

Week Ahead at Gateway Seniors Without Walls

September 14-20, 2015

NOTES:

Would it help you get through our flyers if we coded the activities according to content such as entertainment, food, gardening, arts and crafts, exercise, etc. If you'd like us to code events on our flyers for content, let us know. Only one person has responded.

Free computer counseling for everyone at the Orono Public Library. It doesn't matter what town you're from. If you need help using a computer or an eReader or a tablet or a related device, make an appointment by calling 866-5060.

CHANGES

- 1. Yarn Social goes back to its pre-summer time, 12:30 to 2 pm.**
- 2. We're upgrading our refreshments at Old Town Public Library; hence, for activities which feature refreshments at the library, we encourage you to register so we know how much food to purchase and prepare.**

Coming in early October, Community Resources for Caregivers of People with Alzheimer's Disorder and Other Dementias. (Saturday, October 3; 10am-12 noon; Old Town Public Library, 46 Middle St., Old Town). Co-sponsors: Eastern Area Agency on Aging, Gateway Seniors, and Old Town Public Library. Seven panelists will present on topics including the wandering and good morning programs, respite, day programs, memory units, support groups, programs to educate caregivers, and diagnosing dementia. Question and answer period. Respite program activities will be available for patients with dementia (limited to 20). Refreshments include light lunch and beverages. Registration required: EAAA: 941-2865 (ask for Karyn).

Additions to our September flyer

In-Deep Aqua Fitness. This deep water aqua fitness program suspends you in the deep end of the pool using floating belts and water weights for an awesome workout. Available to members free. Nonmembers can purchase an In-Deep Aqua fitness Pass good for the entire semester for \$45-- Mondays and Wednesdays 10:30 to 11:30 at the Wallace Pool, U. Maine, August 31 to December 9.

Intergenerational Project at Hirundo Wildlife Refuge. Gudrun Keszoce, the naturalist at the Hirundo Wildlife Refuge is looking for people who are interested in volunteering for a Hirundo program, "Connecting seniors & youth through environment." The project, which runs for 1 week, Monday through Friday, during the week of September 21. There will be 5 field trips. Each begins at 8:30 am and ends at 1:30 pm and is divided into a water based segment that includes canoeing from 9 to 11 am and a land-based segment which runs from 11:00 am to 1:30 pm. Mentors can be only land-based if they prefer.

During the field trip, senior mentors (if they choose) and students canoe in 28-foot canoes & smaller boats along Pushaw and Dead Streams locating shell middens (shell heaps), collecting discarded shells & using a GPS to record the location. Additionally, the students collect water chemistry data and are responsible for documenting the field day using digital cameras.

Back on land the senior mentors assist the students to sort shells by species, count and measure the shell's length. The collected data will define the species composition, distribution, abundance, and population structure. Maine has 10 species of freshwater mussels, 3 of them are designated as State Threatened (present in Pushaw & Dead Stream) and two are of Special Concern.

Preparations for mentors will include training/informational sessions on mercury and methyl mercury, canoeing, Maine freshwater mussels, data analysis, water data collection and power point. If interested, call Gudrun at 944-9259.

To unsubscribe to this weekly review, let me know at the email address above.

Schedule of Activities September 14-20, 2015

Most activities are free of charge. A few require purchases or admission fees (for example, for tickets or a meal or a University rec center class). There are no membership fees at Gateway Seniors. Everyone is welcome. Let us know if you need transportation. If no registration number is associated with an activity, call 207-889-3031 to register and for more information. You may also register on our [Calendar](#) or under the tab [Activities](#) on our website: www.GatewaySeniorsWithoutWalls.org or by emailing us at GatewaySeniorsWithoutWalls@roadrunner.com.

