Activities & Programs for
Adults & Seniors

Falmouth Community Programs
Summer 2023
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Follow us on Facebook and Instagram to find program news, cancellations, changes and updates.
Registration Information

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

Non-residents can register beginning April 26.

**Contact Information**

**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: fcp@falmouthme.org

**Parks & Community Programs Staff**

Lucky D’Ascanio, Director  
Matt Gilbert, Assistant Director  
Jeff Mason, Parks Supervisor  
Sam Hazelton, 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, Karen Jones, Doug Zlatin, Denise Martin

PACPAC usually 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

Sailing the Adriatic Coast
Speaker: Timothy Lynch
Date: Wednesday, May 17
Session: 33333.1A

Where in Maine?
Speaker: Rick Scala
Date: Wednesday, June 21
Session: 33333.1B

Out & 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

Strawberry Banke Museum Tour
Portsmouth, NH

Join us for a trip back in time to an outdoor history museum where 300+ years of American history is brought to life. Visit dozens of historic buildings on their original sites, heirloom gardens, and engage costumed role-players sharing the experiences of those who lived and worked in the waterfront neighborhood of Puddle Dock. Lunch is on your own.

Date: Wednesday, June 7 (Register by 5/22)
Time: 9:15am-3:30pm
Fee: $20
Session: 11113.1A
**Out & About**

**Parsonsfield Seminary Tour & Tea Luncheon**

Parsonsfield

One of the areas most beloved National Historic sites. We will start with a tour of the buildings, which includes the former dormitory. We will hear first-hand about the history, the Underground Railroad ties to the seminary and how it was founded by the first free will Baptists. Following the tour, we will have a tea luncheon consisting of finger sandwiches, desserts, and teas.

*Date: Tuesday, June 13 (Register by 5/23)*
*Time: 9:00am-3:00pm*
*Fee: $33*
*Session: 31084.1A*

**Garden Tour**

Falmouth

Back by popular demand, we will be visiting two special gardens in Falmouth led by Ellen Klain. Babbidge Farm where Lupines will be in full bloom as well as Baptisia and Iris. The second garden is a very well thought out garden design full of many unusual and attractive perennials and shrubs. Please wear comfortable shoes.

*Date: Wednesday, June 14  (Register by 5/31)*
*Time: 3:30-6:30pm*
*Fee: $12*
*Session: 11230.1A*

**Pineland Farms Education Tour**

New Gloucester

Did you know visiting a farm increases happiness and reduces stress? Join us and learn more about the role of agriculture in Maine’s economy. We will visit the dairy barn and poultry operations as well as have a chance to meet the animals that provide so much of the food we consume daily. At the end of our tour we will watch how ice cream is made and get to taste some before enjoying lunch (on your own) at the Market at Pineland Farms.

*Date: Friday, July 7  (Register by 6/22)*
*Time: 9:30am-2:00pm*
*Fee: $23*
*Session: 11230.1B*
More Out and About

Tour of Botanical Garden in the Capital City
Augusta

Viles Arboretum offers visitors a unique opportunity to explore and learn about nature. Our tour will include wildlife watching as well as the botanical garden collections featuring native and non-native plants of statewide importance. There is about a mile or so of walking, so please wear comfortable shoes. We will enjoy lunch (on your own) at Maine Market Local in Hallowell after our tour.

Date: Friday, July 14 (Register by 6/29)
Time: 9:30am-3:30pm
Fee: $20
Session: 11123.1A

Fawcett Antique Toy Museum
Waldoboro

Visit this delightful museum filled with wonderful childhood memories. The museum features antique cartoon toys of all kinds, antique radios featuring western heroes and other comic characters; Popeye, Felix the Cat, Snow White, Betty Boop, and so much more. Enjoy lunch (on your own) at Archer’s on the Pier in Rockland after our visit.

