

*Activities & Programs for  
Adults & Seniors*



*Falmouth Community Programs  
Winter/Spring 2023-24*

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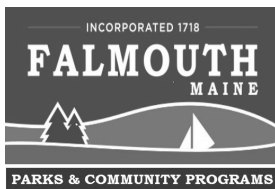
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**\*\*Youth Programs and Activities are available on-line only, please visit our website:  
<https://www.falmouthme.org/parks-and-community-programs>**



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





Welcome to Winter!

What a great time to explore all that is happening at Falmouth Parks & Community Programs and the Mason-Motz Activity Center.

While we have many long-time friends, program participants and supporters, we wanted to reach out to all residents with this brochure to let you know about the many activities, classes, trips and tours we offer in and around Falmouth.

This Winter/Spring brochure for Adults and Seniors is filled with activities and programs for everyone.

This season we are offering classes in Genealogy, Essential Oils, Art Journaling, and Acting, Fitness classes for all levels including Yoga, Strength and Core and Tone and Burn. There are opportunities to play pick-up basketball, volleyball and pickleball or just go for a guided walk through many of the open space conservation areas in town.

On an on-going basis, our participants enjoy socializing while playing cribbage and mahjong, exploring new cuisines in and around southern Maine, taking in a show or play, celebrating customs and holidays with neighboring communities, visiting museums and behind-the-scenes locations such as local TV stations and the Portland International Jetport. Others find support for more somber topics such as caregiving, Alzheimer's and Dementia, Brain Fitness, Strength Training, Scam Prevention and so much more.

The Mason-Motz Activity Center is also a safe space for indoor walking as much as it is a hub of activities for all ages. To ensure that you receive our next brochure, give us a call at 207-699-5302 to be added to our mailing list or stop by our office and check us out ~we would love to give you a tour! Brochures are published three times a year in the months of December, April and August.

There is so much to do and see, experience and explore. We look forward to seeing you!

Best Regards,

*Lucky D'Ascanio, Parks & Community Programs Director*

## 4 Registration Information

Please register early. You may register online via our website, drop 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 2.75% or minimum of \$2.00 is applied. Please make checks payable to: **Town of Falmouth**. Registration forms can be found in this brochure, on-line 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](http://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 so 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 make every effort for 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](http://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

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

**Non-residents** can register beginning December 28th

## **FCP Office Hours:**

**Monday-Thursday**  
**Friday**

**8:00am-5:00pm**  
**8:00am-12:00pm**

**Address: 190 Middle Rd, Falmouth ME 04105**

**Phone: 207-699-5302**

**Contact: [fcp@falmouthme.org](mailto:fcp@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 Quirrion, 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

Robert Carter, Melanie Collins, Doug Zlatin, Denise Martin

*PACPAC usually meets the 3rd Tuesday of the 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](http://www.falmouthme.org/parks-and-community-programs) for News and Announcements or check Facebook and Instagram 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 or program 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

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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.

*Location: Hilltop Lodge, OceanView    Time: 6:30-7:30pm    Fee: FREE*

## **Landscapes of the American Southwest**

*Speaker: Rick Scala*

*Date: Wednesday, Jan 17*

*Session: 33333.3A*



## **Cruising The Great Loop**

*Speaker: The Wilcox's*

*Date: Wednesday, Feb 21*

*Session: 33333.3B*



## **Vibrant Central Mexico**

*Speaker: Rick Scala*

*Date: Wednesday, March 20*

*Session: 33333.3C*



# Let's Travel



## **Maritime Provinces:**

### **Nova Scotia, Prince Edward Island & New Brunswick**

Join us on this 8 day/7 night bus tour as we experience the beauty of Canada's Maritime provinces, Nova Scotia, Prince Edward Island and New Brunswick. We will begin our tour at Acadia National Park before heading up to Halifax where we will enjoy a guided tour of the capitol city, a visit to the rural Peggy's Cove as well as the port town of Lunenburg. Next we will venture on to Prince Edward Island and tour the *Anne of Green Gables* Home and the city of Charlottetown as well as local fishing harbors. Finishing up the trip will be a stop at the famous, towering Hopewell Rocks in the charming waterside town of Saint John. You will love the breathtaking coastal locations we will visit. This trip is co-sponsored with Standish Recreation.

