:00—3:00 on Thurs, Sept 22.

OPEN HOUSE Sept 23
As part of the annual Ellsworth “Autumn Gold” celebration, Friends in Action will feature a Senior Center Open House on Friday, Sept 23, from 9:00—12:00. Bring a friend and enjoy refreshments and displays and see what is going on!

SENIOR HEALTH WEEK
OCTOBER 3 – 7
We will focus on senior health the first week of October. In addition to our regular programs, we will offer a variety of special presentations throughout the week, including health resources, activities, workshops, and speakers. Come in and bring a friend. A complete listing will be available by mid-September.

DINNER AND AUCTION
OCTOBER 15
This year the theme of our gala dinner will be A MORROCCAN FEAST! Seating is limited so be sure to get your tickets now. $60 per person. Cash bar, appetizers and silent auction at 5:00, dinner at 5:45, followed by a live auction of art, travel packages and more! Tickets are available at the FIA office. All proceeds to benefit Friends in Action.

SPAGHETTI BENEFIT SUPPER
SEPT 19
FIA fitness participants are putting on a special benefit supper to defray medical expenses incurred by Machelle LaHaye, FIA Fitness trainer, on Monday, Sept 19 at 5:00. Donations for Machelle will be collected at the door or can be made to the Friends in Action office. Spaghetti, garlic bread and salad with cake for dessert will be served in the Friends in Action café. RSVP to FIA 664-6016.

Don’t miss the start! Play golf for Friends in Action on Tuesday, Sept 13, at Kebo Valley Golf Club! Here they are lining up last year!

THANK YOU, DEER ISLE!
On Wed. September 14, we will gather at 44 North Coffee in Stonington to celebrate our volunteers who have stepped forward to help their neighbors on Deer Isle-Stonington to improve the transportation options there. In just a few months, FIA coordinator on Deer Isle, Annie Taylor Gray, has recruited over 20 new volunteers. Already they have helped with over 120 rides and have driven over 7,400 miles. These devoted people are making a real difference in spite of a busy summer season! Join us at 5:00 on Sept 14 to celebrate their achievements! 44 North Coffee is at 70 Main Street, Stonington.

Volunteer Cris Haskell
**Weekly Program Schedule**

**NEW STRENGTH & BALANCE CLASS**

**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 – 1:00: 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 – 11:45: Tai Chi (beginners)
12:00 – 1:00: Senior Lunch
1:00 – 3:00: Open Pickle Ball
1:00 – 3:00 : 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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**NEW & SPECIAL PROGRAMS IN SEPTEMBER**

**NEW STRENGTH & BALANCE CLASS**

**WEDNESDAYS, 10:00**

**NEW SEWING CLASS: “CHRISTMAS PROJECTS”**

Starts Thursday, September 8, 9:00

**AARP Smart Driver Classes**

Friday, September 9 OR Monday, September 12

10:00 – 3:00  Bring a bag lunch.

Pre-registration required. Cost is $20 or $15 if AARP member.

**GOLF OUTING**

SEPTEMBER 13, Kebo Valley, 12:00 start

**Flu Shot Clinics**

Wed, September 14 10:00 – 1:00, Rite Aid

Tues, September 20, 8:30 – 11:30, Walgreens

Thurs, September 22, 10:00 – 1:00, Rite Aid

**BOWLING**

SEPTEMBER 14, 9—12

See page 4 for more details

**BENEFIT SPAGHETTI SUPPER**

Our Fitness program director, Machelle LaHaye, has faced a serious illness this summer and members of our fitness classes have organized this benefit to help defray her medical expenses. We are all thankful for all Machelle gives us and for her continued healing. Now it is her turn to receive! All the spaghetti you can eat and all donations gratefully accepted. Supper will start at 5:00 If you can't attend, you can send a donation to FIA with Machelle's name in the memo line. RSVP's will help the cooks!

**SENIOR EXPO**

THURSDAY, SEPTEMBER 22, 9:00—3:00 Ramada Inn

**SENIOR CENTER OPEN HOUSE**

FRIDAY, SEPTEMBER 23, 9:00—12:00

Displays and demonstrations

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**LOOKING AHEAD**

**A MOROCCAN FEAST!**

**DINNER & AUCTION**

SATURDAY, OCTOBER 15

Tickets on sale now: $60 per person

SEATING IS LIMITED

Live and Silent Auctions
To benefit Friends in Action Senior Center & Services

**CHRISTMAS CRAFT FAIR**

Saturday, November 5, 9—2

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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 September** to Alicia on Sept 1, Alvina, Carol, Mabel, and Helen on Sept 5, Kathy, Bernice, and Cathleen on Sept 8, Clive, Liz on Sept 26, Betty H., Jack K. on Sept 27, and Jacqueline S. on Sept 28.

