

Activities & Programs for Adults & Seniors



Falmouth Community Programs Summer 2024

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***Follow us on Facebook and
Instagram to find
program news, cancellations,
changes and updates.***



Registration Information

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Please register early. You may register online via our website, dropping off forms in person or mailing them to: *FCP, 190 Middle Road, Falmouth, Maine 04105*. We accept cash, checks, Visa, MasterCard, American Express and Discover. Please note a non-refundable online convenience fee of 3.25% or minimum of \$2.00 is applied. Please make checks payable to: Town of Falmouth. Registration forms can be found in this brochure and at the FCP office. Unless we notify you, please assume that you are enrolled in your choice of programs.

We send e-mail receipt confirmations only.

www.falmouthme.org/parks-and-community-programs

Use our online registration system to register for programs anytime and anywhere. Add your e-mail address to receive notices and updates about exciting new activities and programs – you won't miss a date. Set up your private registration account today so that you are ready when registration opens.

Forgot your online registration password? Call 699-5302 to have it reset. Please DO NOT create a new account.

We do not accept registrations by phone with the exception of those participants called from waitlists.

FCP Notes

We reserve the right to revise dates, times and/or prices due to changes that occur after publication. Thank you for your understanding.

The Town of Falmouth will try make reasonable accommodations for alternative access and participation when events or meetings are scheduled on religious observances.

If you have a disability or injury and need additional accommodations to participate in any of our programs, please call our office 699-5302.

Changes, additions and updates for FCP activities can be found on our website at the following address:

www.falmouthme.org/parks-and-community-programs

We also reserve the right to use any photos and/or videos of programming in future brochures or advertisements.

Contact Information

Seniors age 60 and over receive a 25% discount off course fees unless otherwise stated.

Non-residents can register beginning April 26.

FCP Office Hours

Monday-Thursday 8:00am-5:00pm

Friday 8:00am-12:00pm

Address: 190 Middle Rd, Falmouth ME 04105

Phone: 207-699-5302

Contact: fcf@falmouthme.org

Parks & Community Programs Staff

Lucky D'Ascanio, Director

Matt Gilbert, Assistant Director

Jeff Mason, Parks Supervisor

Sam Hazelton, Parks Assistant

Nathan Weeks, Parks Assistant

Kate Harris, Recreation Coordinator

Ashlee Quirion, Recreation Assistant

Kim Doyon, Senior Programs & Services Coordinator

Beth Benson, Admin./Programming Assistant

Caleb Hemphill, OS Property Steward/Trails Manager

Parks & Community Programs Advisory Committee

Scott Simmonds, Chairperson, Janet Lane-Dye, Vice-Chairperson

Doug Zlatin, Denise Martin, 3 vacancies

PACPAC generally meets once a month and meetings are open to the public. FMI please contact the FCP office 699-5302.

Policies/ Procedures

Program Cancellations

FCP reserves the right to cancel any program which fails to meet minimum enrollment requirements, so please register early. **Deadlines are one week prior to the first class unless otherwise noted.**

Inclement Weather/Free Programs

When schools are cancelled due to inclement weather, all adult programs beginning prior to 4:00pm are also cancelled. Decisions regarding evening programs will be made by 2:00pm. For free programs, please call 699-5302 prior to attending as unforeseen cancellations may occur.

After business hours please call 699-5302 or visit our website at: www.falmouthme.org/parks-and-community-programs for News and Announcements or check Facebook for program notices, updates and cancellations.

Refunds

If we cancel or change a course, we will refund you 100% of course fees. **Online convenience fees are NON-REFUNDABLE.** A processing fee ranging from \$5-\$10 will be charged for each course from which you withdraw no less than five full business days prior to the start of the program. After this time, you may receive a 50% refund if a replacement can be found (wait list has priority), the withdrawal does not affect course minimum enrollment, there is unlimited enrollment or the set date of withdrawal has not passed. We reserve the right to credit your account for refunds under \$10.00. For larger refunds, please allow a minimum of two weeks for processing.

**WE DO NOT OFFER REFUNDS AFTER THE START
OF THE SECOND CLASS.**

Course Guidelines

Course guidelines are designed to be appropriate for the enjoyment and safety of all participants. If an emergency/circumstance arises, or if you are dissatisfied with a program, please contact our office as soon as possible. Concerns will be reviewed on an individual basis.

Travelogues

The Travelogue Series offers the opportunity to explore the beauty and customs of lands both far and near, as presented by guest speakers. Programs are free and open to the public; all ages are invited. Pre-registration required for all non-OceanView residents. OceanView follows specific protocols for guests. Please bring a mask with you in case it is required.

Location: Hilltop Lodge, OceanView

Time: 6:30-7:30pm

Fee: FREE

We are looking for guest speakers to lead Travelogues. If you have photos and/or a story to share, call Kim Doyon at 699-5330.

Crossroads of the Adriatic

Speaker: Rick Scala

Date: Wednesday, July 17

Session: 33333. 1B

Overnight Adventures

King Arthur Baking Company & Country Store Tour New Hampshire & Vermont

This one-night overnight trip is for the baking enthusiast and nostalgia lover. Travel with us to Bellows Falls and Norwich, Vermont where our first stop will be the infamous Vermont Country Store where you will find toys from childhood, walk down rows of penny candy, smell nostalgic fragrances, and more. Next we will visit King Arthur Baking Company and enjoy lunch (on your own) in their café after shopping. We will then make our way to our accommodations for the night in Plymouth, NH at the Common Man Inn & Spa. The next day will take us to two more New Hampshire country stores and a visit to Red's Shoe Barn in Dover, NH before we make our way home. Trip includes transportation in 15-passenger van and overnight accommodations. All meals are on your own with the exception of Thursday breakfast. Please list your roommate at the time of registration.

