

June 2026

Community Spotlight: Everybody Harvests Community Garden

Friends in Action would like to extend a heartfelt thank you to the Everybody Harvests Community Garden in Ellsworth for their continued generosity and support. On several occasions, this incredible community garden has donated fresh, healthy produce to our Senior Center, helping us provide nutritious and meaningful additions to our meals and programs. We are deeply grateful for their ongoing partnership and commitment to fighting food insecurity in our region.

The garden is located on Hannah Way off Route 1A in Ellsworth Falls, within the Frenchman Bay Conservancy's Whitney Public Forest. This inspiring space is more than just a garden it is a thriving organic micro-farm where fruits, vegetables, and pollinator-friendly flowers are grown with care and shared with the community.

Everybody Harvests is open to the public for harvesting for personal use, as well as for contributions to the Ellsworth School District and distribution to more than

30 food security organizations across Hancock County. Their work ensures that fresh, local food reaches families, schools, and individuals throughout our region.

This is truly a community-driven effort and a Green Ellsworth project, made possible through a strong partnership between Frenchman Bay Conservancy, Healthy Acadia, Ellsworth School District Food Services, and the Ellsworth Elementary-Middle School.

They are currently seeking volunteers to help with planting, growing, and harvesting at the garden. It is a wonderful opportunity to get involved, learn about organic gardening, and give back in a meaningful way.

For more information or to get involved, please call 207-667-8878.

We are so thankful for community programs like this that strengthen our community and help ensure access to fresh, healthy food for all.



From the Director

Dear Friends,

As we welcome the month of June, all of us at Friends in Action are looking forward to a season filled with sunshine, connection, and community spirit here at the Moore Senior Community Center in Ellsworth.

The building continues to buzz with activity as friends gather for meals, fitness classes, coffee hour, games, music, and special events. We are grateful every day for the wonderful volunteers, staff, community partners, and supporters who help make Friends in Action such a welcoming and vibrant place for older adults throughout Hancock County.

June is also an exciting month as we prepare for two important community events that help support our programs and services.

We would like to remind everyone about our upcoming **Walk/Run Event on June 6th**, which brings together participants of all ages in support of Friends in Action and the seniors we serve. Whether you walk, run, volunteer, or cheer others on, your participation helps strengthen the sense of community that makes this organization so special.

We are also looking forward to our **Annual Golf Tournament at Bangor Municipal Golf Course on September 14th**, another wonderful event that supports Friends in Action while bringing

together local businesses, community members, and friends for a fun day of connection and generosity. Events like these help us continue providing transportation services, meals, wellness programs, social opportunities, and so much more for seniors in our area.

As summer begins, we encourage everyone to take time to enjoy the beauty of Maine, connect with neighbors and friends, and participate in the many activities happening here at the Senior Center. Please feel free to call or stop in with interest or questions about what we have to offer, or just to say "Hi"!

Thank you for your continued support of Friends in Action and for helping us create a caring and connected community for older adults.

*With gratitude,
McKayla Peers,
Executive Director
Friends in Action*



Friends in Action Board of Directors

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Mary Ann Lock

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Deb Leavitt

Diane Nicholls

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Min Fons

Edward Griffin

Community Support Needed

Friends in Action, located at the Moore Community Center in Ellsworth, is grateful for the continued generosity of our community. To help us provide welcoming programs and essential services for seniors, we are currently seeking donations of the following items:

- Baked goods or crackersSenior Coffee Hour
- Fresh fruit for our Senior Coffee Hour
- Sugar-free treats for our diabetic participants
- Decaf coffee for Coffee Hour
- Gas cards to help offset rising fuel costs for our volunteer drivers and handicap-accessible van
- Small prizes for Bingo
- 6–8 inch plates for Coffee Hour

We are also proud to share that **our senior lunches are just \$5 each on Tuesdays and Thursdays.** Despite increased rental and operational costs at the center, we have worked hard to keep this price affordable and unchanged so

that seniors can continue to enjoy a warm, nutritious meal in a welcoming community setting.

If anyone in the community would like to make an even greater impact, we are always grateful for **meal sponsorships.** These contributions are used to support seniors who may not be able to afford the lunch cost, ensuring that no one is ever turned away.

These simple acts of kindness help us continue building a caring, connected community where seniors can gather, socialize, and feel supported.

Donations can be dropped off at Friends In Action in the Moore Center or you can donate online and specify what you would like your donation to be used for at <https://friendsinactionellsworth.org/donate/>. If you have questions or would like to contribute in another way, please reach out to Friends in Action.

Thank you for helping us care for our community, one small act of kindness at a time.

Newest Member of the Board of Directors

Friends in Action is pleased to welcome Edward Griffin to its Board of Directors.

