



FALMOUTH COMMUNITY WELLNESS RESOURCE GUIDE



The Town of Falmouth Community Wellness Committee
is pleased to offer this guide to help you find
wellness activities and resources in our area.

Wellness is an active process of becoming aware and making choices
toward a healthy and fulfilling life and community.

Feel free to use this guide to pursue your personal path to
greater wellness and well-being.



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The Town of Falmouth does not specifically endorse or recommend any of the resources in this publication, which is meant solely to serve as a guide to assist you in locating resources that will support your personal efforts to achieve greater wellness.

The information herein is accurate and up-to-date at the time of publication. Please inform us — at mfleming@falmouthme.org — of any inadvertent errors or omissions and any suggested additions or changes to the information provided.



[..... **DID YOU KNOW?**]
 45 minutes of exercise 3 times a week can result in cells that show fewer signs of aging!

"Our bodies are our gardens — our wills are our gardeners." — William Shakespeare

PLAY TENNIS, PICKLEBALL, OR BASKETBALL ON THE TOWN'S COURTS

- ◆ **Legion Ball Field Complex Field** | Tennis and pickleball. Accessible from Legion Road
- ◆ **Huston School Park** | Basketball, tennis and pickleball. Corner of Falmouth and Winn Roads
- ◆ **Ryan Rogers Memorial Courts** | Basketball. Corner of Falmouth and Winn Roads
- ◆ **Falmouth School Department Campus** | Tennis and basketball. 51 Woodville Road
- ◆ **Mason/Motz Activity Center** | Basketball and pickleball. 190 Middle Road

ENJOY SKATING AT THE ICE RINK

- ◆ **Huston School Park** | Ice skating pond. Corner of Falmouth and Winn Roads
- ◆ **Casco Bay Arena** | Youth ice hockey. 22 Hat Trick Drive, CascoBayArena@cascobayarena
- ◆ **Family Ice Center** | Indoor ice skating year round, adult/youth ice hockey.
20 Hat Trick Drive, 781-4200, familyice.org/contact
- ◆ **Lee Twombly Pond** | Ice skating pond. 22 Hat Trick Drive,
781-4200, familyice.org/lee-twombly-pond



TAKE YOUR FAMILY TO A PLAYGROUND

- ◆ **Falmouth Community Park** | Children's playground, trails and sport fields. 19 Winn Road
- ◆ **Falmouth School Department Campus** | Children's playground. 58 Woodville Road
- ◆ **Graves School Park** | Children's playground. Pleasant Hill Road
- ◆ **Huston School Park** | Children's playground, tennis, basketball courts, Little league baseball field.
Corner of Falmouth and Winn Roads
- ◆ **Legion Field** | Children's playground, baseball fields, walkways and tennis courts. 67 Depot Road
- ◆ **Mason/Motz Activity Center** | Children's playground, walkways. 190 Middle Road
- ◆ **Underwood Park** | Children's playground. Foreside Road

JOIN A GYM

- ◆ **Apex Performance** | Equipment and personal trainers
60 Gray Road, 239-6606, alex@apex-maine.com, apex-maine.com
- ◆ **Beyond Strength** | Equipment and personal trainers
60 Gray Road, 613-9087, beyondstrengthmaine.com
- ◆ **Dirigo Fitness** | Equipment and personal trainers
240 U.S. Route, 805-1079, dirigofitness.com
- ◆ **EA Fitness and Performance** | Equipment and personal trainers
60 Gray Road, 956-7971, eafitnessandperformance.com
- ◆ **EnerjoyHealth/Fitness Program** | Equipment, group and physical fitness, and personal trainers
Liz Bradford, 329-5050, enerjoy@me.com, enerjoyhealth.com
- ◆ **Foreside Fitness** | Equipment and personal trainers
196 U.S. Route 1, 899-9897, foresidefitness.com
- ◆ **Planet Fitness** | Equipment and personal trainers
251 U.S. Route 1, 536-7710, planetfitness.com
- ◆ **Pure Drive Physio & Performance** | Equipment and personal trainer for golf
60 Gray Road, 200-1692, puredrivephysio.com

.....DID YOU KNOW?.....

Falmouth has more than 55 miles of trails and 1,800 acres of open space!