Leader: FCP Staff

Date: Wed. & Thurs., May 22-23

Depart/Return: 7:45am/3pm

Fee: \$125 Double/\$215 Single

Session: 11166.1A



Do you receive our 55+ quarterly newsletter? It's a great way to stay up to date on all of our activities, programs and trips. FMI contact, Kim Doyon, Sr. Services Coordinator: kdoyon@falmouthme.org or call 699-5330 to be added to our e-mail list.

More Overnight Adventures ⁷

Trapp Family Lodge **Stowe, VT**

The Hills are Alive in the beautiful mountains of Vermont at the Trapp Family Lodge. Come along as we travel up to the lodge for a 2-night stay. The Stowe resort blends Austrian-inspired architecture with comfortable American and European furnishings on a beautiful, 2,600-acre property. We will tour the property and visit with a family member to hear the family story first hand that inspired everyone's favorite movie, *'The Sound of Music'*. The next day we will visit the Shelbourne Museum with its Shaker design Round Barn, a General Store, a carousel, and the 220-foot sidewheel steamboat Ticonderoga. We will have lunch and spend some time wandering around the town of Stowe and its historic village before heading back to the lodge where you can go for a nature walk, visit the brewery or just sit and relax with friends. On our way home we will visit Quechee Gorge and the village where you will find all things Vermont. This trip is co-sponsored with Gorham Recreation. Breakfast is included, all other meals are on your own. All discounts included. List your roommate at the time of registration. Please register by May 3, no refunds after this date.

Leader: FCP Staff

Date: Sunday-Tuesday, June 9 -11

Depart/Return: 8am-6pm

Fee: \$344 Double/\$469 Single

Session: 11166.1B

Out and About

Adults of all ages are invited to attend these events. All discounts are included in fee. Return times are approximate. Please wear comfortable shoes as walking may be involved.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Min: 8

Max: 12

Peary-MacMillan Arctic Museum **Brunswick**

A museum is dedicated to two Bowdoin College alumni explorers boasts everything arctic. With over 41,000 objects, photographs, and motion picture films, we will enjoy the history of the American Arctic exploration, natural history of the Arctic, Inuit cultures, and historic and contemporary Inuit Art. Enjoy lunch at Peppers Landing after our tour.

Date: Wednesday, May 15

Time: 10:15am-3:00pm

Fee: \$8

Session: 12109.1A

More Out and About

Snuggling Baby Goats Cumberland

The Sunflower Farm Creamery has plenty to offer at their farm. This Spring they will have many baby goats. Hope, the owner, is letting us visit and snuggle these cute babies. She will give us a history of the farm, explain what they offer and what they use their dairy goats for. There is nothing like snuggling a baby goat. Come join the fun. Lunch at Brick Yard Hollow in Yarmouth after, on your own.

Date: Wednesday, May 22

Time: 10:00am-2:00pm

Fee: \$8 (donation to MSSPA on your own) Session: 31047.1A

Old York Museum Tour York

This is a 90 minute tour of the Remick Gallery, with 175 artifacts of Maine's most precious treasures, then the 1750 Jefferd's Tavern and the Old School House. Then we will tour the Old Gaol, one of the first English Communal Burial grounds in the New England Area. Lunch on your own at Lobster Cove Restaurant after tour. Register by 5/10.

Date: Friday, June 7

Time: 9:30am-3:15pm

Fee: \$18

Session: 11196.1A

Maine State Society for the Protection of Animals Windham

We will be visiting the farm where most of the animals have been abused or neglected. Their goal is to rehabilitate and find them a home. We will be getting a tour of the grounds, meet some of their beloved horses and learn about the hope and healing they give the horses. Lunch at Stockhouse Restaurant on your own after tour.

Date: Wednesday, June 12

Time: 10:00am-2:30pm

Fee: \$18

Session: 12111.1A

Mount Washington Cog Railway New Hampshire

Mount Washington is the highest peak in the Northeastern United States at 6,288.2 feet and the most topographically prominent mountain east of the Mississippi River. Join us for a 3-hour Cog Railway trip to the summit. This trip includes transportation, railway tickets and a packed lunch at the summit. Please register by 5/14.

Date: Thursday, June 13

Time: 8:15am-6:15pm

Fee: \$88

Session: 11156.1A

More Out and About

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Photojournalism & the 1936 Flood and Music in Maine Maine Historical Society

The photojournalism and the 1936 Flood Exhibition examines the monumental destruction caused by this historic flood through the lens of the Guy Gannett Publishing Company. Another exhibit they will have is Maine's musical history, & it will surprise you. Explore diverse musical stories through historic objects, instruments, art work, photographs, clothing-and of course music.

Date: Tuesday, June 18

Time: 10:00am-12:00pm

Fee: \$10

Session: 11197.1A

Cirque du Soleil Cross Insurance Arena

This show brings together the passion of the actor with the grace and power of the acrobat to plunge the audience into a theatrical world of fun, comedy and spontaneity situated in a mysterious space between heaven and earth. The clown pictures his own funeral taking place in a carnival atmosphere, watched over by quietly caring angels. Please register by 5/23.