Date: Wednesday, July 26 (Register by 7/5)
Time: 9:30am-3:30pm
Fee: $13
Session: 31038.1A

Hamilton House & Garden Tour
South Berwick

In a picturesque setting overlooking the Salmon Falls River, this striking Georgian mansion, a National Landmark c. 1785, and its landscape share a history that mirrors that of its Southern Maine region. Hamilton House is located on the homeland of the Wabanaki. After Hamilton House tour, we will get a tour of the gorgeous gardens surrounding the house. Tour involves standing, walking, and stairs. Lunch at When Pigs Fly Pizzeria in Kittery on your own after tour.

Date: Thursday, August 3 (Register by 7/17)
Time: 9:00am-3:30pm
Fee: $25
Session: 11146.1A
Theater Trips

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.)

**Exit Laughing ~ City Theater, Biddeford**
A hilarious new comedy about doing the most daring thing you have ever done and living life to the fullest.
*Date: Sunday, May 21 (Register by 4/24)  Time: 1:00-5:30pm*
*Fee: $ 40  Session: 11118.1A*

**Singin in The Rain ~ Ogunquit Playhouse, Ogunquit**
“The Greatest Movie Musical of All Time”. Each unforgettable scene, song, and dance is here, including an unforgettable rainstorm.
*Date: Wednesday, June 21 (Register by 6/6)  Time: 12:30-5:00pm*
*Fee: $85  Session: 11710.1A*

**Boogie Down ~ Carousel Music Theater, Boothbay Harbor**
Enjoy lunch and a musical show featuring the music of the 70’s! Lunch includes soup, choice of sandwich (lobster roll extra fee), dessert and coffee/tea or cold drinks.
*Date: Wednesday, July 19(Register by 6/30)  Time: 10:30am-5:30pm*
*Fee: $58  Session: 11701.1A*

**The Sound of Music ~ Lake Region Community Theater, Bridgton**
Based on the 1949 memoir of Maria von Trapp, this musical tells the story of Maria, who takes a job as governess to a large family while she decides whether to become a nun. She falls in love with the children and eventually their widowed father.
*Date: Sunday, August 6 (Register by 7/10)  Time: 12:30-4:45pm*
*Fee: $16  Session: 11712.1A*

**Godspell ~ Hackmatack Theater, Berwick**
Prepare ye, for Stephen Schwartz's eclectic yet powerful musical about the parables and teachings of Jesus Christ. This endearing musical has some slapstick comedy & shares the universal messages of kindness, compassion and community.
*Date: Thursday, August 17 (Register by 7/3)  Time: 12:45-5:30pm*
*Fee: $40  Session: 11117.1A*
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)

**Ri Ra’s**  
**Portland**

Walking through the doors of Ri Ra’s leads you back in time to the peaceful and cozy atmosphere of a traditional pub 100 years ago in Ireland. All of the pub interiors were salvaged and restored in Ireland and shipped to Portland. Ri Ra’s also takes pride in their food and have a great diverse menu with an upstairs restaurant with wonderful views of Casco Bay.

**Date:** Wednesday, May 10  
**Time:** 11:45am-2:30pm  
**Fee:** $8  
**Session:** 31043.1A

**The Lobster Shack**  
**Cape Elizabeth**

This 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.

**Date:** Tuesday, May 16  
**Time:** 11:15am-2:30pm  
**Fee:** $8  
**Session:** 31015.1A

**The Brunswick**  
**Old Orchard Beach**

By popular demand we are going back to The Brunswick for lunch in OOB! They offer casual indoor and outdoor dining with ocean views and daily live music entertainment (most days).

**Date:** Thursday, May 25  
**Time:** 11:30am-3:00pm  
**Fee:** $8  
**Session:** 31051.1A
Let’s Eat Out Again

**Picnic Lunch at Fort Williams Park**
*Cape Elizabeth*
Let’s visit Bite Into Maine food truck at Fort Williams park and take in the views. Bring a chair and breathe in the ocean air.