*Leaders: FCP & Standish Staff*

*Dates: July 25-August 1*

*Session: 11159.3A*

*Depart/Return: TBD*

*Fee: \$1785 pp/do or  
\$2330 single*

*A deposit of \$75pp is due at the time of registration. Final payments are due May 16, 2024. Please indicate your roommate on your registration. A current passport or passport card is required for this trip.*

# Let's Travel some more

## **Iceland & the Northern Lights**

Come with us to Iceland; a land and culture forged by fire and ice, where steaming lava fields and massive glaciers sculpt mountains and valleys, leaving thundering waterfalls and plunging fjords. In this land of many natural wonders, enjoy the opportunity to search for the Aurora Borealis; one of nature's most dazzling light displays, also known as the Northern Lights. With overnight stays in Reykjavik (2 nights) and Vik (3 nights) we will visit the Golden Circle, a volcanic sand beach, Skogar Museum and their turf-built homes, Skafrefell National Park, a gateway to glaciers and Europe's largest ice cap and end the trip with a swim in the Blue Lagoon. All discounts included in fee. Price is based on per person, double occupancy. Airfare from Boston is included. This trip is co-sponsored with Gorham Recreation.

*Leader: Collette Tours & FCP Staff*

*Dates: October 8-14, 2024*

*Session: 11136.2A*

*Depart/Return: TBD*

*Fee: \$3529pp/do or*

*\$4129 single*



*A deposit of \$698pp is due at the time of registration. Final payments are due April 1, 2024. All payments are made directly to Collette Tours. Please indicate your roommate on your registration. A current passport is required for this trip.*

## 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.

*Min: 8*

*Max: 14*

*Leader: FCP Staff/Guests*

*Depart/Return: Plummer Lot (Lunt Rd.)*

### **Sleigh Ride Harrison**

Beat the winter blues and come on out for a sleigh ride where your ears will delight to the jingling of sleigh bells; your eyes to scenes of white winter enchantment, and your lungs to the crisp country air. Enjoy a ride through the countryside and warm up with a cup of steaming hot cocoa and roasted marshmallows. We will stop at a "mystery" location for lunch (on your own). All discounts included in fee.

*Date: Monday, January 22*

*Fee: \$29*



*Time: 9:30am-3:00pm*

*Session: 31054.3A*



# More Out & About

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## **The Willows Flea Market Mechanic Falls**

Let's go visit a treasure trove that requires 85,000 square feet of display space. It is a family owned business and the largest indoor flea market in Maine that has been around for years boasting over 250 vendors. Wear some comfortable footwear because we will be walking a lot. After shopping, lunch (on your own) at Cyndi's Dockside. Register by 2/16.

*Date: Friday, March 1*  
*Fee: \$8*



*Time: 9:30am-2:30pm*  
*Session: 11106.3A*

## **Knox Museum Tour Thomaston**

Let's explore the people and purpose behind the American Revolution. We will get a tour of the museum and touch, feel, smell life as it was 242 years ago. Imagine what it was like to participate in creating monumental, historic change. Lunch at Moody's Diner after tour (on your own).

*Date: Wednesday, March 6*  
*Fee: \$18*



*Time: 9:15am-3:30pm*  
*Session: 11196.3A*

## **WGME Tour Portland**

Have you ever experienced a behind the scenes tour of a local television station? During this tour, we will see how news gets on the air and will experience watching the live broadcast of the 12:00pm broadcast. Lunch after the tour at Bruno's (on your own).

*Date: Wednesday, March 13*  
*Fee: \$8*



*Time: 10:15am-2:30pm*  
*Session: 31047.3A*

## **Holocaust & Human Rights Center Tour Augusta**

The tour will include an introduction to the Center and an opportunity to view and discuss the exhibits. We will see the permanent artifacts on display throughout the Center and have the opportunity to listen to the survivors stories though headsets. Lunch at The Liberal Cup in Hallowell after tour (on your own). Register by 2/20.