Date: Saturday, June 22

Time: 1:15-4:30pm

Fee: \$88

Session: 11703.1A

Puffin Watch Cruise with National Audubon New Harbor

During this 90 minute cruise, you will see Franklin Island Lighthouse, Monhegan Island, the islands of Muscongus Bay and of course the beautiful, fascinating puffins. Bring your own picnic lunch. The boat will have snacks and drinks for purchase. Register by 6/7. Min 8

Date: Thursday, June 27

Time: 10:00am-3:30pm

Fee: \$59

Session: 11191.1A

Wright Museum of World War II Wolfeboro, NH

The Greatest Generation will enjoy a trip to the Wright Museum of WWII. This site presents an immersive picture of a nation at war while shining a light on how WWII shaped 20th-century American life. A highlight is the traveling exhibition from the Charles M. Schulz Museum and Research Center, Snoopy and the Red Baron. We will stop for lunch (on your own) before visiting the museum.

Date: Friday, August 23

Time: 10:00 am-5:30pm

Fee: \$ 23

Session: 11168.1A

New Adventures

Adults of all ages are invited to attend these events. All discounts are included in fee. Return times are approximate. Please wear comfortable shoes as walking may be involved.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Historical Tour of Falmouth New Casco

Step back in time on this historical tour of the west of Falmouth from Martin's Point Bridge to the Cumberland border. Explore the former New Casco Village and the Falmouth Foreside. We start our tour with refreshments at Falmouth Historical Society's Heritage Park.

Date: Tuesday, June 25

Time: 1:30-3:00pm

Fee: \$8

Session: 11172.1A

Deep Blue C Seaside Pavilion, OOB

This 17 piece orchestra's program, *Romancing the Summer* will include many classic romantic summer songs such as *Theme From A Summer Place*, *Lazy Hazy Crazy Days of Summer*, *If You Don't Know Me By Now*, and much more! Please register by July 3. Min: 7

Date: Tuesday, July 9

Time: 4:45-8:00pm

Fee: \$38

Session: 11142.1A

Maine's Wild Blueberry Festival Union

Travel to Union Maine to visit the Wild Blueberry Festival boasting a 4H exhibition, blueberry museum, blueberry acres (varied blueberry products and harvesting equipment), carnival rides, and livestock. We will enjoy a Veterans Tribute at 1pm, followed by live music with the Moosehedz Band. Please register by 6/13. Min: 10

Date: Thursday, July 11

Time: 10:45am-4:30pm

Fee: \$20

Session: 11126.1A

Muse Paintbar Portland

Muse Paintbar offers a unique entertainment for all ages by providing an exceptional paint experience in an environment where anyone can unwind and explore the artistic process. Go home with a piece of art that you created yourself. Please register by 5/30.

Date: Wednesday, July 31

Time: 2:30-5:30pm

Fee: \$35

Session: 11149.1A

More Adventures

Garden Tour with Ellen Klain

Two special gardens are featured for this year's tour. The first showcases the owner's thousands of annuals placed artistically around his sweeping home and exploding with color. The second, feature's very creative and artistic mature perennial gardens displaying many unusual varieties, and color interplanted with many interesting sculptures; many created by the owner.

Date: Thursday, August 1

Fee: \$20

Time: 3:45-6:15pm

Session: 11230.1A

Kennebec Cabin Company-Home of Maine Cabin Masters Manchester

Let's visit the home and headquarters of the popular TV show, "Maine Cabin Masters". The Kennebec Cabin Company has a retail store stocked with a variety of New England art, crafts, tools, and Maine Cabin Masters merchandise, all hand picked by the Cabin Masters themselves. Lunch at the Woodshed, right on the property. After lunch we drive to Augusta and make a stop to shop at the Farmer's Market at Mill Park. Please register by 7/16.

Date: Tuesday, August 6

Fee: \$8

Time: 9:30am-4:00pm

Session: 31084.1A

Ice Cream Adventure Southern Maine

Let's go have an ice cream adventure this summer! We will first drive to Fort Williams for some Gelato, then drive to Kennebunk to visit The Rococo, a dessert bar. Let's take a summer day and treat ourselves to some home-made Maine ice cream.

Date: Monday, August 19

Fee: \$10

Time: 1:00-4:00pm

Session: 31013.1A

Smitty's Cinema

Smitty's movie theater is celebrating the 70th anniversary of the 1954 movie "Rear Window". The American mystery thriller directed by Alfred Hitchcock featuring film stars James Stewart, Grace Kelly, Wendell Corey, Thelma Ritter, and Raymond Burr. Fee includes unlimited popcorn and fountain drink. You will also have the opportunity to order off the menu, on your own.

Date: Wednesday, August 21

Fee: \$12

Time: 10:45am-3:00pm

Session: 31076.1A

55+ Activities

Mark your calendars and bring friends for informative and stimulating social activities. **Pre-registration is required at least 4 days prior to the program.** You can register online or in person. For more information call Kim Doyon at 699-5330 or 699-5302.

Leader: FCP staff and others

Location: Presumpscot Room

Fee: FREE (unless specified)

Pseudo Book Club

Have you ever wanted to stay away from your book group because you didn't finish the book or didn't like it and couldn't think of anything nice to say? Join us for a less structured, more relaxed book club where we pick a theme for the month as well as our own books. The theme for the first class is *something lost or found*.

