

Advisory Committee on Age Friendly Bowdoinham (ACOA)

Activity and Resource List

~ March 2019~

Mon	Tue	Wed	Thu	Fri
<p>Additional information for listed activities provided below.</p> <p>All activities are free unless otherwise noted.</p> <p>R – Activity Requires Registration</p> <p>Need more details? To register or FMI about any of the Committee on Aging activities, please contact the Town Office (Phone: 666-5531; Email: assistantclerk@bowdoinham.com).</p>			 <p>Reminder-Activities may be cancelled due to inclement weather. If MSAD #75 is cancelled, so are activities.</p>	1
<p>4</p> <p>9:00 Bridge @ Coombs Building, Graduate Room</p> <p>5:30-7:15 PM Pickleball @ Bowdoinham Community School</p>	<p>5</p> <p>9:00-11:00 Line Dancing @Fire Station, 57 Post Road. The 1st hour is for beginners; the 2nd hour is for all</p> <p>10:00-11:00: Tech Time @ Bowdoinham Library</p>	6	<p>7</p> <p>9:00 Yoga @ Coombs Building, Kendall Room</p> <p>10:00 Cribbage @ Coombs Building, Graduate Room</p>	8
<p>11</p> <p>9:00 Bridge @ Coombs Building, Graduate Room</p> <p>2:30-4:30: Advisory Committee on Age Friendly Bowdoinham @ Coombs Building, Kendall Room <i>Public is welcome!</i></p> <p>5:30-7:15 PM Pickleball @ Bowdoinham Community School</p>	<p>12</p> <p>9:00- 10:00 Program and Activities Planning Meeting @ Coombs Building, Kendall Room</p> <p>10:00-11:00: Tech Time @ Bowdoinham Library</p> <p>1:00: Caregiver support Group @ Coombs Building, Graduate Room</p>	13	<p>14</p> <p>9:00 Yoga @ Coombs Building, Kendall Room</p> <p>10:00 Cribbage @ Coombs Building, Graduate Room</p> <p>12:00: Lunch @ Bowdoinham Estates \$4.00 Followed by BINGO</p>	15
<p>18</p> <p>9:00 Bridge @ Coombs Building, Graduate Room</p> <p>5:30-7:15 PM Pickleball @ Bowdoinham Community School</p>	<p>19</p> <p>10:00-11:00: Tech Time @ Bowdoinham Library</p> <p>12:30-2:30 NYM Garden Club @ Enterprise Grange, Richmond 12:30 Refreshments/Social time; 1PM- Garden Pests and the Browntail Moth, Speaker: Tom Schmeelk, Entomologist, Department of Agriculture, Conservation and Forestry, Maine Forest Service</p> <p>6:00-8:00 PM: Line Dancing @Fire Station The 1st hour is for beginners; the 2nd hour is for all levels.</p>	20	<p>21</p> <p>9:00 Yoga @ Coombs Building, Kendall Room</p> <p>10:00 Cribbage @ Coombs Building, Graduate Room</p> <p>1:00 PM- Loose Ladies Book Club@ Bowdoinham Library Book: "Little Fire Everywhere" by Celeste Ng</p>	22
<p>25</p> <p>9:00 Bridge @ Coombs Building, Graduate Room</p> <p>5:30-7:15 PM Pickleball @ Bowdoinham Community School</p>	<p>26</p> <p>10:00-11:00: Tech Time @ Bowdoinham Library</p>	27	<p>28</p> <p>9:00 Yoga @ Coombs Building, Kendall Room</p> <p>10:00 Cribbage @ Fire Station</p> <p>11:45 Luncheon @ Fire Station Followed by BINGO</p>	29

Please submit all activity cancellations or changes by the 20th of each month to be posted on the following month's calendar. Thank you for your assistance.

Advisory Committee on Age Friendly Bowdoinham (ACOA) Activity and Resource List: March 2019

Advisory Committee on Age Friendly Bowdoinham Sponsored Activities

Bowdoinham Outdoors: This group is for people who enjoy the outdoors. The group plans and schedules outdoor activities using an email distribution list. The list will also update you if there is a change in plans. Activities such as kayaking, hiking and snowshoeing, cross-country skiing may be planned. To join the email list, contact Linda Jariz (email: ljriz123@gmail.com).

Weekly Bridge. The Bridge group meets on Mondays at 9:00AM at Coombs Building, Graduate Room. If you haven't played for years and want to get back into the game, this is a perfect opportunity. If you play and want to know what to do after your first bid or to answer your partner, this is for you.

Care Partner Support group, facilitated by Nancy Herk, Brunswick Respite Care, will meet at 1:00PM in the Graduate Room of the Coombs Municipal Building on the second Tuesday of each month. *FMI: Contact Nancy Herk at Brunswick Area Respite: Phone: 207.729.8571 or Email: nancyhb@respice-care.org.*

Cribbage. Meets Thursdays at 10:00AM at the Coombs Building, Graduate Room during the winter months. Join this open group for beginners and experienced Cribbage players.

