

July 2026

Community Spirit Shines at Friends in Action's Walk/Run Event

Friends in Action's Walk/Run Event on June 6, 2026, was a tremendous success, bringing together people of all ages for a day filled with community spirit, positivity, and purpose.

From the moment participants began arriving, there was an unmistakable sense of excitement and camaraderie in the air. Families, staff, board members, friends, children, adults, and seniors gathered to support Friends in Action's mission of helping older adults and individuals with disabilities maintain their independence and quality of life.

One of the most inspiring moments of the day was watching participants cross the finish line. Whether they walked, ran, cheered from the sidelines, or volunteered their time, everyone played a part in making the event memorable. Seeing children, families, and seniors sharing the experience together was a powerful reminder of the strength and connectedness of our community. The event was also a fundraising success, and that would not have been possible without the generous support of our sponsors. Their commitment to Friends in Action and the people we serve helps ensure that vital programs and services continue to be available throughout our community.

We extend our heartfelt thanks to our sponsors:

Diamond Sponsor

**-Bar Harbor Bank & Trust
Wealth Management**

Gold Sponsor

-Machias Savings Bank

Silver Sponsors

- Ironbound
- Dennis J. King Masonry, Inc.
- Atlantic Landscape Construction
- Sinclair Builders
- Lesley Robinson and How-

ard Weiner

- No Frills Oil Company
- Audiology Center of Maine
- Viridian Law
- Jeff and Candy Gammelin
- Two Loons Vacation Rentals
- In Loving Memory of Ann Miller

Bronze Sponsors

- Bangor Savings Bank
- Gibson Financial Solutions
- JKS Attorneys and Counselors at Law
- Osborne's Plumbing and Heating, Inc.
- Jordan Electric LLC
- North Winds Stove and Fireplace, Inc.
- Morton's Moo Homemade Ice Cream
- Tammy and Joe Nabozny
- Donna Jancewicz
- Anne Labossiere
- Diane Nicholls

In addition to our sponsors, we are incredibly grateful to the local businesses and individuals who donated products and services for our raffle. The raffle was a highlight of the event and provided plenty of excitement, laughter, and friendly anticipation throughout the day. Thank you to:

- Pug Nuts
- Brick House Soups
- Judy Davis, LMT, for a Massage for Women gift certificate
- C & T Nails
- Sylvia's Café
- Zeppa's New York Pizza
- Morton's Moo Homemade Ice Cream
- Homemade Peanut Brittle
- Precipice Coffee
- OpenMove Wireless Conduction Headphones donated by MacRevival

Their generosity helped make the raffle a tremendous success and added even more fun to an already wonderful day. We are deep-

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A Message from the Executive Director

Dear Friends,

As we celebrate the summer season and the spirit of Independence Day, I want to take a moment to express my gratitude to everyone who makes Friends in Action such a special place.

First, thank you to all of the participants, volunteers, staff, board members, sponsors, donors, and supporters who helped make our Walk/Run Event such a wonderful success. The energy, enthusiasm, and sense of community on display that day were truly inspiring. Watching children, families, and seniors cross the finish line together was a reminder of what can happen when a community comes together for a common purpose.

If you've never visited Friends in Action, I encourage you to stop by and see what we're all about. Whether you're looking for fitness classes, social activities, educational programs, volunteer opportunities, or simply a welcoming place to connect with others, our doors are open to you. Our center is filled with friendly faces, meaningful activities, and opportunities to make a difference.

One program that I would like to highlight this month, is our Genealogy Group, which meets every Tuesday from 1:00 p.m. to 3:00 p.m. Have you ever wondered where your family came from or wanted to learn more about your ancestors? Whether you're just getting started or already have information gathered, our dedicated group leader is here to help guide you through the process of explor-

ing your family history. Simply bring whatever you have available, and you'll be supported in uncovering the stories, connections, and fascinating details that make up your family's unique past.

We are always looking for volunteers to help support our mission. Whether you can provide transportation, make friendly calls, assist with events, deliver meals, or lend a helping hand in another way, your time and talents can have a lasting impact on the lives of older adults in our community.

Looking ahead, we are excited to host our Annual Golf Tournament at Bangor Municipal Golf Course on September 14, 2026. This event is an important fundraiser that helps support the many services Friends in Action provides throughout Hancock County. I invite local businesses, organizations, and individuals to register a team, become a sponsor, or simply help spread the word. We have sponsorship opportunities at a variety of levels, making it easy

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Director’s Letter Cont.

Walk/Run Event Cont.

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for everyone to participate and support our mission and be recognized in the community.

I would also like to share news of a generous clothing donation we received. Friends in Action has been gifted a large collection of ladies clothing, household linens, and bedding, and we would love to see these items go to individuals who can use them.

On July 6 and July 7, from 10:00 a.m. to 2:00 p.m., we will open our doors for a community giveaway on the second floor of the Moore Community Center. At this time, most of the donated clothing is women’s clothing in sizes small, medium, and large. Household linens and bedding are also available.