*Date: Wednesday, April 3*  
*Fee: \$10*



*Time: 9:00am-3:00pm*  
*Session: 12105.3A*

# More Out & About

## **Dunn Family Maple Buxton**

Experience the sweet essence of Spring's long awaited arrival at this family-run farm. Watch the process of maple sugaring and sample some over some ice cream. Maple sugar products will be available for purchase. Bring your questions as Scott, our guide, will have all the answers. Register by 3/8.

*Date: Friday, April 5*  
*Fee: \$8*



*Time: TBD*  
*Session: 11146.3A*

## **Tour of Portland International Jetport**

When you've traveled, have you wondered about the projects going on behind the scenes at the airport? Or thought about how they could possibly move and screen so many bags? Or the jobs of the ground crew? This tour will last approximately 90 minutes and will cover everything from history, to amenities, to upcoming improvements. We will go to lunch, on your own, after tour. Register by 4/3.

*Date: Wednesday, April 17*  
*Fee: \$8*



*Time: 9:15am-3:00pm*  
*Session: 11149.3A*

## **Portland Museum of Art**

There are more than 19,000 pieces in the Portland Museum of Art (PMA) Art Collection and each one of them has a story. This is a rare opportunity to view a selection of the PMA's most recent acquisitions while gaining insight into the very basis of building, maintenance and stewardship of a museum collection. Lunch on your own at C Squared in the Westin Hotel. Please register by 4/4.

*Date: Thursday, April 18*  
*Fee: \$8*

*Time: 9:30am-2:30pm*  
*Session: 11149.3B*

## **The Butterfly House Westford, MA**

Let's go see New England butterflies and tropical species from all over the world. We will walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. There is also a koi fish pond and quail birds which live among the butterflies. Lunch will happen before the visit at Evviva Trattoria in Westford on your own. Register by 4/1.

*Date: Monday, April 22*  
*Fee: \$21*



*Time: 10:00am-5:00pm*  
*Session: 11133.3A*

# Let's Eat Out

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Discover new places to eat and have an adventure or two while enjoying the company of old and new friends. Travel in a 14-passenger mini-bus or van. All discounts included in fee. Meals are extra unless otherwise indicated. Return times approximate. Min: 8 Max: 14

*Leader: FCP Staff*

*Depart/Return: Plummer Lot (Lunt Rd)*

## **Old Port Sea Grill Portland**

Located in the heart of Portland's historic Old Port district this restaurant boasts a seafood driven menu that focuses on a variety of local and imported fresh fish and shell fish, with an emphasis on east coast cold water oysters and other raw bar offerings.

*Date: Thursday, January 11  
Fee: \$8*

*Time: 11:45am-2:15pm  
Session: 31018.3A*

## **Deck House Tavern Windham**

This restaurant has a pub style menu with brick oven pizza, hand pressed burgers, great shareable appetizers, vegetarian and gluten free options. The atmosphere is cozy and feels a bit like a ski "lodge"; perfect time of year to check it out.

*Date: Wednesday, January 24  
Fee: \$8*

*Time: 11:30am-2:30pm  
Session: 31011.3A*

## **The Green Ladle Lewiston Regional Technical Center**

Let's check out this student-run restaurant at the Lewiston Regional Technical Center. There is a new theme each week from January to April. Students rotate through positions, from food prep to head chef to hosting and serving. Sounds like a fabulous experience.

*Date: Thursday, February 1  
Fee: \$28*

*Time: 10:15am-1:30pm  
Session: 31044.3A*

## **Empire Portland**

Once the site of Portland's first deluxe Chinese Restaurant, The Empire (1916-1953), re-opened their doors to serve authentic Chinese food of the finest quality. The menu features traditional and modern Chinese soul food.



*Date: Wednesday, February 7  
Fee: \$8*

*Time: 11:15am-2:00pm  
Session: 31026.3A*

*Falmouth Community Programs, 190 Middle Road, Falmouth ME 04105*

# Let's Eat Out Again

## **Muddy Rudder Yarmouth**

Enjoy a scrumptious lunch overlooking a scenic view of the Royal River in Yarmouth. Lunch items include pasta dishes, steak, burgers, fresh seafood, sandwiches, salads and hand-made desserts.