*Date: Friday, June 2*  
*Time: 11:30am-3:30pm*  
*Fee: $8 (Lunch on your own)*  
*Session: 31015.1B*

**Jackie’s Too**
*Ogunquit*
A well known seaside restaurant with an award winning menu with the ocean right at your feet, Jackie’s Too is located in Perkins Cove where Marginal Way begins and ends. After lunch we will take a walk on Marginal Way.

*Date: Wednesday, June 28*  
*Time: 11:00am-4:00pm*  
*Fee: $8*  
*Session: 31097.1A*

**Jones Landing**
*Peaks Island*
Let’s take the ferry to a playful coastal Maine seafood restaurant with island flavors and dishes for all eaters! We will be seated on the waterfront deck overlooking beautiful Casco Bay.

*Date: Wednesday, July 12*  
*Time: 10:30am-3:15pm*  
*Fee: $12*  
*Session: 11175.1A*

**Kennebec Tavern Restaurant and Marina**
*Bath*
We will start this trip with shopping on Front Street. Then kick back on the Kennebec and enjoy a relaxing lunch while watching the activity on the water.

*Date: Wednesday, August 23*  
*Time: 9:45am-2:30pm*  
*Fee: $8*  
*Session: 31039.1A*
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 31 and June 19*

**Cribbage**
Come play the enduring game that has been entertaining folks since the 17th century. Meet new people and make friends. No registration is required. Join us and enjoy some camaraderie and fun. New to cribbage and need some instruction, just let us know.
*Date: Tuesdays ongoing*
*Time: 12:00-3:00pm*

**Thursday Cribbage**
*Date: Thursdays ongoing*
*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 Volunteers*
*Dates: Wednesdays, 5/17, 6/21, 7/19, 8/16*
*Time: 1:00-3:00pm*
*Fee: $5 (or $2 drop in fee per class)*
*Session: 11261.1A*

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.
**Essential Oils**

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

*Instructor: Beth Benson*

*Time: 2:00-3:00pm*

*Location: Presumpscot Room*

*Fee: FREE!*

**Energy Art**

Would you like to express ideas or emotions, but words are not your “go-to” tool? This class is the visual equivalent of journaling. Using pastels and paper you will express ideas or release emotional baggage to help you gain clarity around issues, people or projects. Energy Art is easy to learn and requires no previous art experience. This workshop focuses on fun, self-discovery and creativity.

*Instructor: Susan Tompkins, Certified Life Coach*

*Location: Presumpscot Room*

*Date: Thursday, June 1*

*Time: 2:00-3:30pm*

*Fee: $25*

**Chair Yoga for a Peaceful, Powerful You**

No prior experience needed for this session of gentle, mindful movement and deep breathing to calm the nervous system and focus the mind. Stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. Finish with a guided body scan that invites you to relax in the present moment.

*Instructor: Martha Williams, MSW, Certified Yoga Teacher*

*Location: Mason-Motz Gym*

*Fee: $75 ($15/day drop-in fee)*

*Time: 11:15am-12:15pm*

**Session 1:** 11329.1A

*Dates: Wed., June 7-July 12*

**Session 2:** 11329.1B

*Dates: Wed., July 19-August 23*
Summer 2023 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 ________________________________

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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 2023 Adult Brochure Registration Form

First Name ______________________________ Last Name ________________________________

Address __________________________________________ Contact #: _________________________

Email: ________________________________________________ DOB: __/__/____

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Card # ________________

Exp Mo/Yr ____________ CVV ____________

Signature of card holder

X ________________________________
Sharpen Your Skills

Knife Sharpening Class
If there’s one tool we use above all others, it’s the knife. Knives and axes are generally made of metal, which can be sharpened using a hard stone, or a factory-made sharpening block. In this class, you will learn how to sharpen knives, axes, pruners, scissors, and other blade tools. This class will cover the basic theory behind sharpening edge tools, and practice using a variety of sharpening stones. Instructor will also have some stones available for purchase.
Instructor: Zack Rouda, REWILD Maine
Location: Presumpscot Rm.
Date: Tuesday, June 6
Time: 4:00-6:00pm
Fee: $45
Session: 11270.1A