Leader: Community Volunteers

Time: 11:30am-1:00pm

Dates: Mondays, 5/6, 6/3, 7/1, 8/5

Session: 31103.1A

Brain Fitness Class

Join this fun group to exercise your brain and improve working memory, planning, processing speed, response time, and focused attention. Classes start with deep breathing exercises. After our brief warm up, we will continue with some stimulating cognitive exercises to increase our brain activity.

Instructor: Kim Doyon

Dates: Tuesdays, 5/14, 5/28, 6/11, 6/25, 7/9, 7/23, 8/13, 8/27

Time: 10:00-11:15am

Session: 31130.1A

Caregiver Support Group

This group is an opportunity to share your experience, learn new frameworks of understanding, practice coping skills, and build a community of support around dementia and Alzheimer's disease.

Leader: Alzheimer's Assoc. Staff

Time: 10:00-11:30am

Dates: Fridays, 5/3, 6/14, 7/12, 8/9

Session: 31105.1A

The Kitchen Table

Woman over 55+ will focus on nurturing their best selves in this weekly woman's discussion group. The first class topic is "passions", please bring a quote, poem, song lyrics, or a piece of prose that resonates with your passions. Together the group will share joy, kindness and support. Led by Keenan Martin.

Dates: Wednesdays, May 15–August 28 (No class 6/19)

Time: 9:00-10:00am

Session: 11203.1A

More 55+ Activities

Bingocize

Bingocize combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement. The workshop is ideal for individuals looking to reduce falls, and increase physical activity. Come join the fun. Prizes for winners.

Instructor: Healthy Living of Maine staff

Dates: Tues & Thurs, May 21-July 25

Fee: \$20

Time: 1:00-2:00pm

Session: 11339.1A

Better for Your BBQ

Did you know that marinating meats even for just a few hours can help reduce carcinogens? Learn more tips like this to balance your plate with a vegetable side dish, veggie burger or by adding some vegetables right to the grill. Finally, learn why the grill isn't just for meat and vegetables.

Instructor: April Byron, MS, FD, LD

Time: 10:30-11:30am

Date: Wednesday, May 29

Session: 31126.1A

Deciphering the Dairy Aisle

1 in 10 adults report being lactose intolerant, but this doesn't mean they have to give up dairy completely. Many people can still enjoy nutrient-rich dairy by trying hard cheeses, yogurt or lactose-free milk, which still provide essential nutrients such as calcium, vitamin D and potassium. If you are opting for dairy-alternatives, what should you look for on the label?

Instructor: April Byron, MS, FD, LD

Time: 10:30-11:30am

Date: Wednesday, July 24

Session: 31126.1B

Assessing and Preparing your Home for Aging in Place

Learn how to assess your own home and make a plan for aging in place. Participants will receive the AARP Home Fit Guide for self-assessment and recommendations to help you stay safe and independent in your home. With a few adjustments, you can gain a sense of security and peace of mind.

Instructor: Sherry Boothby, owner of Happy at Home Seniors

Date: Tuesday, July 30

Session: 31123.1A

Time: 10:00-11:00am

Let's Eat Out

Discover new places to eat and have an adventure or two while enjoying the company of old and new friends. Travel in a 15-passenger mini-bus or van. All discounts included in fee. Meals are extra unless otherwise indicated. Return times are approximate.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

The Dockside Grill Falmouth

The Dockside Grill is located in the heart of Casco Bay at Handy Boat Marina, and features a unique menu with a beautiful view of the waterfront. Please register by 4/22.

Date: Wednesday, May 1

Time: 11:45am-2:00pm

Fee: \$8

Session: 31018.1A

The Lobster Shack Cape Elizabeth

A favorite stop never gets old; the Lobster Shack at Two Lights and a stop at the Cookie Jar to round out the day. We will take a short walk around Fort Williams as well if the weather permits. Please register

Date: Wednesday, May 8

Time: 11:15am-2:30pm

Fee: \$8

Session: 31015.1A



David's Restaurant Portland

Chef David Turin has been cooking real food from scratch since the 1980's. David's is known for imaginative flavor combinations showcasing fresh, quality ingredients with an eye to the season. Please register by 5/1.

Date: Monday, May 13

Time: 11:45am-2:00pm

Fee: \$8

Session: 31083.1A

Mystery Dinner

Where will we go? How long will it take to get there? Hmmm....it is a mystery. Join us for an early dinner at a mystery location. Sounds like fun! Please register by 5/2.

Date: Thursday, May 23

Time: 3:30-7:00pm

Fee: \$8

Session: 31020.1A



Let's Eat Out Again

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Hanks Home Cooking Scarborough

Back by popular demand. A family operation offering a varied menu of quality, sandwiches, salads, soups and sweets to help make your summer season as enjoyable as possible. Register by 5/22.

Date: Wednesday, June 5

Time: 11:30am-2:30pm

Fee: \$8

Session: 31093.1A

Boathouse Restaurant at Tide's Beach Club Kennebunkport

The moment you see the iconic *Love KPT* neon sign shining about the harbor, you know you're in the right place. The Boathouse is a lively gathering place mixing fresh Maine flavors with great times on the Kennebunk river. Please register by 6/12.