"I go to Nature to be soothed and healed, and to have my senses put together." — John Burroughs

EXPLORE FALMOUTH'S TRAILS

Find Falmouth trails at:

alltrails.com/us/maine/falmouth

falmouthme.org/community-programs/pages/parks-and-public-lands

- ◆ **Blackstrap Hills Community Forest** | 555 Blackstrap Road, 493 Blackstrap Road, and 106 Hurricane Road
- ◆ **Blackstrap Hill Preserve** | 369 Blackstrap Road
- ◆ **Falmouth Community Park** | 19 Winn Road
- ◆ **Falmouth Corners Preserve** | Ridgewood Estates off Falmouth Road
- ◆ **Falmouth Nature Preserve/Mill Creek Preserve** | 178 Foreside Road
- ◆ **Falmouth Town Forest** | 155 Winn Road and 76 Field Road
- ◆ **Gilsland Farm Trail** | 20 Gilsland Farm Road
- ◆ **Hadlock Community Forest** | 367 Gray Road, 65 Hadlock Road and 152 Winn Road
- ◆ **Hardy Road Conservation Area** | 66 Hardy Road
- ◆ **Hurricane Valley Farm Trails** | 17 Schuster Road
- ◆ **Ledgewood Preserve Park** on Ledgewood Drive, Charlotte Drive or Ocean Avenue Dog Park
- ◆ **Mackworth Island** | Andrews Avenue
- ◆ **Maine Audubon** | 20 Gilsland Farm Road
- ◆ **McCrann/McLaughlin Preserve** | 309 Falmouth Road, 63 Gray Road (park at River Point and proceed upriver), 74 Woodville Road (rear of High School)
- ◆ **North Falmouth Community Forest** | 556 Blackstrap Road and 63 Babbidge Road
- ◆ **Pinegrove Preserve** | 34 Foreside Road
- ◆ **Pleasant Hill Preserve** | Ledgewood Drive
- ◆ **Presumpscot Falls Park** | 90 Allen Avenue Ext
- ◆ **River Point Conservation Area** | 63 Gray Road (Hannaford Parking Lot)
- ◆ **Smith Preserve** | 318 Falmouth Road
- ◆ **Suckfish Brook Conservation Area Ridge Trail** | 4 Upland Way (off Mast Road)
- ◆ **Suckfish Brook Conservation Area Bog Trail** | 184 Mast Road (½ Mile RT)
- ◆ **Tidewater Farm** | Farmgate Road
- ◆ **Underwood Park** | 254 Foreside Road
- ◆ **Walton Park** | 97 Allen Avenue Ext
- ◆ **Woods Road Community Forest** | 34 Woods Road



ENJOY WATER ACTIVITIES

- ◆ **Town Landing** | Boat launch (trailer and hand-carry), fishing, swimming, and beach combing. Town Landing Road
- ◆ **Highland Lake Boat Launch** | Hand-carry boat launch, swimming, and fishing. Lowell Farm Road off Mast Road
- ◆ **Mackworth Island** | Beach combing, fishing, and swimming. Andrews Avenue
- ◆ **Walton Park/ Presumpscot Falls Park** | Hand-carry boat launch, and fishing. 97 Allen Avenue Ext
- ◆ **Mussel Cove** | Hand-carry boat launch, and fishing. 46 Old Mill Road
- ◆ **Blackstrap Canoe Launch** | Hand-carry boat launch, and fishing. 36 Blackstrap Road

..... **DID YOU KNOW?**.....

Curiosity leads to higher levels of positive emotions, lower levels of anxiety, more satisfaction with life, and greater psychological well-being!

"Live as if you were to die tomorrow. Learn as if you were to live forever." — Mahatma Gandhi

TAKE A MARTIAL ARTS CLASS

- ◆ **Centerpoint Martial Arts** | 65 Gray Road, 536-1363, centerpointmartialarts.com
- ◆ **Falmouth Martial Arts** | Taekwondo for kids, teens and adults. 190 Middle Road, 408-1960, fmamaine.com

LEARN LIFE-SAVING TECHNIQUES...and much more

- ◆ **Falmouth Fire-EMS** | First Aid/CPR/AED training and certification, proper use of fire extinguishers, emergency home-evacuation plans, and much more.
Outreach Coordinator, Capt. Brad Chicoine, 781-2610, falmouthme.org/fire-ems-department
- ◆ **American Red Cross** | On-line and in-person classes.
888-332-3516, redcross.org/local/maine/take-a-class
- ◆ **American Heart Association** | On-line and in-person classes.
877-242-4277, cpr.heart.org/en