Cooking Classes

Sheri is back again to demonstrate more cooking classes for adults of all ages. All discounts are included in fee. Come join the fun and bring your friends!
Instructor: Sheri Fistal, Master Food Preserver
Location: Presumpscot Room

Chinese Cooking Class
Chinese food lovers come enjoy a lunch and learn cooking class designed for anyone and everyone. Come prepared to take part in the cooking. We will be cooking dumplings, soup and a main course served with lo mein noodles. Bring some containers for leftovers.
Date: Monday, May 15
Time: 11:00am-2:00pm
Fee: $35 for class ($15 lab fee payable to instructor day of class)
Session: 11246.1A

Preserving Strawberry Jam
Learn how to preserve jams and jellies the safe way. Proper techniques taught with hands on experience. Once you learn the basics you will be able to preserve almost anything. Every participant will go home with a jar of strawberry preserves along with a tasting at class.
Date: Wednesday, June 14
Time: 1:00-3:00pm
Fee: $20 for class ($10 lab fee payable to instructor day of class)
Session: 11246.1B
More Cooking Classes

Preserving Pickled Vegetables
Learn how to make pickled vegetables, pickles, relish, dilly beans, and more safely. Proper techniques will be taught while enjoying a hands on experience. Everyone will go home with a jar of pickles along with a tasting at class.

Instructor: Sheri Fistal  Location: Presumpscot Room
Date: Thursday, July 20  Time: 1:00-3:00pm
Fee: $20 for class ($10 lab fee payable to instructor day of class)
Min: 4  Max: 13  Session: 11246.1C

Dehydrating Summers Bounty
In this class, you will learn how to dry abundant fruits and vegetables into delightful snacks or savory additions to your cooking. Proper techniques will be taught while enjoying a hands on experience.

Instructor: Sheri Fistal  Location: Presumpscot Room
Date: Thursday, August 24  Time: 1:00-3:00pm
Fee: $20 for class ($10 lab fee payable to instructor day of class)
Min: 4  Max: 13  Session: 11246.1D

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 Seasons.

Leader: Community Volunteers  Time: 11:30am-1:00pm
Dates: Mondays, 5/1, 6/5, 7/10, 8/7  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
Time: 10:00-11:15am
Session: 31130.1A

3-5 Ingredient Meals
Everyone loves a homemade meal, but there are just times when cooking from scratch is not going to work. Simplify meal time and shorten your shopping list without sacrificing nutrition or flavor. Join your community dietician for a fun and interactive class. We will discuss some strategies, recipes and techniques for getting a meal on the table with 5 ingredient’s or less.

Instructor: April Byron, MS, FD, LD
Date: Monday, May 22
Time: 10:30-11:30am
Session: 31126.1A

Healthy Hearing
Come learn valuable information about hearing loss, as well as many technical advancements and resources available to you. It’s the perfect setting to share your experiences and questions surrounding hearing health. Hearing better is living better.

Instructors: Holly Thibodeau, Southern Maine Hearing
Stephanie Smith, Patient Care Coordinator
Date: Wednesday, May 24
Time: 10:30-11:30am
Session: 31132.1A

Jog Your Memory
We will discuss the curious, anti-aging effects of exercise on the brain by sharing findings of recent research on the topic. For example, participating in a walking program has been shown to increase the physical size and performance of the hippocampus in the brain, an organ critical for memory.

Instructor: Jason Adour, Doctor of Physical Therapy
Date: Friday, June 9
Time: 10:30am-12:00pm
Fee: $10
Session: 31107.1A

Falmouth Community Programs, 190 Middle Road, Falmouth ME 04105
More 55+ Activities

All 55+ programs meet in the Presumpscot Room at Mason-Motz

Massage Therapy Education
Massage can be a powerful tool to help you take charge of your health and wellbeing. 10 minute massages will be offered after the class for a $10 fee. Learn about Swedish, Myo Fascial and Polarity massage. Please register by May 30.

