

August 2026

August in Hancock County: Savoring the Best of Summer

As August arrives in Hancock County, we're reminded that summer has reached its peak. The gardens are overflowing with vegetables and colorful flowers, blueberries are ready for picking, and our beautiful coastline is alive with visitors enjoying everything Downeast Maine has to offer. While the days may seem to pass a little quicker this time of year, August invites us to slow down and appreciate the simple pleasures that make living here so special.

Take advantage of the warm mornings by enjoying a walk along one of our local trails, visiting a nearby farmers market, or simply relaxing on your porch with a cup of coffee while listening to the birds. The fresh produce available this month, from sweet corn and tomatoes to cucumbers, blueberries, and raspberries makes August a wonderful time to enjoy healthy, home-cooked meals or share a favorite recipe with family and friends.

Summer is also a season for reconnecting. Whether you're attending a community concert, inviting a neighbor over for lunch, visiting grandchildren, or joining friends for one of our activities at Friends In Action, every conversation and shared laugh helps strengthen the connections that make our community so

welcoming.

If the warmer weather makes it difficult to get out, remember to stay hydrated, take breaks in the shade or air conditioning, and avoid strenuous outdoor activities during the hottest part of the afternoon. A little extra care can help everyone enjoy the season safely.

Here at Friends In Action, August is filled with opportunities to stay active, learn something new, and spend time with friends. Our exercise classes, hot community meals, social gatherings, educational programs, volunteer opportunities, and transportation services continue throughout the month. Whether you've been coming for years or have never stopped by before, you'll always find a friendly face and a warm welcome.

As we enjoy these beautiful summer days, let's also take a moment to appreciate the kindness that surrounds us. A phone call to a friend, a visit with a neighbor, volunteering your time, or simply offering a smile can brighten someone's day more than you may realize.

From all of us at Friends In Action, we wish you a wonderful August filled with sunshine, laughter, good health, and many memorable moments with those you love. We look forward to seeing you at the Senior Center soon!

A Letter from the Director

As we welcome the month of August, I want to take a moment to express my sincere gratitude to everyone who continues to support Friends in Action. Whether you volunteer your time, attend our programs, make a donation, sponsor an event, or simply encourage others to get involved, you are helping us fulfill our mission of serving older adults in our community.

The generosity of our members, volunteers, local businesses, and community partners makes an incredible difference. Your support allows us to provide programs, activities, meals, transportation, wellness opportunities, and meaningful connections that help seniors remain active, engaged, and independent.

Community events and fundraisers are especially important to Friends in Action. They not only bring people together but also provide

essential funding that helps keep our doors open and our services available to those who need them most. We encourage everyone, individuals, organizations, and local businesses, to participate, sponsor, volunteer, or attend these events whenever possible. Every contribution, no matter the size, has a lasting impact.

I also want to share a special request. Thanks to the generosity of Board Member who is no longer with us but always with us in spirit and memory, we still have a large supply of quality clothing available, but we need to free up space at the Senior Center. If you know of an individual, family, or organization that could benefit from free clothing, please don't hesitate to contact me. We would love to see these items go to those who can truly use them.

Thank you for believing in Friends in Action and for helping us create a welcoming place where friendships grow, lives are enriched, and our community comes together to support one another. We couldn't do this without you, and we are truly grateful for your continued partnership.

***Wishing you a wonderful
August,
McKayla Peers,
Executive Director
Friends in Action***



Friends in Action Board of Directors

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Charlotte Stetson

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Candy Gammelin

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Kathleen S. Hughes

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Members

Chris Popper

Deb Leavitt

Diane Nicholls

Tammy Nabozny

Min Fons

Edward Griffin



Friends in Action is proud to welcome

Min Fons to our Board of Directors



Originally from Connecticut, Min has spent much of her life exploring new places and experiences. She has lived abroad and in multiple cities across the United States before finding her way to Maine. What was supposed to be a temporary stay turned into something much more permanent.