Eat and Meet: Join your friends and neighbors for a meal out.

- **Bowdoinham Estates. 2nd Thursday** at Bowdoinham Estates at 12:00 noon. Cost: \$4.00. BINGO follows the meal.
- **Luncheon Bowdoinham Fire station 4th Thursday** of the month at 11:45AM. Donations accepted.

Gentle Yoga: Develop strength, balance and focus using yoga breathing techniques and postures. Mats available if you do not have one. Cost: \$5.00 suggested donation per class, *Beginners are welcome!* Minimum class size: 6.

Line Dancing: Led by George Oliver, this workshop is geared for adults of all ages. Beginners and all levels of experience welcome! Line Dancing provides a low impact workout to keep you moving, improve your health, and keep your mind sharp and alert. It is a great way to meet new people while staying fit! Meets twice each month. The first meeting is from 9-11:00AM on the first Tuesday of the month. The second meeting is from 6:00-8:00PM on the third Tuesday.

Not Your Mother's Garden Club: Formed by people from Bowdoinham, Richmond and Bowdoin. Membership is open to anyone in these 3 towns and any other town interested in joining. Meetings are the second Tuesday of each month: 1PM to 2:30PM, unless otherwise specified. 12:30:

Refreshments/Social time; 1:00: monthly program.
Cost: None. (Note date change for March)

Other Activities Bowdoinham Public Library (Tues, Thurs, & Sat. 10-2:00; Wed & Fri. 2-6:00). Tech Time:
Bring your Smart phone, tablet, laptop, or other technology on Tuesdays from 10-11:00AM. Garry Hensley will do his best to solve your technical glitches

Not Your Mother's Garden Club- March 19
12:30-2:30

Coombs Building, Kendall Room
12:30 Refreshments/Social time;
1PM- Garden Pests and the Browntail Moth,
Speaker: Tom Schmeelk, Entomologist 2
Department of Agriculture Conservation and
Forestry, Maine Forest Service

Loose Ladies Book Club meets third Thursday at 1:00PM at the Bowdoinham Library. FMI: Contact the Bowdoinham Public Library (666-8405)

Bowdoinham Historical Society Lancaster Bishop Archive and Research Room: 3rd floor of Coombs Municipal Building. Tuesdays 10-12 & 2-5 or by appointment

Bowdoinham Recreation Dept. Exercise Equipment Loans Exercise equipment is available to borrow through the Bowdoinham Recreation Dept. FMI, call the Town Office: (207)-666-5531.

Cathance Fitness Center, Main Street Bowdoin, Maine. FMI: 666-3463. The *Silver Sneakers* Schedule is online at: http://cathancefitness.com/?page_id=190

Pickelball meets at 6:00-7:15 PM at the Bowdoinham Community School. Nets are at the Town Office and available whenever anyone wants to play. For more information about adult recreation programs organized by Bowdoinham Recreation Department, go to: <https://www.facebook.com/Bowdoinham/>

Durable Medical Equipment Loan Program: For more information, to donate used equipment, or to borrow equipment, contact the Town Office at 666-5531

Food Pantry: The Food Pantry is open on Wednesday from 4 to 6 PM and on the 1st and 3rd Saturday from 9-10 AM starting October 6th in the old FHC building near the Merrymeeting Arts Center. FMI call (207-751-7779).

Rides In Neighbors' Cars is a volunteer door-to-door driver service that provides rides to older residents who need help with transportation. *If you are interested in getting a ride or want more information, contact Rides Coordinator by phone at 837-9577*

Sand Bucket Brigade As an activity of Age-Friendly Bowdoinham in conjunction with the Advisory Committee on Age Friendly Bowdoinham, the Bowdoinham Fire and Rescue Department will be distributing 5- gallon buckets of winter sand this winter. This program is designed for those residents who cannot pick up their own sand from the courtesy sand pile located at the Public Works Facility. If you would like a bucket of sand dropped at your residence, please contact the Town Office, 666-5531, or assistantclerk@bowdoinham.com. Your information will then forward your information to the Fire & Rescue Department. After you received your first bucket, please contact the Fire & Rescue Department for a refill at 666-3505 and leave a message. Special thanks to Bowdoinham Hardware for providing the 5- gallon buckets to the Town for this program.

Village Lodge Handy Brigade The Village Lodge Handy Brigade, sponsored by the Masons, provides home repair and maintenance services without charge to older adults who live in their own homes. The only cost is for the parts needed. Work is done by volunteers who make it their mission to help people in our community. Handy Brigade Volunteers are not licensed carpenters, plumbers, or electricians. They are home-owners—just like you— who know how to do simple home maintenance and repairs.

For more information, contact the Town Office 666-5531