Edward has spent his entire life in Hancock County and currently resides in Blue Hill. Through years of experience serving communities throughout the region, he has developed a deep understanding of the needs of our aging population and the importance of programs that support older adults in remaining connected, independent, and cared for.

Over the past 20 years, Edward has built a strong legacy of service through organizations dedicated to elder care. In the past, he worked alongside hospice services and served for many years as a dedicated personal caregiver through the “At Home Downeast” agency. Currently, he also serves on a committee that helps raise funds for Blue Hill Hospital.

Edward is especially passionate about helping seniors maintain their independence. With that mission in mind, he became a volunteer driver for Friends in Action’s transportation program, assisting individuals who may otherwise be unable to get to appointments, grocery stores, or other important destinations. Along the way, many meaningful friendships are formed through sharing stories, listening, and laughter. Edward’s cheerful and energetic personality has made him an incredibly supportive companion to those he serves.

For the past 19 years, Edward has served as the manager of Marlintinis’ Restaurant in Blue Hill. Outside of work, he and his husband enjoy traveling and recently returned from a trip to Paris. At

home, Edward enjoys reading and tending to his flower gardens.

As a new member of the Friends in Action Board of Directors, Edward is eager to contribute to the organization’s mission of supporting seniors throughout the region. While he values the many engaging programs offered through the Senior Center, he also recognizes transportation as one of the greatest needs facing many older adults. Friends in Action provides a vital lifeline for those without reliable transportation, and this important service depends heavily on volunteers.

Edward is excited to work alongside the dedicated Board of Directors and staff who share a passion for serving older adults in our community. His experience, compassion, and enthusiasm will be a tremendous asset to Friends in Action and the people it serves.



If you are interested in making a difference in your community and supporting the important work of Friends in Action programs and services, we encourage you to get involved.



THE 5TH ANNUAL Walk/Run-A-Thon



BRING YOUR FRIENDS SUPPORT THE MISSION OF FRIENDS IN ACTION!

Knowlton Park

RAFFLE & PRIZES

SATURDAY
JUNE 6TH, 2026

 **TIMED EVENT**
KNOWLTON PARK
ELLSWORTH, ME
REGISTRATION: 8:00AM
GROUP STRETCH: 8:30AM
START: 9:00AM

PER PERSON REGISTRATION
\$25 PRE-REGISTRATION
\$30 DAY-OF REGISTRATION

Register at friendsinactionellsworth.org or scan the QR Code!

First 25 registrants receive a free t-shirt!



16th Annual Golf Tournament



SAVE THE DATE

Sept. 14th | Banger Municipal Golf Course

8:00 am Check in | 9:00 am Shotgun Start
3:00 pm Award Ceremony
Registration \$100 per player | \$400 per Foursome
Fees include Cart, lunch, & hors d'oeuvres



Learn more about the event, sponsorship opportunities, and registration here

Our number: 207-664-6016

Participant of the Month

Thank you to **Sharon Kilgore** for sharing her personal story and allowing us to recognize her as our Participant of the Month. Though this article was created from a brief interview, her words speak volumes.

Conversations like Sharon’s remind us just how important the transportation services provided by Friends in Action are to our community. Something as simple as giving a ride to an older adult in need can have a tremendous impact. It is a meaningful example of the kindness, compassion, and human connection that caring support can provide.

For two years, Sharon relied on Friends in Action transportation services to travel round trip to Brewer for cancer treatments. “I couldn’t have done it without them,” she shared. She speaks warmly of the drivers, saying, “They were

always very nice,” and adds, “I adore them.”

Some of the transportation Sharon needed took place during the challenges of COVID, yet Friends in Action volunteer drivers remained dependable and ready to help throughout that difficult time. Sharon hopes others will hear about her experience and feel encouraged to use the service if needed. “People need to know about this service,” she says. “They won’t be disappointed.”

At Friends in Action, we are proud to help make life a little brighter, a little easier, and a little less stressful for those we serve. Our volunteer drivers generously give their time and kindness to help others in ways that truly matter. Through stories like Sharon’s, we are reminded just how valuable and life changing that support can be.

Stanley The Seagull

In late spring and early summer in Maine, something magical happens on the roads: the snow disappears, the sun shows up and suddenly every driver who has ever owned a GPS decides this is the week to “explore the coast.” Locals call it tourist traffic season. The seagulls call it breakfast, lunch, and entertainment.

One particularly enthusiastic seagull named Stanley has made it his personal mission to oversee the entire situation. Stanley lives near a busy coastal stretch and considers himself both traffic coordinator and unofficial snack inspector. The first tourist car of the morning always arrives the same way slow, slightly confused, and full of people saying things like, “I think we missed the turn for the lobster place but look at that view!” Stanley is already waiting. From his perch on a street sign, he watches as the car stops unexpectedly in the middle of the road to take a photo of absolutely nothing in particular.