*Date: Wednesday, February 28*  
*Fee: \$8*

*Time: 11:30am-2:30pm*  
*Session: 31098.3A*

## **Luck of the Irish Luncheon Lunt Auditorium**

Don your green to celebrate Irish American Heritage month in style at the Luck of the Irish luncheon. Enjoy a traditional Irish boiled dinner and listen to the music of Jim Brady.

*Date: Thursday, March 14 (Register by 3/1)*  
*Fee: \$39*

*Time: 12:00-2:00pm*  
*Session: 31024.3A*



## **Cook's Lobster Bailey Island**

Cook's is located on Bailey Island, home of the world's only Cribstone Bridge. Let's go and enjoy some delicious food, with specialty on fresh seafood, although they have many different items to choose from, while taking in the beautiful sights of Casco Bay.

*Date: Thursday, March 21*  
*Fee: \$8*



*Time: 11:00am-2:30pm*  
*Session: 31066.3A*

## **Union Bluff Hotel Pub York**

Let's take a ride to York and visit this hotel restaurant filled with old world charm and surrounded by Short Sands Beach. They serve burgers, tasty soups, seafood, sandwiches and entrees.

*Date: Thursday, March 28*  
*Fee: \$8*

*Time: 11:00am-3:00pm*  
*Session: 31094.3A*

## **Jackie's Too Ogunquit**

A well known seaside restaurant in Ogunquit with an award winning menu with the ocean right at your feet. They serve delectable steaks, grilled chicken, seafood & creative pasta dishes. After lunch we will spend an hour shopping around Perkins Cove.

*Date: Monday, April 15*  
*Fee: \$8*

*Time: 11:00am-4:00pm*  
*Session: 31097.3A*

# Theater Trips

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

*Leader: FCP Staff*

*Depart/Return: Plummer Lot (Lunt Rd.)*

## **Incident at Our Lady of Perpetual Help The Public Theater**

It's 1973 and the O'Shea family faces a comic crisis of biblical proportions when their 19 year old daughter tells her younger sister about "the birds and the bees" and their conversation is overheard by the parish priest. Get ready for some laughter. Register by 1/5. Min: 10 Max: 13

*Date: Sunday, February 4*

*Time: 1:00pm-5:00pm*

*Fee: \$42*

*Session: 11182.3A*

## **The Play That Goes Wrong Portland Stage**

The Cornley Polytechnic Drama Society is putting on a 1920's murder mystery, but as the title suggests, everything that can go wrong does! The accident prone thespians battle against all odds to make it through to their final curtain call with hilarious consequences. Register by 1/25.

*Date: Thursday, February 15*

*Time: 1:15-4:30pm*

*Fee: \$51*

*Session: 11157.3A*

## **Forever Plaid Biddeford City Theater**

When four young sisters are killed in a car crash, they posthumously take the stage for one final gig in this goofy, 1950's nostalgia trip. This deliciously fun revue is full of classic barbershop quartet harmonies and pitch perfect melodies. Register by 2/16.

*Date: Sunday, March 24*

*Time: 1:00-5:00pm*

*Fee: \$40*

*Session: 11118.3A*

## **Prom USM Theater**

Four eccentric Broadway stars are in desperate need of a new stage. They hear there is trouble in a small town about a girl wanting to bring a girl to the prom. This play expertly captures all the humor and heart of a classic musical comedy with a message that resonates with audiences now more than ever. Register by 3/26.

*Date: Wednesday, April 10*

*Time: 9:00am-12:15pm*

*Fee: \$17*

*Session: 11183.3A*

# Winter/Spring 2023/24 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 #

# Winter/Spring 2023/24 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 \_\_\_\_\_

# Games & Hobbies

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

Leaders: *FCP Staff/Guests*      Location: *Mason-Motz Presumpscot Rm.*  
**FREE!** (unless otherwise noted)

## Mahjong

Similar to the card game rummy, Mahjong is a game of skill, strategy and calculation involving a degree of chance. Sessions structured are for those familiar with Mahjong. No registration required.

Dates: *Mondays, on-going*  
 (No Mahjong 1/1, 1/15, 2/19)



Time: *1:00-4:00pm*

## Cribbage

Meet new people and make friends. New to cribbage and need some instruction, just let us know. No registration required.

