

May 2026

From the Director

Dear Friends,

As we move into May, I would like to take a moment to reflect on the incredible support that surrounds Friends in Action here in Ellsworth. To our dedicated volunteers and to the generous village of people that give to our organization in many ways, please know how deeply grateful we are for each of you.

We are also seeing something truly special happening, an inspiring spirit of collaboration across our community. Our networks are expanding, partnerships are growing, and organizations are coming together in meaningful ways. This brings me so much joy, because the more we come together, the more good we can do for those we serve.

As the sun begins to shine a little brighter and the days grow longer, we hope you will take time to enjoy all the beauty that Maine has to offer. From fresh spring air to the simple joy of gathering with friends, this season reminds us of the importance of connection, both with nature and with one another.

Here at the Senior Center in Ellsworth, that sense of connec-



tion is alive and well. The center continues to be a place where community spirit thrives, where friendships grow, and where there is always something happening. We invite you to join us, whether for a program, a meal, or simply good company and to experience the warmth and activity that make this place so special. If you are not already involved in one of our fitness classes give it a try, we have something for everyone!

Thank you again for all that you do. We are truly fortunate to have such a generous and supportive community.

With sincere appreciation,
McKayla Peers,
Executive Director
Friends in Action

A familiar and welcoming face at the Moore Center



Shauna Esposito, a native of Surry and graduate of Ellsworth High School, has spent the majority of her life in Maine, aside from 15 years in Ohio during and following her college education. Her connection to the Moore Community Center began early, during her high school years, when she participated in a drama class that included teaching drama to children at the Bryant E. Moore School.

Years later, Shauna returned to the Center as a parent when her infant son enrolled in the YMCA childcare program. She quickly developed a deep appreciation for the vibrant energy of the building and, not long after, joined the YMCA staff as a toddler teacher. In 2019, she transitioned from the classroom to the front office, a move that allowed her passion for the Center to truly flourish. Today, she considers it her second home.

As Shauna describes it, “To say it is magical is not overstating. Where else can you feel the energy of a newborn, watch a child take their first steps, hear a preschool class singing as they head out the door, or listen to school-age chil-

dren laughing during a spirited game of freeze dance?” She continues, “Nearby, you’ll see seniors smiling, laughing, and sharing stories over coffee and snacks, or hear the mesmerizing melody of a cello. This place has a heartbeat like no other building in the city.”

One of Shauna’s favorite programs is Coffee Hour, held Tuesdays and Thursdays from 9–11 a.m. and hosted by Friends in Action. This welcoming gathering invites seniors to enjoy coffee, tea, and snacks while connecting with others, all offered on a donation basis, ensuring accessibility for everyone. Many who attend Coffee Hour go on to explore other programs, forming lasting friendships and becoming part of what is fondly known as the Moore Center family.

Whether through Friends in Action, the YMCA, ECMI, or the many organizations that call the Center home, a strong sense of community and belonging is felt throughout the building. From Coffee House events to Family Fun Nights and free monthly midday concerts, there is something for everyone.

Shauna takes great pride in being the first smiling face visitors see when they enter the Moore Community Center. She greets everyone with warmth, openness, and genuine enthusiasm. Her deep knowledge of the Center and her passion for its mission make her an invaluable part of the community. The City of Ellsworth is truly fortunate to have Shauna Esposito serving as Director of Operations.

A Mother’s Day Reflection

On Mother’s Day, we honor more than a moment,
we honor a lifetime.

A lifetime of early mornings and late nights,
of hands that worked and hearts that worried,
of meals made, tears wiped,
and love given freely, again and again.

A mother’s story is not written in a single day,
but in years,
in children raised,
in lessons passed down,
in quiet sacrifices no one ever fully sees.

Now, in these softer seasons of life,
there is a different kind of beauty—

time to sit and remember,
to laugh at stories once long forgotten,
to see the family you built living and growing all around you.

The world may move quickly,
but the love of a mother never fades.

It lingers in traditions,
in familiar recipes,
in the sound of a voice that still guides us home.

Today, we celebrate you,
for all you have given,
for all you still are,
and for the love that continues, steady and strong,
through every generation.
Happy Mother’s Day.

Friends in Action Board of Directors

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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:

- Individual creamers for our Senior Coffee Hour (a big need)
- 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.

National Senior Health & Fitness Day at the Moore Community Center

Join us in celebrating National Senior Health & Fitness Day on the last Wednesday in May at the Moore Community Center in Ellsworth!

This special day is dedicated to promoting the importance of staying active, healthy, and connected as we age. In honor of this nationwide event, Friends in Action is proud to offer **free fitness and wellness classes for both members and non-members** throughout the day.

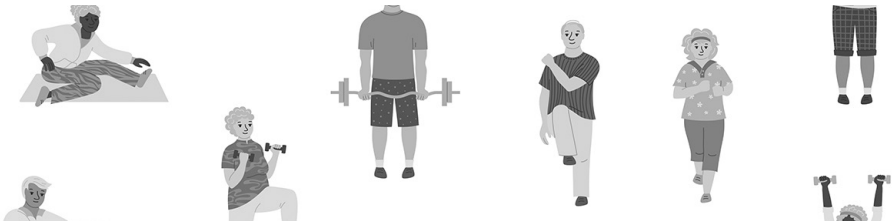
Whether you're new to exercising or already enjoy an active lifestyle, this is the perfect opportunity to try something new in a welcoming and supportive environment. From gentle movement

and stretching to more engaging group classes, there will be options suited for all ability levels.