Date: Wednesday, June 26

Time: 11:00am-3:00pm

Fee: \$8

Session: 31052.1A

Chebeague Island Inn Chebeague Island

Let's sail Casco Bay and get off at Chebeague Island and have lunch. Chebeague Island Inns passion is to transform seasonal, local ingredients into delicious elegant dishes. Please register by 6/24.

Date: Monday, July 15

Time: 9:15am-3:30pm

Fee: \$14

Session: 11175.1A

Big G's Winslow

Big G's Deli in Winslow is a well known destination in central Maine. They are known for their sandwiches and baking their own breads. After lunch we will stop at Hathaway Mill Antiques in Waterville. Please register by 8/2.

Date: Friday, August 16

Time: 10:45am-4:00pm

Fee: \$8

Session: 31099.1A

Foster's Downeast Clambake York

This traditional New England clambake features all the traditional items. You may substitute chicken or polenta for lobster. Please indicate meal choice at registration and register by August 1.

Date: Tuesday, August 27

Time: 10:30am-3:00pm

Fee: \$56

Session: 31032.1A



Games & Such

Programs are for adults of all ages. All discounts are included in fee. Please register early. Come join the fun and bring your friends!

Location: Mason-Motz, Presumpscot Room

Monday Mahjong

Similar to the card game rummy, Mahjong is a game of skill, strategy and calculation involving a degree of chance. Sessions are for those familiar with Mahjong; if interested in beginner sessions, let us know. No registration required.

*Date: Mondays ongoing**

Time: 1:00-4:00pm

Fee: FREE!

**No session May 27*



Cribbage

Come play the enduring game that has been entertaining folks since the 17th century. Meet new people and make friends. No registration required. New to cribbage and need some instruction, be sure to let us know. Bring your lunch on Tuesday.

Tuesday Cribbage

Time: 12:00-3:00pm

Thursday Cribbage

Time: 9:30am-12:00pm

**No session July 4*

Fee: FREE!



Clutter Club

Are you interested in de-cluttering? Bring a sense of humor and positive outlook and meet others who will encourage and support you. Learn techniques to simplify your life and share strategies that work for you. Bring a box of "stuff" to go through. Have fun and get it done!

Leader: Community Volunteer *Dates: Wednesdays, 5/1, 6/5, 7/3, 8/7*

Time: 1:00-3:00pm

Fee: \$5 (or \$2 drop in fee per class)

Session: 11261.1A

Outdoor Cornhole

Let's get outside and play some cornhole!! Cornhole is a popular game which players take turns throwing a fabric bean bag at a raised, angled board with a hole in its far end. Goal is to score points by either landing a bag on the board or putting a bag through the hole. First one to 21 wins! All skill levels welcome.

Leader: Kim Doyon

Location: Outside at Mason-Motz

Dates: Mondays, 5/6, 5/20, 6/10, 6/24, 7/8, 7/22, 8/12

Time: 3:00-4:15pm

Fee: FREE

Session: 11425.1A



Summer 2024 Adult Brochure Registration Form

First Name _____ Last Name _____

Address _____ Contact #: _____

Email: _____ DOB: ____/____/____

Emergency Contact: _____ Contact # _____

The undersigned hereby releases and holds harmless the Town of Falmouth, Falmouth Community Programs (FCP) and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation in this program/event sponsored by Falmouth Community Programs. The undersigned further authorizes anyone working for FCP to call for medical care for any participant if, in the opinion of the program supervisor, medical attention is needed. In addition, FCP is given permission to use your photograph in any FCP promotional material such as brochures, flyers or videos.

Participant Signature _____

Course Name	Session Code	Fee

Payment can be made by check made out to the Town of Falmouth or by credit card by filling out the following information:

Card # _____

Exp Mo/Yr _____ CVV _____

Signature of card holder _____

X _____

C&C Log: Amt: Ck #

Summer 2024 Adult Brochure Registration Form

First Name _____ Last Name _____

Address _____ Contact #: _____

Email: _____ DOB: ____/____/____

Emergency Contact: _____ Contact # _____

The undersigned hereby releases and holds harmless the Town of Falmouth, Falmouth Community Programs (FCP) and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation in this program/event sponsored by Falmouth Community Programs. The undersigned further authorizes anyone working for FCP to call for medical care for any participant if, in the opinion of the program supervisor, medical attention is needed. In addition, FCP is given permission to use your photograph in any FCP promotional material such as brochures, flyers or videos.

Participant Signature _____

Course Name	Session Code	Fee

Payment can be made by check made out to the Town of Falmouth or by credit card by filling out the following information:

Card # _____

Exp Mo/Yr _____ CVV _____

Signature of card holder _____

X _____

Technology Comes Alive

19

Bring your phone, tablet, iPad or other technology you might have questions about and let's get you comfortable with it.

Pre-registration is required.

Leader: Beth Benson

Location: Presumpscot Room

Fee: FREE



Tech 101

Do you have a phone, tablet/iPad or laptop that you wished you knew more about? Do you feel stuck? Would you like to learn the basics on how to use it and what it does? Then this is the class for you! We will go over topics like Apps, Desktop, Home Screen, Folders, etc. and how to find them. This class will be customized based on what you'd like to learn as well as an overview of every day Technology.

Dates: Tuesdays, 6/4, 6/18, 6/25, 7/16

Time: 9:00-10:00am

Session: 11275.1A

Is there an App for that?