“This is my favorite part,” Stanley says to no one. Traffic begins to build. One car slows down. Then another. Then someone in the back waves at a boat that isn’t actually there. Stanley glides down a few feet just to get a better angle. Tourists begin opening car windows. Stanley perks up. “Ah yes,” he thinks, “the snack phase.” Someone drops a French fry. Stanley does not hesitate. “This is why I work this route,” he announces

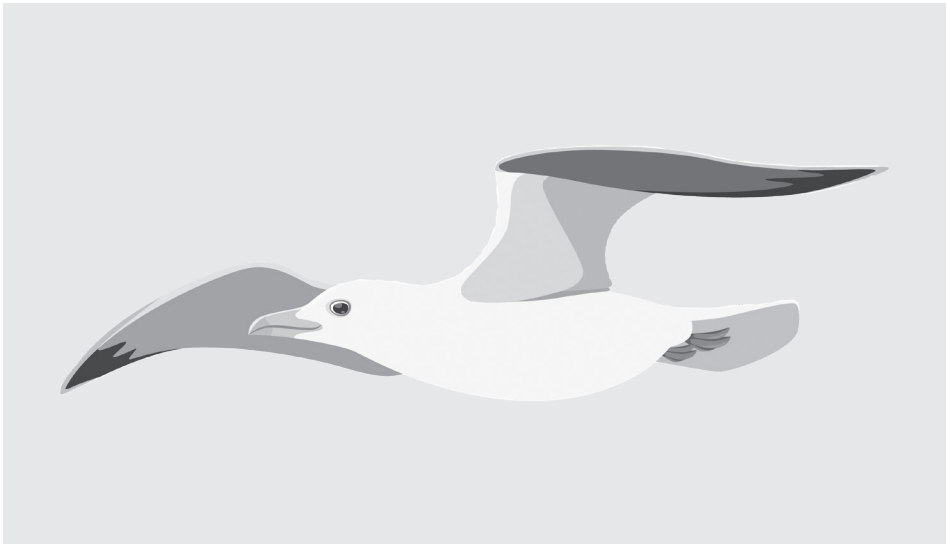
proudly. A second seagull arrives. Then a third. They do not speak, but Stanley knows what they are thinking: the timing this year is excellent.

A tourist leans out and says, “Are all the birds this bold in Maine?” Stanley fluffs his feathers. “Bold? No. Efficient.” Traffic inches forward. Then stops again because someone has spotted another “beautiful scenic moment” that appears to be a mailbox. Stanley circles overhead in approval. “This is a good season,” he reports. By noon, the road is a slow moving parade of confused visitors, waving cameras, and drivers trying to decide if they are lost or just “taking the scenic route by accident.”

Stanley is thriving. At one point, a driver rolls down their window and says, “We’ve been stuck here for ten minutes!” Stanley lands gracefully on a nearby post and replies, “You’re not stuck. You’re experiencing Maine.” Later, at coffee hour in town, seniors shake their heads and laugh about the traffic. “It took me twenty minutes to go two miles,” someone says.

From outside the window, a distant seagull call echoes across the parking lot. Stanley, perched triumphantly on a lamp post, adds one final thought:

“Worth it.” Because in Maine, tourists bring traffic and Stanley brings commentary.



MENU

June 2026

Tuesday, June 2nd Chicken Fried Steak W/Country Gravy, Mashed Potatoes, Bread, Mandarin Oranges	Tuesday, June 9th Poutine (French Fries, Beef Gravy, Cheese Curds) Carrots, Roll, Cinnamon Pears	Tuesday, June 16th Cheeseburger (Let- tuce, Tom, Onion), Tater Tots, Corn, Cinnamon Applesauce	Tuesday, June 23rd Sausage Links, Pan- cakes W/ Syrup, Egg, Hashbrowns, Pineapple	Tuesday, June 30th Meatloaf, Mashed Potatoes, Cauliflower, Honey Dew
Thursday, June 4th Red Hot Dog, Sauer- kraut, Sweet Potato Tots, Salad, Peaches	Thursday, June 11th Baked Fish, Corn Bread, Green Beans, Salad, Grapes	Thursday, June 18th Roast Beef, Potato hash, Peas, Roll, Cantaloupe	Thursday, June 25th Ham and Beans, Coleslaw, Biscuit, Watermelon	



Desserts To Be Announced Daily! Subject To Change

Please call 664-6016 before 4:30 on Monday & Wednesday to reserve lunch for Tuesday & Thursday.