Dates: *Tuesdays, on-going*  
 Time: *12:00-3:00pm*



Date: *Thursdays ongoing*  
 Time: *9:30am-12:00pm*

## 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 Volunteers*

Dates: *Wednesdays, 1/3, 2/7, 3/6, 4/3*

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

Time: *1:00-3:00pm*

Session: *11261.3A*

## Cornhole

Looking for a reason to get out of the house? Come play some cornhole at the Mason-Motz Activity Center! 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. All levels welcome.

Leader: *Kim Doyon*

Dates: *Thursdays, 2/8, 3/7, 4/11, 5/9*

Time: *2:30-3:30pm*

Session: *11425.3A*





# All About ME!

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## Essential Oils

Have you ever wondered what the hype is over essential oils? Do you want to learn more and how they can be used in your home, vehicle, and work environment? Join us to learn the basics; how they are made and what they can be used for. All discounts included in fee. \$10 Lab fee due to the instructor per class for the make-and-take-home portion.

*Instructor: Beth Benson*

*Location: Presumpscot Rm.*

*Time: 2:30-3:30pm*

*Fee: FREE*

**Essential Oils 101**

**First Aid**

**Laundry & Cleaning**

*Date: Thur., Jan 4*

*Date: Thur., Jan. 18*

*Date: Thur., Feb. 1*

*Session: 11271.3A*

*Session: 11271.3B*

*Session: 11271.3C*

## Introduction to Art Journaling

Explore the creative outlet of art journaling by making art in your very own journal. A combination of images and words that give visual expression to your thoughts and emotions. In this series of workshops, participants will learn about painting backgrounds, making collage papers with acrylics and watercolors, creating focal points, adding depth and interest with stamps, stencils, or pens, journaling your thoughts, and developing a regular art practice. Art journal and all supplies provided. Attend all three workshops or just one.

*Instructor: Erin Cadigan*

*Location: Presumpscot Rm.*

*Fee: \$49/session*

**Building Beautiful Backgrounds**

**Playing with Painted Papers**

*Date: Monday, January 29*

*Date: Thursday, February 22*

*Time: 9:00am-12:00pm*

*Time: 1:00-4:00pm*

*Session: 11203.3A*

*Session: 11203.3B*

**Creating Florals & Focal Points**

*Date: Wednesday, March 20*

*Time: 5:30-8:00pm*

*Session: 11203.3C*



## Genealogy Class

This class will teach you how to organize your family information using ancestral chart or trees. Participants will fill in family groups by listing married couples and their children and learn about online resources for finding birth, death, and marriage certificates, as well as Census, and other resources to add detail and context to family biographies. Register by 4/8. Tim Lynch will be leading this class.

*Date: Thursday, Feb. 29*

*Fee: \$10*



*Time: 4:00-5:00pm*

*Session: 11222.3A*

# 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.** 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 otherwise noted)*

## **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 *Free Choice*.

*Leader: Community Volunteers*

*Time: 11:30am-1:00pm*

*Dates: Mondays, 1/8, 2/5, 3/4, 4/1, 5/6*

*Session: 31103.3A*

## **Brain Fitness**

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

*Instructor: Kim Doyon*

*Time: 10:00-11:15am*

*Dates: Tuesdays, 1/9, 1/23, 2/13, 2/27, 3/12, 3/26, 4/9, 4/23*

*Session: 31130.3A*



## **Caregiver Support Group**

The Alzheimer's Association, Maine Chapter, is happy to be partnering with Falmouth Community Programs to offer a Caregiver Support Group once a month. This group is an opportunity to share your experience, learn new frameworks of understanding, practice coping skills, and build a community of support.

*Leader: Alzheimer's Assoc. Staff*



*Time: 10:00-11:30am*

*Dates: Fridays, 1/12, 2/9, 3/8, 4/12*

*Session: 31105.3A*

## **Learn How to Play Cribbage**

Have you always wanted to learn how to play cribbage? Well look no further, sign up for our educational cribbage series. Learn how to play one of the most fun cards games ever.