Have you ever wondered if there is an app for something that could make life easier? Maybe it's a task you do daily or something to keep track of your lists? In this class we will discuss how to find apps, how to download them and set them up, how to arrange your apps for easier use and how to choose the best app from multiple choices.

Session 1: 11275.1B Tuesday, May 7

Time: 9:00-10:00am

Session 2: 11275.2C Thursday, July 11

Time: 2:00-3:00pm



What is Pinterest and How do I use it?

Pinterest is an enormous search engine that combines together in one place, how-to guides, information and endless inspiration in every field that exists on the planet. It's used to share your ideas, photos, likes and interests (pins). Looking for a long lost recipe or tonight's dinner idea? You might find it here! We will talk about how to use it, set up an account for you and get you started creating Boards/folders.

Session 1: 11275.1D Tuesday, May 21

Time: 9:00-10:00am

Session 2: 11275.1E Thursday, August 1

Time: 2:00-3:00pm



We are on Facebook and Instagram!
"Friend Us" or "Follow Us"
to find up-to-date program news,
cancellation information and more.



Theater Trips

Theater events are open to adults of all ages. Transportation via 15-passenger mini-bus/van. Return times approximate. All discounts included in fee.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Waitress

Ogunquit Playhouse

Meet Jenna, a waitress and expert pie-maker dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life and enters a baking contest for a chance for a fresh start. Please register by 4/25.

Date: Thursday, May 30

Time: 12:30-5:30pm

Fee: \$78

Session: 11710.1A

Dominic's Diner

Carousel Theater

A 1950's stroll down memory lane. Dominic's Diner is a place where folks gather to dine, dream and dance. Join us for some pie at the diner, and watch as young entertainers serve up some great treats and great times. Please register by 6/26.

Date: Wednesday, July 17

Time: 10:45am-3:30pm

Fee: \$65 (includes tip)

Session: 11701.1A

{PROOF}

Hackmatack Playhouse

This tony-award winning play follows Catherine, the daughter of a brilliant but troubled mathematician, in the days following her father's death. Facing the doubts of her family and colleagues, she must prove her own talent while grappling with in shadow of her late father's legacy and the blurred lines between genius and madness.

Date: Thursday, August 8

Time: 12:30-5:00pm

Fee: \$48

Session: 11117.1A

The Secret of Cell Block 7

Carousel Theater

In this immersive murder mystery experience find yourself in jail, booked by a singing Marcia Clark impersonator. Inside your holding cell, you will meet four quirky women waiting for their murder trial. As the plot unfolds, discover each of their possible motives. Who killed Roger Mills? Lunch included in ticket price. Register by 8/1.

Date: Wednesday, September 11

Time: 10:45am-3:30pm

Fee \$66 (includes tip)

Session: 11701.1B

Wellness & Fitness

21

Strength & Core

Welcome to the New Year, new you! Please join us for total body workouts designed to motivate and invigorate you, not break you down. The focus will involve using our body weight, tweaking traditional movements, and adding different planes of movement for greater rewards in both strength and cardio. All discounts included in fee.

Instructor: Francesca Kerr

Location: Mason-Motz Gym

Time: 6:15-7:00am

Fee: \$79

Drop in fee \$15 per class.

Tuesday Strength & Core

Session 1: 11317.3A April 16-May 21

Session 2: 11317.3C May 28-June 25

Thursdays Strength & Core

Session 1: 11317.3B April 18-May 23

Session 2: 11317.3D May 30-June 27

Gentle Yoga

This class is appropriate for all levels of yoga experience including no experience at all. Poses will be clearly described and demonstrated. The instructor will be able to safely help you alter poses to work around injuries or limitations, making poses optimally effective for you. Class includes standing, seated and reclining poses. Dress comfortably and bring a mat, a towel/small blanket, and two blocks if you have them. A chair is available if you would like to use one.

Instructor: Tori Norton

Location: Mason-Motz, Gym

Fee: \$116

Morning Session: 11315.1A

Dates: Tuesdays, April 23-June 11

Time: 9:30-10:30am

Evening Session: 11315.1B

Dates: Wednesdays, April 24-June 12

Time: 5:30-6:30pm

Tone & Burn

This interval class will offer cardio and strength training in a fun, comfortable atmosphere. The instructor will provide modifications for the exercises so you can choose your own level of intensity. Please bring water and a yoga mat or towel. All discounts included in fee.

Instructor: Celeste Long

Location: Mason-Motz, Gym

Session 1: 11322.1A

Session 2: 11322.1B

Dates: Mon., May 13-June 10

Dates: Thurs., May 2-June 6

Time: 9:30-10:30am

Time: 9:30-10:30am

Fee: \$53

Fee: \$69

(No class May 27)

More Wellness & Fitness

Adult Pick-Up Basketball

Pick-up games primarily for residents but basketball enthusiasts from other communities are welcome as space allows. All ability levels welcome. Different teams selected each week. **Pre-registration required** to hold your spot. You must be out of high school and a minimum of 18 years old. Please bring a dark shirt and a white shirt.

Leader: Ralph Warnock, FCP Staff

Location: FMS, Gyms

Fee: \$40 punch card purchased at the door. Cash and check only.

(Punch card does not expire).