TAKE A CLASS OR ENROLL IN A LEARNING ACTIVITY

- ◆ **Maine Audubon** | A variety of environmental education programs for all ages.
781-2330, maineaudubon.org/education
- ◆ **Maine Cooperative Extension Service** | Gardening, food-preservation and preparation, landscaping courses.
781-6099, extension.umaine.edu/cumberland (Click on Resources)
- ◆ **Falmouth Community Programs** | A multitude of offerings for children, teens and adults.
699-5302, falmouthme.org/parks-and-community-programs
(Click on FCP Program Brochure)
- ◆ **Check out our newly renovated Falmouth Community Library** | Book clubs, speakers, and numerous opportunities for learning.
781-2351, falmouthmemoriallibrary.org
- ◆ **The Falmouth Historical Society** | Museum, educational programs, and self-guided tours of Falmouth's historic landmarks. Re-live history at the Town's historic sites. Learn about your town's rich history. 781-4727, falmouthmehistory.org





TAKE STEPS TOWARDS IMPROVING YOURSELF

[..... **DID YOU KNOW?**]
The average person spends 50 minutes on entertainment
for every 1 minute spent on education and personal growth!

"Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you." — Robin Sharma

JOIN OTHERS IN HEALTHY ACTIVITIES

- ◆ **Falmouth Community Programs** | Providing a wide range of recreation and activity offerings for all ages. 190 Middle Road, 699-5302, falmouthme.org/parks-and-community-programs (Click on FCP Program Brochure)
- ◆ **Southern Maine Area Agency on Aging** | Providing a number of programs for older adults to help with balance and flexibility. 396-6500, smaaa.org

TAKE A YOGA OR TAI CHI CLASS

- ◆ **Falmouth Community Programs** | 190 Middle Road, 699-5302, falmouthme.org/parks-and-community-programs (Click on FCP Program Brochure)
- ◆ **Soul Purpose Sanctuary** | 170 U.S. Route 1, Suite 130, 485-8521, soulpurposesanctuary.com
- ◆ **Greener Postures Yoga** | 65 Gray Road (Hannaford's Shopping Plaza), 899-3237, greenerposturesyoga.com/contact-yoga-studio-maine

INVEST ENERGY IN YOUR PHYSICAL AND MENTAL WELL-BEING WITH A COUNSELOR OR PSYCHOTHERAPIST

- ◆ **Find a local therapist** at psychologytoday.com/us or ask your primary care physician
- ◆ **If you are a military veteran**, call the Maine VA Healthcare System Post 9/11 Program for therapy information, registration, and referrals. 623-8411 ext. 5344, maine.va.gov/locations/portland.asp

ENGAGE WITH A LOCAL LIFE COACH

- ◆ **Melanie Nichols** | Coach and consultant. 712-5670, nicholscoachconsult.com
- ◆ **Elizabeth Hamilton-Guarino, Best Ever You Network** | Life coaching, and life coach training. 747-5934, Besteveryou.com
- ◆ **Deb Bergeron, Ocean of Possibilities** | Life coaching. 232-0488, oceanofpossibilities.com
- ◆ **Andrea Ferrante Coaching** | Business, leadership, and life coaching. 939-1124, Andreaferrante.com

TRY ACUPUNCTURE

- ◆ **Farr Horizons Healthcare and Aesthetics** | 5 Fundy Road, Suite 1E, 781-4640, drkimberlyfarr.com
- ◆ **Carie Bernard** | 134 U.S. Route 1, 409-9779
- ◆ **BWellHealth** | 361 U.S. Route 1 (rear), 781-5665, bwellhealth.com

- ◆ **Traditional Acupuncture Wellness Center** | 4 Fundy Road, Suite 401, 781-7600, mirandamarlandacupuncture.com
- ◆ **Balance Point Acupuncture** | 66 Leighton Road, 710-8089, balancepoint-acupuncture.com
- ◆ **Falmouth Osteopathy and Acupuncture, LLC** | 6 Fundy Road, Suite 400, 781-6560, ralphthieme.com
- ◆ **Rocky Coast Integrated Medicine** | 66 Leighton Road, 775-2059, rockycoastacupuncture.com