This will be a donation-based event only. If you are able to make

a contribution, we appreciate it. If not, please know that financial circumstances should never prevent you from obtaining clothing or household items that you need. We encourage anyone who may benefit from these items to come and take what they need.

As always, thank you for your continued support of Friends in Action. Together, we are building a stronger, more connected community where older adults and individuals living with disabilities can remain independent, engaged, and supported.

I wish you and your loved ones a safe, happy, and healthy Fourth of July.

Warm regards,
McKayla Peers,
Executive Director
Friends in Action

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ly grateful to every sponsor, raffle donor, participant, volunteer, donor, and supporter who helped make this event possible. Your generosity and enthusiasm make a meaningful difference in the lives of the individuals we serve every day.

Most importantly, thank you to our community. The smiles, encouragement, and positive energy throughout the event demonstrat-

ed what makes Hancock County such a special place to live. Together, we are creating a stronger, more connected community where older adults can thrive with dignity and independence.

We look forward to welcoming returning participants, new supporters, and many friends at next year’s Walk/Run Event. Until then, thank you for helping make this year’s event one to remember!

Newest FIA Team Member

Mariah



ty. From fundraising and donor communications to grants, events, and community outreach, my role helps ensure that Friends in Action has the resources needed to continue serving our neighbors. What I enjoy most is connecting people to a mission they care about and helping tell the stories of the impact this organization has every day.

One of the things I’ve come to appreciate most is how deeply connected Friends in Action is to the communities it serves. Whether it’s a volunteer delivering a meal, a donor making a gift, a Board member leading an event, or a staff member going above and beyond for a client, there is a shared spirit of compassion and service that shines through in everything FIA does.

When I’m not working, you’ll usually find me spending time with my pets in various forms, whether that’s reading, walking, or visiting the beach!

As I settle into this role, I look forward to meeting many of you in the months ahead. Whether you’ve been involved with Friends in Action for years or are just learning about us, thank you for being part of this incredible community. I’ve already been inspired by the generosity, dedication, and kindness of the people who make Friends in Action what it is, and I’m grateful for the warm welcome I’ve received. I’m excited to be part of this team and to help support the critical work being done every day.

Thank you to everyone who has welcomed me so warmly. I’m excited to learn from you, work alongside you, and help continue the incredible mission that makes Friends in Action such a special place!

My name is Mariah, and I’m excited to introduce myself as the Development and Marketing Coordinator at Friends in Action.

Throughout my career, I’ve always been drawn to work that brings people together and helps strengthen communities. Before joining Friends in Action, I worked in nonprofit communications, development, and animal welfare, and I also spent five years teaching in a Title I school. While those roles were very different, they all shared something important - building relationships and helping people access the support they need.

What has stood out to me most since joining Friends in Action is the people. From my very first day, I was welcomed with kindness, encouragement, and genuine enthusiasm. Executive Director McKayla, the staff, Board members, volunteers, and community partners have all made me feel right at home. Everyone has been incredibly generous with their time, eager to share their knowledge, and invested in FIA’s mission.

As Development Coordinator, I support many of the behind-the-scenes efforts that help Friends in Action serve their communi-

Friends in Action Wish List

& Ways to Support Our

Senior Center

Friends in Action is grateful for the continued generosity of our community. Every contribution, large or small, helps us support older adults, providing nourishment, connection, and a welcoming place to gather.

Below are a few meaningful ways you can make a direct impact right here at the senior center.

Sponsor a Senior’s Meals & Social Time

If you would like to support a senior in a truly meaningful way, consider sponsoring their meals and time at the center.

We offer **two hot meals each week at \$5 per meal**, served on Tuesdays and Thursdays in our café. For many participants, these meals are about much more than food—they are a highlight of the week, offering nourishment, friendship, and hours of social connection, activities, and entertainment.

A **\$40 monthly donation** will provide:

- Two hot meals per week for one senior
- Participation in social time and activities at the center
- Connection, companionship, and community sup-

port

If you choose to give in this way, please visit our website donation page at: <https://friendsinactionells-worth.org/donate/> and note that your gift is intended to support a senior’s meals. It is a beautiful way to ensure someone in our community enjoys both good food and good company throughout the month.

Weekly Coffee Hour Needs

Our Tuesday and Thursday coffee hours are a cherished tradition, and fresh items help make them even more special. We are always grateful for donations of:

- Fresh fruit (especially seasonal varieties)
- Club crackers
- Plastic Cutlery
- Napkins
- 6x8-inch plates
- Bags of ice

Donations can be brought to the Moore Community Center on Mondays or Wednesdays, so volunteers can prepare everything for coffee hour the following day.

****Fresh fruit is especially appreciated and always a favorite among our participants.**

Our number: 207-664-6016

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 _____
 City _____ Zip _____ Telephone _____
 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 _____.