Sunday Mornings ~ 30+

Dates: June 16-July 21

Time: 8:00-10:00am

Session: 11414.1A

Monday Nights

Dates: June 17-July 22

Time: 7:00-9:00pm

Session: 11414.1B

Thursday Nights

Dates: June 20-July 25 (No session July 4)

Time: 7:00-9:00pm

Session: 11414.1C

Beginner and Intermediate Pickleball Classes

Have you ever heard of Pickleball? This is an excellent class for beginners and intermediates to learn more about the sport that is sweeping the nation and improve your skills through drills and play. All discounts included in fee.

Instructor: Wayne St. Peter & Staff, PPR & IPF Certified

Location: Foreside Fitness & Tennis

Time: 6:00-7:30pm

Fee: \$150



Session 1: 11415.1A

Date: Tues., June 11-July 2

Session 2: 11415.1B

Date: Tues., July 9-July 30

Session 3: 11415.1C

Date: Tues., August 6-27

Tai Chi

Tai Chi improves balance and according to some studies, reduces falls. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Minimum 10.

Instructor: Louise Poppema

Location: Mason-Motz Gym

Dates: Wednesday, June 5-July 17

Time: 1:00-2:00pm

(No class June 19)

Fee: \$95

Session: 11338.1A

More Wellness & Fitness

23

Introduction to Mindfulness Meditation

Mindfulness has numerous health benefits including mental, emotional, and physical. This course aims to guide participants through the foundational concepts and techniques of mindfulness, fostering a greater sense of self-awareness, presence and well being.

Instructor: Ursula Munro

Location: Presumpscot Rm.

Dates: Mondays, June 3-August 12

Time: 10:00-11:00am

Fee: Donation only

Session: 11269.1A

Rightsize Your Life: A Holistic Downsizing Approach

This presentation guides you through a holistic downsizing plan, featuring a practical seven-step guide, decision-making tips, necessary supplies, and a manageable timeline. Learn how a clutter-free environment can positively impact your mental and physical well-being, empowering you to thrive in the comfort of your home.

Instructor: Amy Smith, PO, OTR/L Professional Organizer

Date: Monday, August 19

Time: 10:30-11:30am

Fee: FREE!

Session: 11265.1A

Discount Tickets

Before you Head Out - Head IN!

Purchase discount tickets at the FCP office for a summer of savings!

FCP Office Hours: Mon.-Thurs. 8am-5pm & Fri. 8am-12pm

Credit Card payments now accepted for ticket purchases.

Processing fee applies.

Aquaboggin

General Admission Pass

\$21 (Save \$9)

All day unlimited pools, slides and mini-golf



Funtown/

Splashtown

Combo Tickets

\$47 (Save \$10)

All Day Ticket
48" & taller



York's Wild Kingdom

Zoo Tickets

\$14

Zoo, Butterfly Kingdom included

Ride tickets are separate



Tickets available after June 12. Please call for availability.

Falmouth Community Programs, 190 Middle Road, Falmouth ME 04105



Tennis

Grand Slam Tennis



Adult Tennis Beginners and Beginners Plus

These sessions are designed for the beginner and slightly beyond.

All discounts included in fee. Min: 8 Max: 12

Instructor: Grand Slam Tennis Staff

Spring Session: 11310.1A

Fee: \$60

Location: Huston Courts, Winn/Falmouth Road

Dates: Mondays, April 29-May 13

Time: 6:00-7:00pm

Summer Sessions

Fee: \$75

Location: Cheverus HS Tennis Courts, Portland

Session 1: 11310.1B.....Dates: Mon., June 3-17

Session 2: 11310.1C.....Dates: Mon., July 8-22

Session 3: 11310.1D.....Dates: Mon., August 5-19

Time: 6:00-7:30pm

Adult Intermediate Tennis Level 2.5/3.0

This class is for players that can keep the ball in play, but need to improve court positioning and hitting consistently. Min: 8 Max: 12

Instructor: Grand Slam Tennis Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Fee: \$75

Session 1: 11310.1E

Dates: Weds., June 5-19

Session 2: 11310.1F

Dates: Weds., July 10-24

Session 3: 11310.1G

Dates: Weds., August 7-21

Adult Advanced Tennis Level 3.0/3.5

A class for high level players involves intense drills to refine skills, strategy, and help advance competitive match play. Min: 8 Max: 12

Instructor: Grand Slam Tennis Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Fee: \$75

Session 1: 11310.1H

Dates: Weds., June 5-19

Session 2: 11310.1I

Dates: Weds., July 10-24

Session 3: 11310.1J

Dates: Weds., August 7-21

Outdoor Adventures

25

S.O.A.R ~ Senior Outdoor Adventures in Recreation

They say “your tribe attracts your vibe”. If you enjoy getting outdoors and exploring, please join us the second and fourth Thursdays (typically) of the month for some outdoor adventures in our own backyard and beyond. We will visit Falmouth’s Open Space properties and other local gems for trail hikes and discover how and why the properties were conserved, learn about management goals of each property, a little about the flora and fauna and enjoy some fresh air and camaraderie. Make sure to dress appropriately for the weather, bring hiking staff or poles, water and snack. Please no dogs. Pre-registration is required as locations will be determined as dates approach.

Leader: Caleb Hemphill, OS Property Steward/Trails Manager

Locations: Meet at trailhead parking. Participants receive location and directions one week prior via email or phone.

Dates: Thurs., May 9&23, June 13&27, July 11&25, August 8&22

Time: 10:00am-12:00pm (Times may vary from property to property)

Fee: FREE!