SEE A CHIROPRACTOR

- ◆ **Farr Horizons Healthcare and Aesthetics** | 5 Fundy Road, Suite 1E, 781-4640, drkimberlyfarr.com
- ◆ **BWellHealth** | 361 U.S. Route 1 (rear), 781-5665, bwellhealth.com
- ◆ **Family Chiropractic Associates** | 256 U.S. Route 1, 274-5933, scarboroughfamilychiro.com/
- ◆ **Gregory D. Fox** | 80 Leighton Road, 321-2100
- ◆ **Lifeworks Chiropractic** | 202 U.S. Route 1, Suite 100, 781-7911, lifeworksmaine.com
- ◆ **Saulter Chiropractic** | 3 Fundy Road, 781-2003, saulterchiropractic.com
- ◆ **The Wellness Solution** | 366 U.S. Route 1, 899-0727, thewellnesssolution.net
- ◆ **Alchemy Chiropractic** | 251 U.S. Route 1, Suite W17, 613-9424, alchemychiropractic.com

PAMPER YOURSELF WITH A SPA DAY, MASSAGE OR BEAUTY TREATMENT

- ◆ **Aon Wellness Center** | 4 Fundy Road, 781-2370, aonwellnesscenter.com
- ◆ **Beauty Heals** | Boutique hair salon. 100 Gray Road, 838-9535, beautyheals.me
- ◆ **Red Barn Wellness** | 234 Middle Road, 310-8929, redbarnwellnesscenter.com
- ◆ **Maine Movement** | (located at Beyond Strength) 60 Gray Road, 551-4716, mainemovement.com/about
- ◆ **Sacred Vessel Massage** | 202 U.S. Route 1, Suite 100, 329-2560
- ◆ **The Wellness Solution** | 366 U.S. Route 1, 899-0727, thewellnesssolution.net
- ◆ **Mint Salon Block** | 75 Clearwater Drive, 274-7060, mintsalonblock.com
- ◆ **Cara and Co Hair and Day Spa** | 80 Leighton Road, 797-2533, caraandcosalon.com
- ◆ **Rejuvenations Medi-Spa** | 240 U.S. Route 1, 781-9976, rejuvenationsmedispa.com





BE ENVIRONMENTALLY FRIENDLY

.....DID YOU KNOW?.....

Energy efficiency can also help people live healthier, longer lives. Cutting nationwide energy consumption by 15% for one year via efficiency measures could avoid up to \$20 billion in health-related problems!

"One of the first conditions of happiness is that the link between man and nature shall not be broken." — Leo Tolstoy

INCREASE YOUR ENERGY EFFICIENCY AND DO YOUR PART TO RECYCLE HOUSEHOLD WASTE

- ◆ **Efficiency Maine** | Be sure to recycle and do it correctly.
Andy Meyer, Program Manager, 866-376-2463,
efficiencymaine.com
- ◆ **Falmouth Energy and Recycling Advisory Committee** | 271 Falmouth Road,
699-5337, falmouthme.org/recycling-energy-advisory-committee
- ◆ **Garbage to Garden** | Turn household waste into compost!
332-0277, garbagetogarden.org

CONSIDER PLANTING A LIVING LAWN

- ◆ **Falmouth Conservation Commission: "Living Lawns: Your Healthy Lawn Care Resource"** |
271 Falmouth Road, 699-5337
falmouthme.org/environmental-initiatives/pages/living-lawns-your-healthy-lawn-care-resource
- ◆ **Cumberland County Soil and Water Conservation District: "Yardscape for a Healthy Lawn"** |
cumberlandswcd.org/yardscape
- ◆ **Falmouth Conservation Commission with Maine's Department of Environmental Protection: "How to Effectively Manage and Maintain your Shoreline Property"** |
falmouthme.org/environmental-initiatives/pages/water-protection

GET RID OF INVASIVE TERRESTRIAL PLANTS

- ◆ **Falmouth Conservation Commission: "Gardening to Conserve Maine's Native Landscape: Plants to Use and Plants to Avoid"** |
extension.umaine.edu/publications/2500e
- ◆ **Falmouth Conservation Commission: "Invasive Terrestrial Plants: Management & Control Plan"** |
falmouthme.org/sites/g/files/vyhli556/f/pages/2018_invasive_plan-final_dec_03_2018_0.pdf





IMPROVE YOUR FOOD CHOICES AND NUTRITION

..... DID YOU KNOW?.....

Nearly 46% of adults and 56% of children in the U.S. have an overall poor-quality diet. Adults who eat a healthy diet live longer and have a lower risk of obesity, heart disease, Type 2 diabetes, and certain cancers!