*Instructor: Kim Doyon*

*Time: 10:00-11:30am*

*Dates: Mondays, 1/29, 2/12, 3/11, 4/8*

*Session: 31138.3A*

## Elders Acting Up

Whether you have experienced the delights of performing, or you have always wanted to feel the excitement of being center stage, this acting class will create fun, meaningful, heart warming work. Class will include group work, oral interpretation, skits, cuttings from plays and rehearsing for the final production for public performance at the end of the session. Please bring a favorite poem, prose or monologue to the first meeting. Register by 1/10.

*Instructor: Keenan Martin*

*Dates: Wednesdays, Jan. 17-April 17*

*Session: 31137.3A*



*Time: 1:00-3:00pm*

*Fee: \$130 (14 weeks)*

*Min: 15*

## When You are The Caregiver

This interactive presentation will focus on the joys and difficulties of caregiving. Discussion will focus on balancing the needs of loved ones with the equally important needs of caregivers. A list of resources that are locally available will be provided.

*Presenter: Catherine Gentile*

*Date: Thursday, January 18*



*Time: 3:30-5:00pm*

*Session: 31105.3A*

## Progressive Strength Training Part II REFORM

Back by popular demand is more strength training. Open to everyone, in this session, we will explore the transformative impact of progressive strength training on the physical and mental well-being of seniors. In this second installment, we will further discuss the benefits, practices, and activities that encourage a healthy and active aging journey. While we focused on the physiologic, anatomical, and psychosocial benefits or progressive loading in the first discussion, in this next installment we will attempt to break down proper form for some of the more common activities and exercises you can do to promote healthy and safe participation in strength training. We will also look at common exercise routines or patterns that you can adopt as a starting point for your own routine.

*Instructor: Branden George, PT*

*Date: Monday, January 22*

*Time: 10:00-11:00am*

*Session: 31123.3A*



## More 55+ Activities

### **In-Home Care vs. Placement Outside of the Home**

An interactive presentation that will assist family caregivers in assessing the many considerations of providing in-home care or placement outside of the home. Discussion will include the pros and cons of these approaches with an emphasis on developing an awareness of the individual needs of those involved as well as the timing of transitions from the home to other placement locations.

*Presenter: Catherine Gentile*  
*Time: 2:00-3:30pm*

*Date: Thurs., Jan 25*  
*Session: 31120.3A*

### **Gut Health & Immune Support** **Hannaford Dietician**

Immune supporting nutrition comes in many shapes, sizes, and flavors. Although there is no single solution, nor is there a magic bullet, there are daily approaches to support our overall immune system from the inside out. Choices to keep your whole family happy and healthy can be found through a variety of foods and beverages. Join Hannaford dietitian, April Byron, to learn how nutrition experts find easy ways to provide immune supporting nutrition from zinc, omega-3, probiotic, and more.

*Instructor: April Byron, MS, FD, LD*  
*Time: 10:30-11:30am*

*Date: Wed., Jan 31*  
*Session: 31126.3A*

### **Scam Education Presentation** **AARP**

AARP is proud to be a leader in the fight to combat fraud everywhere and right here in Maine, too. Join this workshop that will help you recognize common scams and what you can do to avoid them. You'll learn about useful resources and receive your own fraud prevention guide.

*Presenter: AARP Volunteer*  
*Time: 10:00-11:00am*



*Date: Thurs., Feb 1*  
*Session: 31108.3A*



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, Senior Programs & Services Coordinator: [kdoyon@falmouthme.org](mailto:kdoyon@falmouthme.org) or call 699-5330 to be added to our e-mail list.

## **Valentine's Day Party Recreation Center at Val Halla**

Let's gather with other towns and celebrate Valentine's Day together. Enjoy a buffet style lunch with desserts, a gift bag, and live music along with a cash bar. What a great time of year to gather with community and celebrate love. Please register by February 1.

*Date: Wed., Feb 14*  
*Fee: \$26*



*Time: 11:30am-2:30pm*  
*Session: 31022.3A*

## **Stop Spinning! Vertigo & Vestibular Rehabilitation REFORM**

This session delves into the intricate workings of the vestibular system, exploring the causes and effects of vertigo, dizziness, as well as balance disorders. From inner ear disturbances to neurological factors, we will guide you through the labyrinth of vertiginous challenges, offering a deeper understanding of the complexities involved. Learn basic strategies and exercises aimed at restoring equilibrium.