Session: 31305.1A

Falmouth Land Trust ~ Guided Walks

Join the Falmouth Land Trust and local Maine Master Naturalist’s for guided walks on Falmouth conserved lands or a paddle out of Town Landing. Signing up ahead of time helps us plan for the right number of people and allows us to contact you in case of any event changes. We will also be sure to send out any parking information before each event. All ages welcome (children must be accompanied by and adult). To register and for more information, please contact Falmouth Land Trust Outreach and Education Coordinator, Rebecca Dugan at: rdugan@falmouthlandtrust.org or call 207-200-5488.

Locations/Dates/Times:

- *Community Park.....Saturday, May 18 at 10:00am*
- *Woods Road Community Forest.....Saturday, June 15 at 10:00am*
- *Underwood Springs Forest.....Saturday, July 13 at 10:00am*



Clapboard Island



Meet at West Beach on Clapboard Island, which is accessible by boat, kayak, or paddleboard from Town Landing, and walk the island with us.

Leader: FLT Staff/Volunteers

Location: Town Landing, West Beach

Date: Saturday, August 24

Time: 9:30am

Falmouth Community Programs, 190 Middle Road, Falmouth ME 04105

INCORPORATED 1718

FALMOUTH MAINE

STAY INFORMED, GET CONNECTED

The Falmouth Focus is a bi-weekly digital newsletter of the Town of Falmouth. Visit www.falmouthme.org/subscribe to subscribe.



E-Alerts are sent directly to your email about the issues that interest you.

To enroll, click "E-Alerts" on our homepage to select the bulletins you want to receive.



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myfavoritefalmouth/](https://www.instagram.com/myfavoritefalmouth/)



[YouTube.com/user/
FalmouthMaine](https://www.youtube.com/user/FalmouthMaine)

TOWN OF FALMOUTH

271 Falmouth Road
Falmouth, ME 04105

Phone: 207-781-5253
www.falmouthme.org

Useful Resources for Residents

Scan the QR codes for online access to these helpful resources.

Falmouth Community Wellness Guide

The Falmouth Community Wellness Committee has created a Wellness Resource Guide to assist community members in finding local wellness activities and resources to help pursue a personal path to greater well-being.



Falmouth New Neighbor Guide

Falmouth's New Neighbor Guide informs new residents of Town services, provides a directory of Town departments, and includes a history of Falmouth, a listing of local non-profits.



recreational opportunities, and resources for senior residents.

Find a copy at Town Hall or online.

Fact Sheets

Fact Sheets provide basic information in an easy-to-read format on a variety of topics like composting, trash and recycling collection, right-of-way, tax exemptions, TIF districts, election info, and more.



Major Projects & Initiatives

Find detailed information on large-scale or ongoing Town initiatives such as road construction, long-range planning, special projects, the budget process, climate action planning, and more.



VOLUNTEER



Volunteer Opportunities

The Town of Falmouth relies on volunteer boards and committees to assist and advise the Town Council and staff in carrying out the Council work plan each year. Approximately 125 individuals serve on these boards, collectively contributing thousands of hours to the smooth functioning of Town government. Volunteering is a great way to meet new people, get involved in your local government, give back to your community, learn new skills, and share your expertise.



BUILDING COMMUNITY TOGETHER FALMOUTH'S COMPREHENSIVE PLAN

The Town of Falmouth is updating its Comprehensive Plan. This long-term roadmap for Falmouth's future will guide Town decisions on managing growth, investing in capital improvements, and addressing community issues. Join the conversation to help the Town develop a Plan that reflects the values of the community. Scan the QR code with your smartphone to visit the project website or visit: www.falmouthme.org/comprehensive-plan-update



SCAN ME

PUBLIC MEETING



Stay in the know! There are many ways to stay informed about the work of your municipal government. The Town Council and Town committees and boards meet on a regular basis. These meetings are open to the public and many offer both in-person and virtual attendance options. Find upcoming meeting on the events calendar on our homepage. We send E-Alerts

when Town Council, Planning Board, and Board of Zoning Appeals agendas and minutes are posted to the website. Subscribe via E-Alerts to those that interest you. Town Council, Planning Board, and School Board meetings are also live-streamed on Falmouth Community TV Channel 1301. Recordings of these meetings are also available online. Find everything at: www.falmouthme.org



Falmouth Community Programs
190 Middle Road
Falmouth, Maine 04105
(207) 699-5302

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Concerts in the Park

Enjoy evenings of musical enlightenment. Bring your own picnics and don't forget your blankets or lawn chairs. Events are family friendly and open to all. In the case of inclement weather, please contact FCP office after 3:00pm on concert day for updates at 699-5302.

Location: *Village Park Gazebo*
Time: 6:30-7:30pm **Fee:** *FREE!*

Hot Damn Duo

Covering country & classic rock from the 50's all the way to today's top hits.

Date: *Monday, June 24*

Pan Fried Steel

Steel Drum Band playing soca, jazz, swing, reggae, and calypso.

Date: *Monday, July 8*

Misspent Youth

A classics cover band playing songs of the Beatles, Rolling Stones, Tom Petty and more.

Date: *Monday, July 22*

Jeezum Crow

A mix of original songs and covers of rock and roll, Americana, folk rock and alternative country.

Date: *Monday, August 5*