"One cannot think well, love well, or sleep well, if one has not dined well." — Virginia Woolf

VISIT A FARMERS MARKET

- ◆ **Falmouth Farmers' Market** | May–November: Wednesdays 10:00am–2:00pm.
22 Hat Trick Drive, cumberlandfalmouthfarmmarket.com

PURCHASE FRESH PRODUCE FROM A LOCAL FARM

- ◆ **Powerfarm** | Organically grown flowers, medicinal herbs and vegetables.
232-1923, powerfarmherbals.com
- ◆ **Winslow Farm** | Family-owned farm business with farm stand and nursery.
291 Gray Road, 878-8787, winslow-farm.com/about
- ◆ **Mothers Mountain** | 2 Mustard Hollow Way,
781-4658, mothersmountain.com
- ◆ **Fox Hollow Farm Stand** | 85 Mast Road (seasonal)
- ◆ **Tavern Way Blueberry Farm** | Pick your own blueberries.
facebook.com/tavernwayblueberryfarmfalmouthmaine

GET NUTRITIONAL COUNSELING

- ◆ **University of Maine Cooperative Extension** | 75 Clearwater Drive, Suite 104
781-6099, extension.umaine.edu/food-health/efnep

TAKE A COOKING CLASS

- ◆ **Fun Chefs Cooking Academy Kids Gr. 1-5** | Falmouth Community Programs,
Mason-Motz Activity Center, 699-5302, falmouthme.org/parks-and-community-programs

GROW FOOD AT A COMMUNITY GARDEN

- ◆ **Gilsland Farm Maine Audubon Center** | 20 Gilsland Farm Road
781-2330, maineaudubon.org/visit/gilsland-farm

LEARN TO GARDEN

- ◆ **Cultivating Community Hurricane Valley Farm** | 7 Schuster Road
761-4769, cultivatingcommunity.org
- ◆ **Gardening Camp** | Mason-Motz Activity Center, Kids Gr. K-6, Falmouth Community Programs
- ◆ **Foreside Garden Club** | Contact Mary (415-1558) or Gail (508-397-2330)
- ◆ **St. Mary's Garden Club** | 43 Foreside Road, stmarysgardenclub.com
- ◆ **University of Maine Cooperative Extension Workshops, Master Gardener Training Program** |
75 Clearwater Drive, Suite 104, 781-6099, extension.umaine.edu/cumberland
- ◆ **The Gardens at Tidewater Farm** | Visit for classes, workshops, and to view various growing techniques. Farmgate Road, extension.umaine.edu/cumberland/tidewater
- ◆ **Falmouth School Nutrition Program** | See what Falmouth Schools are doing for our kids' nutrition and check out their gardening program
sites.google.com/falmouthschools.org/school-nutrition-program/home
or check out their Facebook Page
- ◆ **Falmouth School Garden** | msgn.org/falmouth-elementary-school-learning-garden
extension.umaine.edu/cumberland/map-point/falmouth-middle-and-high-school



CONNECT WITH YOUR SPIRITUAL SIDE

..... DID YOU KNOW?

A spiritual practice can decrease isolation, provide hope, restore a sense of meaning and purpose in your life, manage stress, and even improve the function of your immune system!

"Happy people build their inner world. Unhappy people blame their outer world." — Dalai Lama

- ◆ **Emmaus Lutheran Church** | 265 Middle Road, 781-4820, emmausfalmouth.org
- ◆ **Falmouth Congregational Church UCC** | 267 Falmouth Road, 781-3413, falmouthcongregationalchurch.org
- ◆ **Foreside Community Church UCC** | 40 Foreside Road, 781-5880, foresidechurch.org
- ◆ **The Episcopal Church of St. Mary** | 43 Foreside Road, 781-3366, smary.org
- ◆ **Holy Martyrs Church** | 360 Foreside Road, 847-6890, pothe.org/holy-martyrs-falmouth
- ◆ **Mountainside Community Church** | 18 Mountain Road, 797-4066, mountainsidecc.org
- ◆ **B'nai Portland** | 552 Blackstrap Road, 613-5888, bnaiportland.com
- ◆ **Vajra Dakini Nunnery** | Dharma talks and meditation groups. Abbess Khenmo Konchog Nyima Drolma, P.O. Box 6135, Falmouth, ME 04105, vajradakininunnery.org
- ◆ **Mountainside Community Church** | 18 Mountain Road, 207-797-4066 mountainsidecc.org/contact



ENJOY MUSIC, THEATER, AND ART

..... DID YOU KNOW?

Listening to music can reduce anxiety, blood pressure, and pain, as well as improve sleep quality, mood, mental alertness and memory!