*Instructor: Branden George, PT, REFORM*  
*Time: 10:00-11:00am*

*Date: Mon., March 25*  
*Session: 31123.3B*

## **Plant Based Eating Hannaford Dietician**

A plant-based lifestyle does not come with a set of rules. However, there are certain rules of thumb when it comes to balanced nutrition. Calcium, Iron, Vitamin B-12, and Protein are key nutrients that can be lacking without the proper foods. Additionally, highly processed meat alternatives can have a false "health halo" effect. Come learn which foods are naturally plant-based and naturally nutritious.

*Instructor: April Byron, MS, FD, LD*  
*Time: 10:30-11:30am*

*Date: Wed., March 27*  
*Session: 31126.3B*

## **Walk Safely Indoors**

Get into a good walking routine by coming to the Mason-Motz Activity Center to walk at your own pace and in comfort. Open during our regular business hours, you can walk the hallways and in the gym (when available). Be sure to sign in the office and pick up your walking tag. Please, no street shoes in the gym. All are welcome.

*Location: Mason-Motz Activity Center*  
*Date/Time: Mondays-Thursdays 8:00am-5:00pm*



# Fitness

## **Tone & Burn**

An interval class offering cardio and strength training in a fun, and comfortable atmosphere. 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*  
*Time: 9:30-10:30am*

*Location: Mason-Motz Gym*  
*Fee: \$79*

### **Mondays**

**Session 1:** 11322.3A, January 8 - February 26 (No class 1/15, 2/19)

**Session 2:** 11322.3C, March 11 - April 29 (No class 4/15)

### **Thursdays**

**Session 1:** 11322.3B, January 4 - February 15

**Session 2:** 11322.3D, March 7 - April 18



## **Gentle Yoga**

This class is appropriate for all levels of yoga experience including no experience at all. The instructor is able to safely help alter poses to work around injuries or limitations, making poses optimally effective for you. Dress comfortably and bring a mat, a towel/small blanket, and two blocks if you have them. A chair is available if needed.

*Instructor: Tori Norton*

*Fee: \$100*

*Location: Mason-Motz Gym*

### **Tuesday Morning Yoga**

*Time: 9:30-10:30am*

**Session 1:** 11315.3A, January 2 - February 13

**Session 2:** 11315.3B, February 27 - April 9

### **Wednesday Evening Yoga**

*Time: 5:30-6:30pm*

**Session 1:** 11314.3A, January 3 - February 14

**Session 2:** 11314.3B, February 28 - April 10

## **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*

### **Tuesday Strength & Core**

**Session 1:** 11317.3A January 9-February 13

**Session 2:** 11317.3C February 27-April 2

### **Thursdays Strength & Core**

**Session 1:** 11317.3B January 11-February 15

**Session 2:** 11317.3D February 29-April 4

# Pickleball

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## **Adult Pickleball - Beginner and Beyond Lessons**

Pickleball is one of the fastest growing games in the nation. Are you interested in playing but need some encouragement? This up-tempo game is an entertaining mix of tennis, badminton and ping pong. It is easy to learn and lots of fun. All discounts included in fee.

*Instructor: Wayne St. Peter, Certified Professional*

*Location: Foreside Fitness & Tennis (Route 1 Falmouth)*

*Time: 12:00-1:00pm*

*Fee: \$150*



**Session 1:** 11415.3A

*Dates: Fridays, Jan. 12-Feb. 2*

**Session 2:** 11415.3B

*Dates: Fridays, Feb. 16-March 8*

**Session 3:** 11415.3C

*Dates: Fridays, March 15-April 5*

**Session 3:** 11415.3D

*Dates: Fridays, April 12-May 3*

## **Adult Open Play Pickleball**

All abilities welcome to play. **Pre-registration required**, we take up to 16 players per night. You must be out of high school and a minimum of 18 years old.