“I moved up here for a summer a few years ago and haven’t left,” Min says with a laugh. “I learned later on that some of my neighbors placed bets that I wouldn’t last two weeks.”

Professionally, Min has built her career in customer success and account management within the real estate startup industry. Her work has centered on helping people succeed, building meaning-

ful relationships, and developing strong communities. She brings a unique combination of business development experience, leadership skills, and a passion for helping others to the Friends in Action Board.

Outside of work, Min enjoys what she describes as the simpler things in life. Her interests include participating in mutual aid projects, reading Architectural Digest, traveling, thrifting, gardening, and spending time with her beloved pets.

For Min, joining Friends in Action was an easy decision because the organization’s mission closely reflects experiences from her own life.

“The mission of Friends in Action hits very close to home for me,” she explains. “In the past few years, I have helped care for and lost people who were very near and dear to me.”

Through those experiences, Min gained a deeper understanding of the challenges that older adults, caregivers, and families often face. She also learned some valuable lessons along the way.

“It takes a village. Having a sense of independence creates confidence regardless of age or ability. Community is extremely important and comes in so many forms. And asking for help is one of the

hardest things people can do.”

These lessons are at the heart of Friends in Action’s work, helping older adults maintain their independence while staying connected to their communities.

“FIA’s mission understands all of the above, and there was zero hesitation in wanting to be a part of it,” Min says. “With my personal experience in caregiving and business development, and my confidence in educating younger generations, I’m excited to bring my flair to the board.”

She is also grateful to be working alongside fellow board members.

“The board is composed of strong and talented human beings. I am honored to be a part of it.”

Min is particularly passionate about food distribution, environmental causes, and protecting and supporting communities of color and the LGBTQ+ community. During her time on the board, she hopes to strengthen community connections and expand opportunities for people of all ages to become involved.

“I am most looking forward to meeting and encouraging those within our community. Your age and abilities don’t define you or your place in the community.”

She would also like to see increased collaboration between

local organizations and younger generations.

“I would love to collaborate with more local groups and youth to encourage more meal deliveries, ride shares, and support. I think it’s important that we reach all of our communities.”

Min believes that Friends in Action’s work resonates with so many people because it is deeply personal.

“This mission is personal for many, if not all of us, and it shows.”

She also wants to express her appreciation for everyone who helps make the organization’s work possible.

“A huge thank you to all of the members, volunteers, and supporters who consistently show up for Friends in Action.”

And finally, when asked which living or historical figure she would most like to sit down and have coffee with, Min didn’t hesitate.

“Anthony Bourdain, for so many reasons—and I know the coffee would be unreal.”

Friends in Action is honored to welcome Min to its Board of Directors and looks forward to the passion, perspective, and energy she will bring as the organization continues its mission of supporting older adults throughout Hancock County.

MENU

August 2026

Tuesday, August 4th Oven Roasted Chicken, Herb Roasted Potatoes, Green Beans, Watermelon	Tuesday, August 11th BBQ Pulled Pork Sandwich, Baked Beans, Cole-slaw, Applesauce	Tuesday, August 18th Creamy Chicken & Rice Casserole, Steamed Carrots, Dinner Roll, Mixed Fruit	Tuesday, August 25th Chicken Parmesan over Spaghetti, Italian Green Beans, Garlic Bread, Man-darin Oranges
Thursday, August 6th Turkey & Gravy over Stuffing, Mashed Potatoes, Mixed Vegetables, Peaches	Thursday, August 13th Chicken Alfredo over Penne, Broccoli, Garlic Roll, Tropical Fruit	Thursday, August 20th Country Fried Chick-en with Country Gravy, Mashed Potatoes, Green Beans, Pears	Thursday, August 27th Salisbury Steak with Mush-room Gravy, Buttered Egg Noodles, Glazed Carrots, Cinnamon Apples



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 _____
 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 _____.