"The secret of Life is in art." — Oscar Wilde

ATTEND A CONCERT

- ◆ **Concerts in the Park Village Park** | Bring your own picnic, blankets, and lawn chairs to enjoy fresh air + great music. All concerts are free!
Hat Trick Drive [behind WalMart], 699-5302, falmouthme.org/parks-and-community-programs

EXPLORE COMMUNITY THEATER

- ◆ **The Footlights Theatre**
Falmouth Station, 190 U.S. Route 1 [behind the UPS Store], 727-5434, footlightsinfo@aol.com
- ◆ **Maine State Ballet at Lopez Theater** [Home of Maine's leading dance company]
348 U.S. Route 1, 781-7672, mainestateballet.org

CHECK OUT ONE OF FALMOUTH'S ART GALLERIES

- ◆ **Elizabeth Moss Gallery**
251 U.S. Route 1, 781-2620, elizabethmossgalleries.com
- ◆ **Judy Kane Arts**
14 Pinehurst Lane, 256-2710, judykanearts.com



STOP IN AT THE LIBRARY TO SEE A ROTATING DISPLAY OF LOCAL ART

falmouthmemoriallibrary.org/programs-events/art-at-the-library



EXPLORE WAYS TO MAKE YOUR COMMUNITY A BETTER PLACE

..... DID YOU KNOW?.....

Studies have shown that volunteering has a positive effect on both mental and physical health. People who donate their time feel more socially connected, thus warding off loneliness and depression, and are also rewarded with improved physical health!

"Alone we can do so little; together we can do so much." — Helen Keller

IMPROVE YOUR NEIGHBORHOOD BY ORGANIZING A LOCAL, COMMUNITY ACTIVITY—

- ◆ Plan social gatherings; cookouts, game night, kickball or other fun activities.
- ◆ Organize a neighborhood yard sale.
- ◆ Think up a beautification effort in or around your area of town and get neighbors involved to get it done.
- ◆ Start a book club.
- ◆ Have a fair for the neighborhood kids, with games, prizes and snacks.
- ◆ Organize a neighborhood walk or exercise program.

VOLUNTEER YOUR TIME

- ◆ **Falmouth Parks and Community Programs** | Numerous volunteer opportunities in a variety of programs and activities, 699-5302
- ◆ **American Legion Post #164** | "Veterans Strengthening America"
65 Depot Road, 781-4709, Falmouth164@aol.com
- ◆ **Falmouth Land Trust** | Help preserve and care for protected lands.
200-8458, falmouthlandtrust.org
- ◆ **Falmouth/Cumberland Community Chamber of Commerce** | Work to enhance the greater Portland business community. 772-2811, portlandregion.com/falmouth--cumberland
- ◆ **Falmouth Schools Volunteer Opportunities** vary widely by season, each school's needs, special projects, and other variables. | Background check required.
FMI: Thea Cerjanec at tcerjanec@falmouthschools.org
- ◆ **Falmouth Education Foundation** | Promotes educational excellence for all Falmouth children.
falmoutheducationfoundation.org
- ◆ **Falmouth Lions Club** | "We Serve", e-clubhouse.org/sites/falmouthme/index.php
- ◆ **Falmouth Rotary Club** | A network of business people who join together to make things happen.
portal.clubrunner.ca/6961/Page/ShowHomePage
- ◆ **Serve on a Town Board/Committee** | Falmouth offers many opportunities for residents to serve on Town boards, committees, and commissions. Contact Town Clerk's office at 781-5253.
falmouthme.org/appointments-committee/webforms/online-board-committee-volunteer-application
- ◆ **Falmouth Memorial Library** | 781-2351
- ◆ **The Falmouth Food Pantry** | 781-4670
- ◆ **Falmouth Little League** | falmouthlittleleague.net/volunteer-info
- ◆ **Meals on Wheels** | 396-6500, smaaa.org/volunteer
- ◆ **Maine Audubon** | 781-2330 ext 228, maineaudubon.org/volunteer
- ◆ **Falmouth Historical Society** | 781-4727, falmouthmehistory.org
- ◆ **Join one of our local garden clubs to participate in garden projects throughout town**
 - **Foreside Garden Club** | Contact Mary (415-1558) or Gail (508-397-2330)
 - **St. Mary's Garden Club** | stmarysgardenclub.com
- ◆ **Volunteer Match** | Helps you find additional volunteer opportunities in Falmouth.
volunteermatch.org (enter 04105 into search)





Falmouth Town Hall
271 Falmouth Road, Falmouth, ME 04105
207.781.5253
falmouthme.org