



# FALMOUTH COMMUNITY FEST

## ACTIVITIES DESCRIPTIONS

June 22, 2024

Gardens at Tidewater Farm (200 Presumpscot Point Road)

FMI: [falmouthme.org/community-wellness-committee](http://falmouthme.org/community-wellness-committee)

### ACTIVITIES:

#### 10:00 am-Tidewater Trail Walk

##### Falmouth Land Trust

Join the Falmouth Land Trust and a Maine Master Naturalist for a guided walk of the Tidewater Farm trails. Learn about the history of the farm, spot interesting plants and wildlife, and learn about FLT's work to conserve land in Falmouth. Meet the walk leader by the Cooperative Extension greenhouse at 10:00 am.

#### 10:30 am- Adult Chi Kung Class

##### Centerpoint Martial Arts

Elevate your vitality and inner balance with our invigorating 45-minute Chi Kung class. Dive into the ancient Chinese practice that harmonizes breath, movement, and intention to cultivate your body's natural energy flow. This class offers a rejuvenating journey for all levels of practitioners.

#### 10:30 am- "Centered Kids" Martial Arts

##### Centerpoint Martial Arts

Join us for our "Centered Kids" martial arts class, designed specifically for children and spanning 45 minutes. Through a blend of dynamic karate movements and serene breathing exercises, they'll cultivate focus and balance. Our instructors guide them with care, ensuring a safe and supportive environment for learning. Empower your child to thrive physically and mentally with this enriching martial arts experience.

## 12:15 pm-Nutrition Made Easy

### Dirigo Fitness

Learn to make informed food choices, understand labels, and create wholesome meals that delight your taste buds. Perfect for individuals of all ages seeking a healthier lifestyle, our seminar is designed to demystify dietary complexities and inspire lasting changes.

## 1:30 pm- Kids Nature Craft

### Falmouth Land Trust

Join Falmouth Land Trust staff for a fun kids' nature activity or craft! The specific activity will depend on the weather and what fun things might be happening in nature that day. All materials will be provided.

## 2:15 pm- Garden Tour & Activity

### UMaine Cooperative Extension

Enjoy a guided tour of the Gardens at Tidewater Farm with Pamela Hargest, UMaine Extension Horticulture Professional. We'll focus on practical tips and recommended plantings for enhancing pollinator habitat in annual and perennial gardens. Participants will take home native seeds to sow in their own gardens.

## 3:45 pm- Speed Friending Activity

Join us for a facilitated brief discussion about what community means to each one of us with fun "ice breaker" type questions and the opportunity to meet new people. This gathering is intended to bring Falmouth residents together, so we start to create a more connected community.

## Balloon Twisting - Markus Steelgrave

11:00 am-4:00 pm

FREE ADMISSION

25+ Artists & Wellness Booths

Food Trucks