Beyond physical health, this day is about building community. It's a chance to meet new people, reconnect with friends, and experience the positive energy that makes the Moore Community Center such a special place.

We invite you to come move, laugh, and connect with us, because staying active is better together.

For more information or schedule of events for this special day, please contact Friends in Action at 207-664-6016 or stop by the Moore Community Center. We look forward to seeing you there!



How You Know It's Time to Join a Senior Fitness Class (A Lighthearted Guide to joining us at the Senior Center today!)

You know it might be time to join a senior fitness class when...

- You make more noise getting out of a chair than you did playing sports in your 20s.
- "Touch your toes" has quietly turned into "wave at them from a distance."
- You plan your day around where the nearest comfortable chair is located.
- You stretch... and pull something you didn't even know you had.
- The highlight of your workout is carrying groceries in one trip and needing a nap after. It might also be time when...
- You say, "I really should move more," at least three times a day... from the couch.
- You consider bending down to pick something up and think, "Do I really need that?"
- Your idea of resistance training is opening a stubborn pickle jar.

- You've started evaluating stairs like they're a personal challenge issued just to you. And definitely time when...

- You realize you actually want more energy, more balance, and more strength
- You'd enjoy laughing while moving instead of groaning while standing up
- You miss that feeling of doing something good for yourself

The good news? Senior fitness classes aren't about running marathons or lifting heavy weights they're about **moving, smiling, and feeling better together.** They're full of people just like you... who may also be making a few "sound effects" when they sit down.

And honestly? Half the fun is the laughter. Because sometimes the best reason to join a fitness class... is realizing you don't have to do it alone.



THE 5TH ANNUAL Walk/Run-A-Thon



BRING YOUR FRIENDS SUPPORT THE MISSION OF FRIENDS IN ACTION!

Knowlton Park

RAFFLE & PRIZES

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!

SATURDAY JUNE 6TH, 2026

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

Our number: 207-664-6016

MHTL presents
The Gods of Comedy by Ken Ludwig
Directed by Shari John

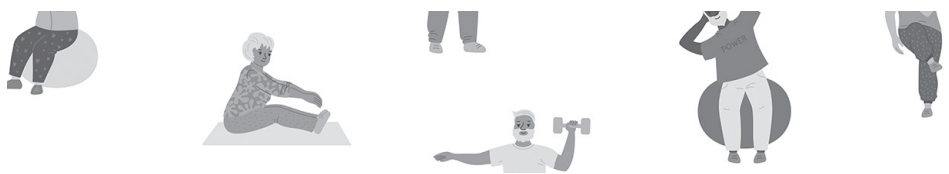


At Hammond Hall in Winter Harbor May 15, 16, 22 & 23 @ 7pm
and May 17 & 24 @ 2 pm.

Cast: (in order of appearance) Michael McFarland, Jaimie Paige, Cathy Johnson, Marc Bellenoit, Rick Andrew, Frank John, Seeta John, Shelly Curtain.

RATED PG-13

“Ken Ludwig’s *The Gods of Comedy*” is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc., www.concordtheatricals.com



Our community has many

If you want some physical recreation for yourself, join an exercise group or a pickle ball game at the Senior Center. Friends in Action has a schedule of all their activities and classes on the back page of this publication. Look it over and then stop in the FIA office on the 2nd floor to learn about costs. You'll find there is fun for all, even with limited funds. Next month we'll share some more ways to live on a limited budget. If you have some information on this topic, contact **dperry@1789gmail.com**

May 2026

Tuesday, May 5th Beef Taco Salad (Ground Beef, Lettuce, Tomato, Cheese and Green Onions) Corn Chips, Cinnamon Applesauce	Tuesday, May 12th Ground Beef Stroganoff W/ Egg Noodles, Mixed Veggies, Mandarin Oranges, Roll	Tuesday, May 19th BBQ Chicken Legs, Cheesy Tater Tots, Carrot, Cinnamon Pears	Tuesday, May 26th Southern Style Pork, White Rice, Green Beans, Peaches
Thursday, May 7th Southwestern Chicken Alfredo, Corn and Black Beans, Tropical Fruit Blend	Thursday, May 14th Meatballs W/ Gravy, Mashed Potatoes, Peas, Pineapple	Thursday, May 21st Chili, Cinnamon Roll, Mixed Salad, Grapes	Thursday, May 28th Chicken Tenders W/ House Dipping Sauce, Garlic Parmesan Potatoes, Broccoli, Pineapple



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

- 10:00 a.m. — Pilates | Instructor: Patricia | Location: Studio
- 11:00 a.m. — Strength and Balance | Level: Beginner / Intermediate Instructor: Patricia | Location: Theater
- 11:30 a.m. – 2:30 p.m. — Pickle Ball | Location: Gymnasium
- 12:00 p.m - 1:00 p.m. — Line Dancing | Instructor: David 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

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

- 10:00 a.m. – 11:00 a.m. — Strength and Balance Level: Intermediate / Advanced | Instructor: Patricia | Location: Studio
- 11:00 a.m. – 12:00 p.m. – Yoga | Instructor: Patricia | Location: Studio
- 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