*Leader: FCP Staff    Location: Mason-Motz Gym    Time: 7:00-9:00pm*

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

*(Punch card does not expire).*

### **Tuesday Nights**

*Dates: January 2 - April 30*

*Session: 11337.3A*

### **Friday Nights**

*Dates: January 5 - May 3*

*Session: 11337.3B*

## **55+ Open Play Pickleball**

Falmouth residents of all abilities welcome. This is a great workout and a great way to meet new friends. **Pre-registration is required** in order to hold your spot and is good for the dates listed. We take up to 20 players per day.

*Leaders: Community Volunteers*

*Dates: Tues. & Thurs., January 2-May 16*

*Fee: \*Free for Falmouth residents.*

*Location: Mason-Motz Gym*

*Time: 1:15-3:15pm*



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



# Pick-Up Play

## Adult Pick-Up Basketball

These pick-up games are primarily for residents but basketball enthusiasts from other communities are welcome as space allows (determined by the gym supervisor). All ability levels welcome. Different teams are selected each week. **Pre-registration required** to hold your spot and is good for the dates listed. 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 ~ Age 30+**

*Dates: January 7-June 9*

*Time: 8:00-10:00am*

*Session: 11414.3A*



### **Monday Nights**

*Dates: January 8-June 10*

*Time: 7:00-9:00pm*

*Session: 11414.3B*

*(No session May 20)*

***As with any sports and exercise program, there are inherent risks.***

***Participation in drop-in programs are at your own risk.***

## Adult Pick-Up Volleyball

These pick-up games are primarily for residents but volleyball enthusiasts from other communities are welcome as space allows (determined by the gym supervisor). All ability levels welcome. Different teams selected each week. **Pre-registration required** in order to hold your spot and is good for the dates listed. You must be out of high school and a minimum of 18 years old.

*Leader: FCP Staff*

*Dates: Mondays, January 8-May 13*

*Fee: \$40 punch card purchased at the door. Cash and check only. (Punch card does not expire).*

*Location: FES Gym*

*Time: 7:00-9:00pm*

*Session: 11414.3D*





## **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 learn how and why the properties were conserved, the 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 trail head parking. Participants will receive location and directions one week prior via email or phone.*

*Dates: Thurs., Jan. 11 & 25, Feb. 8 & 22, March 14 & 28, April 11 & 25*

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

*Fee: FREE!*

*Session: 31305.3A*



## **Falmouth Land Trust ~ Guided Walks**

Join Falmouth Land Trust and a Maine Master Naturalist for guided walks at different conserved properties throughout Falmouth. All ages welcome (children must be accompanied by an adult). To register and for more information, please contact Falmouth Land Trust Outreach and Education Coordinator, Rebecca Dugan 207-200-5488 or email [rdugan@falmouthlandtrust.org](mailto:rdugan@falmouthlandtrust.org).

*Locations/Dates/Times:*

- **Suckfish Brook Conservation**.....Saturday, January 6, 2:00pm  
*Meet in the parking lot off Upland Way*
- **February Walk is TBD, please contact FLT for more information.**
- **Tidewater Farm**.....Saturday, March 9, 11:00am  
*Meet in the parking lot on Presumpscot Point Road*
- **Town Landing**..... Sunday, April 21, 1:00pm  
*Meet at the parking lot at the end of Town Landing Road*

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](http://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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## TOWN OF FALMOUTH

271 Falmouth Road  
Falmouth, ME 04105

Phone: 207-781-5253  
[www.falmouthme.org](http://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](http://www.falmouthme.org/comprehensive-plan-update)



### 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 meetings 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](http://www.falmouthme.org)

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

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## ***Beat the Cabin Fever Blues!***

Sign up for our **55+ Activities Newsletter**:  
A bi-monthly calendar highlighting a variety of activities, workshops, wellness programs, lunch and learns and much more ...  
FMI contact Kim Doyon, Senior Programs and Services Coordinator  
699-5330 or [kdoyon@falmouthme.org](mailto:kdoyon@falmouthme.org)

## ***Walk Safely (and stay out of the weather!)***

Get into a good walking routine at Mason-Motz Activity Center and walk in comfort.  
Open during regular business hours, come and walk the halls and gym (when not in use). Be sure to sign in and pick up your walking badge in the office.

**No street shoes allowed in the gym please.**