CALENDAR

FITNESS SCHEDULE

MONDAY

- 11:30 a.m. – 2:30 p.m. — Pickle Ball | Location: Gymnasium
- 1:00 p.m. – 2:15 p.m. — Strength & Conditioning / Balance & Coordination Focus: Parkinson's Disease | Format: Small Group / Personal Training Instructor: Europa | Location: Fitness Room

TUESDAY

- 9:00 a.m. – 10:00 a.m. — Strength & Conditioning / Balance & Coordination Focus: Active Aging Adults | Instructor: Europa | Location: Theater
- 10:00 a.m. - 11:00 a.m. - Form and Function Instructor: Ursula | Location: UBE Forge Facility in Ellsworth
- 10:30 a.m. – 11:30 a.m. — Strength & Conditioning / Balance & Coordination Focus: Low Impact – All Levels Welcome Instructor: Europa | Location: Theater
- 1:00 p.m. – 2:15 p.m. — Strength & Conditioning / Balance & Coordination Focus: Parkinson's Disease | Format: Small Group / Personal Training Instructor: Europa | Location: Fitness Room

WEDNESDAY

- 11:30 a.m. – 2:30 p.m. — Pickle Ball | Location: Gymnasium
- 1:00 p.m. – 2:15 p.m. — Strength & Conditioning / Balance & Coordination Focus: Parkinson's Disease | Format: Small Group / Personal Training Instructor: Europa | Location: Fitness Room

THURSDAY

- 9:00 a.m. – 10:00 a.m. — Strength & Conditioning / Balance & Coordination Focus: Active Aging Adults | Instructor: Europa | Location: Theater
- 10:00 a.m. - 11:00 a.m. - Form and Function Instructor: Ursula | Location: UBE Forge Facility in Ellsworth
- 10:30 a.m. – 11:30 a.m. — Strength & Conditioning / Balance & Coordination Focus: Low Impact – All Levels Welcome Instructor: Europa | Location: Theater
- 1:00 p.m. – 2:15 p.m. — Strength & Conditioning / Balance & Coordination Focus: Parkinson's Disease Format: Small Group / Personal Training Instructor: Europa Location: Fitness Room

FRIDAY

- 10:00 a.m. – 11:00 a.m. — Zumba Gold Instructor: Europa | Location: Theater
- 11:30 a.m. – 1:30 p.m. — Pickle Ball | Location: Gymnasium

ACTIVITY SCHEDULE

MONDAY

- 12:00 p.m. – 3:00 p.m. Bridge Group – F.I.A. Cafe
- 1:00 p.m. – 3:00 p.m. Pastel Group – Art Room

TUESDAY

- 9:00 a.m. – 11:00 a.m. Coffee House – F.I.A. Cafe
- 10:00 a.m. – 12:00 p.m. Writing Group – Room #204
- 12:00 p.m. – 1:00 p.m. Senior Lunch – F.I.A. Cafe
- 1:00 p.m. – 3:00 p.m. Genealogy – Room #204

WEDNESDAY

- 9:00 a.m. – 12:00 p.m. Wednesday Painters – Art Room
- 1:00 p.m. – 2:30 p.m. Women's Group Every 1st and 3rd Wednesday Of The Month – Art Room

THURSDAY

- 9:00 a.m – 11:00 a.m. Coffee House – F.I.A. Cafe
- 9:30 a.m. – 11:00 a.m. Medicare 101 Offered Every 2nd Thursday Of The Month – Room # 204
- 12:00 p.m – 1:00 p.m. Senior Lunch – F.I.A. Cafe
- 1:00 p.m. – 3:00 p.m. Mahjong – Art Room

FRIDAY

- 10:00 a.m. – 12:00 p.m. Bridge Group – F.I.A. Cafe

Friends in Action Fitness Membership Fee Schedule

Effective December 15, 2024

Day pass for fitness guidance: \$8/day

1 month membership for fitness room use only: \$20/month

Fitness Room Guidance and Classes:

Membership	Individual	Family
1 month	\$60	\$80
3 months	\$165	\$215
10 class punch card*	\$70	N/A

*Punch cards expire 6 months after the date of purchase.

FIA remains committed to offering financial assistance for those who may otherwise be unable to participate. To request financial assistance, please contact the FIA office for an application.

WHY YOUR DONATION MATTERS:

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 operating funds from the community through individual donations, grants, and fundraising events. Every donation, large or small, helps. We also have a special giving society “FRIENDS FOREVER” for planned gifts and an endowment fund for our future.

For more information, contact us at 664-6016. 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

MY DONATION TO FRIENDS IN ACTION:

Name

Address

CityZipTelephone

Email

Amount enclosed \$

This gift is:

In Memory of:

(or) In Honor of:

I have remembered Friends in Action in my will

Please send me information on “FRIENDS FOREVER” PLANNED GIVING