Ongoing and Continuing Activities

Yarn Social. (Tuesdays, 11:30am -1pm; Orono Public Library, 39 Pine St., Orono). (FW-001)

Scrabble at Dirigo Pines. (Tuesdays; 1:30pm; Garden Room, Inn at Dirigo Pines Retirement Community, 9 Alumni Dr., Orono). (FW-002)

Walking Group (September). (Wednesdays, 6:30 -7:30 am; Norma's home, 1036 Main St., Veazie). Call Norma for information: 945-5763. (FW-003)

Beginning Bridge. Continues Thursdays in the Social Room at Dirigo Pines Retirement Community; 2- 4pm. (FW-005)

Painting at the Wyeth. (Fridays, 9 am -12 pm; Painting Studio, Wyeth Family Studio Art Center, University of Maine, Hilltop Rd.) Call Ann, 889-3031 for information. (FW-006)

Bridge at Dirigo Pines. (Saturdays; 2 -3:30pm; Social Room [Ask receptionist for directions], Inn at Dirigo Pines Retirement Community, 9 Alumni Dr., Orono). (FW- 007)

New Activities

Tai Chi (Fall Session I). (Tuesdays and Thursdays, September 8- October 20; 10 - 10:50am; Foster Room, New Balance Student Recreation Center, University of Maine, Hilltop Rd., Orono). Membership fees required. Call the Recreation Center at 581-1110. (FW-009)

Fit Over Fifty (Fall Session I). (Mondays and Wednesdays, September 9- October 21; 10 - 10:50 am; Foster Room, New Balance Student Recreation Center, University of Maine, Hilltop Rd., Orono). Membership fees required. Call Recreation Center for information: 581-1110. (FW-008)

Breakfast Out: Geaghan's Pub. (Thursday, September 17; 8:30-9:30 am; 570 Main St., Bangor). Good breakfast. Call Norma, 945-5763, for information or to register. (FW-010)

Great Wildlife Films: Born Wild . (Monday, September 14; 7:15-8:15pm; Kenduskeag Gathering Room, Inn at Dirigo Pines, 9 Alumni Dr., Orono). A compelling nature documentary showing the challenges various species confront to successfully give birth and raise their offspring; you will see the very first days of a marmoset, a moose, an elephant and a gorilla. (FW-019)

What's for Dinner? (Wednesday, September 16, 1pm, Old Town Public Library, Old Town). If you sometimes have a dilemma about what to cook, try out this new group. We'll take turns bringing a dish, casserole, crockpot, or whatever, to taste, along with a recipe to share. First session will be organizational. (FW-020)

Learn to Make Beautiful Greeting Cards. (Thursday, September 17, 1-2:30pm; Penobscot Media Room, Dirigo Pines Retirement Community, 9 Alumni Dr., Orono). Judy Commeau will teach us how to make professional looking cards with lovely folded papers. \$3 covers materials. Call Karen, 947-0458, to register. (FW-021).

Maine Wild Turkeys, A Wildlife Re-Introduction Success Story. (Friday, September 18, 7:15 - 8:15pm, Kenduskeag Gathering Place, Inn at Dirigo Pines Retirement Community, Orono). Kelsey Sullivan, a biologist from the Maine Fisheries and Wildlife Services, presents. (FW-022)

Fashion Show. (Saturday, September 19, 2:00-4:00pm; Christopher Banks/CJ Banks, 663 Stillwater Avenue, Bangor). Come and see new fall fashions modeled and shop with a 40% discount. Must register with Norma at 945-5763 for the discount. (FW-023)

Gateway at Penobscot Theatre, Ring of Fire: The Music of Johnny Cash. (Sunday, September 20, 3pm, Penobscot Theatre, 131 Main St., Bangor). "A toe tapping tribute."

The following help make it possible for Gateway Seniors Without Walls to offer diverse activities and to publicize community services. Please show your appreciation for their contributions.

Our partner/affiliate is: the Center on Aging at the University of Maine.

Our major sponsors are: the towns of Veazie and Old Town; Griffin & Jordan, LLC: Attorneys at Law; Aging Excellence; Hirundo Wildlife Refuge; John T. Cyr and Sons, Inc., School and Charter Buses; Brookings-Smith; Katahdin Trust Company; Birmingham Funeral Home.

Our collaborators include: the Orono and Old Town Public Libraries; Department of Art and New Balance Recreation Center, University of Maine; Hammond Street Senior Center; Dirigo Pines Retirement Community; and Penobscot Community Health Care.

Newsletter coverage is provided by: towns of Orono, Veazie, Bradford, Bradley.



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