Many happy returns!
SENIOR CENTER

PROGRAM GUIDE

SEPTMBER, 2016

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 anyone who needs 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
Beginners’ welcome. Instructor Karin Hills will be instructing every Tuesday 1pm - 3pm. Suggested materials: 1”flat brush, small watercolor 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.

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; 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 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.

Zumba is now on both MONDAYS AND FRIDAYS!!!

NEW SEWING CLASS!
Thursdays 9-12, starting September 8th and runs to October 13
Six weeks of incredible fun.
A new Christmas Project class, instructor Liz Tracy will help you create some beautiful Christmas runners, pot holders and many other items, done in a variety of different and colorful Christmas prints. Whether experienced or beginner, you will enjoy working with your peers to create lasting family heirlooms or bright colorful decorations.
Cost of class is $5.00 per week. Call to pre-register 664-6016

**SUPPORT GROUPS**
**Brain Injury & Stroke Support Group**
1:00 pm September 19, 2016, meets the THIRD Monday of each month

**Hancock County Parkinson’s Support Group**
2:00 –4:00 pm SEPTEMBER 21, THIRD Wednesday of each month

**Sage Maine**
1:00 –3:00 pm. SEPTEMBER 27, 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, SEPTEMBER 2nd, & 9TH, 9:00—3:00
By appointment only. Call 1-800-432-7812

Bowling!
Eastward Bowling Lanes is under new management and invites seniors to attend a morning with reduced fees on September 14. A chance to remember how much fun bowling can be and perhaps to form a Senior Coffee League. One day only 9:00—12:00, 3 strings for $3.00 and your shoes are free. Sign up at the FIA office and let us know if you need a ride.

September 19th at 1PM will kick off the season for the Brain Injury and Stroke group. The program is “Strategies for Coping with Grief and Loss” and will be given by Carole Starr, Rorrie Lee and Hilary Zayed.
In their program they will discuss how feelings of grief and loss are common after brain injury, as survivors mourn the life that was and come to terms with the life that is. While challenging, it is possible to heal from grief and embrace a new life.
The program will offer strategies brain injury survivors can use to cope with feelings of grief and loss. The program is open to anyone interested in cop-
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 fund-
ing 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 contribu-
tion is not required but is appreciated. (For example, if the cost of each meal is $6, you may be able to con-
tribute $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)_____________

LUNCH MENU
SEPTEMBER 2016

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

Thursday September 1
Chop Suey, peas, roll, Berry Mousse

Tuesday September 6
Chicken Cordon Bleu casserole, roll, rice, green beans, choc cake

Thursday September 8
Roast Pork, Mashed Potato, carrots, roll, baked Apple

Tuesday September 13
Steak Tips, Baked Potato, peppers/mushrooms/onion mix, roll, brownie cup

Thursday September 15
Spaghetti and meat sauce, Garlic Bread, Salad, Jell-O Parfait

Tuesday September 20
Garlic Chicken, rice, broccoli and Cauliflower, roll, Pineapple upside down cake

Thursday September 22
Ham, Mac & Cheese, Stewed Tomatoes, roll, Apple Crisp

Tuesday September 27
Shepherds Pie, Green Beans, roll, choc cake

Thursday September 29
Fish Chowder, roll, salad, Blueberry Crisp

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 DO-
NORS 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.

Out to LUNCH!

You can help support FIA.

R.H. Foster’s Community Funds Reminder!!!

"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.

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!

Drop-in fee: $5  1 MONTH  3 MONTHS  6 MONTHS  1 YEAR

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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 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.

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

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.

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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
### SENIOR CENTER CALENDAR

**SEPTEMBER 2016**

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

![The Weekend Clinic](image)

**Maine Coast Memorial Hospital Weekend Clinic**

**Same Day Acute Care**

*from 8 a.m.–4:30 p.m.*

**Saturday and Sunday**

**32 Resort Way, Ellsworth**

**Call 664-7770 for an appointment, walk-ins welcome.**

*You do not have to be an established patient to be seen for acute care.*

![The Weekend Clinic](image)

**Visiting Nurse Association in Healthcare**

50 Union Street
Ellsworth, ME 04605
207-664-5311 • 1-888-645-8829

www.mainehealth.org