Instructor: Robyn Pfeffer, CMT
Date: Monday, June 12
Time: 10:00am-12:00pm
Fee: $10 payable to instructor*
Session: 31127.1A
*If receiving a massage

Proper Gardening Techniques with REFORM
Gardening should be fun and painless. A REFORM physical therapist will teach you some tips and tricks for safe and pain free gardening. Learn what tools can help avoid injury, how to properly warm up before you start, and what warning signs to look for if you feel pain.

Instructor: Brandon George, PT, DPT
Date: Wednesday, June 14
Time: 10:00-11:00am
Session: 31123.1A

10 Tips to Boost your Energy
Just because energy declines a bit with age doesn’t mean that you can’t be active. There are may things you can do, regardless of your age, to increase your energy level. Discover the top ten tips to increase your energy level.

Instructor: Humana Representative
Date: Monday, June 26
Time: 10:30-11:30am
Session: 31133.1A

Family Sleep & Stress Management
Latest trends show a downward trend in sleep time for most adults. Not getting the proper amount or quality of sleep interferes with cognitive function, memory impairment, physical performance, personality changes and depression. Using evidence-based sleep science, the instructor will help us improve our sleep hygiene, decrease stress, increase productivity and improve overall quality of life.

Instructor: Jenna Marion, REMedy Sleep Coach, CSC, CLC
Date: Thursday, July 13
Time: 2:00-3:30pm
Fee: $10
Session: 31312.1A
The Role of Physical Therapy After a Cancer Diagnosis
Cancer can be scary and typically includes an entire team of healthcare providers for the best possible outcome. Join a professional physical therapist, who will discuss the role physical therapy can play within a cancer diagnosis and how physical therapy can help you stay strong, mobile, and help mitigate the psychological toll of diagnosis and treatment.

Instructor: Christina Levesque Monroe, PT, DPT
Date: Wednesday, August 16
Time: 10:00-11:00am
Session: 31134.1A

Build a Better Breakfast
A balanced and nourishing breakfast will help get your day off to a good start. Whether it’s a lazy Saturday morning or rushed Monday, breakfast is a priority. Join your community dietician for an interactive class, where you’ll learn hacks, recipes and ideas that will make your breakfast work for you.

Instructor: April Byron, MS, FD, LD
Date: Monday, August 14
Time: 10:30-11:30am
Session: 31126.1B

Battling the Aging Brain
Similar to other parts of the body, the human brain tends to become less agile as people get older. Learn about the changes you can expect and how to keep your brain healthy. In this seminar, you will learn about parts of the brain and each role they play, what’s normal and what’s not in aging and how to keep our brains healthy and working at its best.

Instructor: Humana Representative
Date: Monday, July 17
Time: 10:30-11:30am
Session: 31133.1B
Wellness & Fitness

**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  
* Dates: Mon., May 1-June 12  
* Time: 9:30-10:30am  
* Fee: $68  
(No class May 29)

**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: $100  

**Morning Session: 11315.1A**

*Dates: Tuesdays, April 25-June 6  
*Time: 9:30-10:30am  

**Evening Session: 11315.1B**

*Dates: Wednesdays, April 26-June 7  
*Time: 5:30-6:30pm  

**Beginner and Intermediate Pickleball Classes**

Have you ever heard of Pickleball? Perhaps this is the first time or you could already be part of the ever increasing number of “Pickleballers”. 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 6-27  

**Session 2: 11415.1B**

*Date: Tues., July 11-August 1  

**Session 3: 11415.1C**

*Date: Tuesdays, Aug. 8-29
Adult Pick-Up Basketball

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 selected each week. **Pre-registration is 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 ~ 30+**
**Dates:** June 18-July 23  
**Time:** 8:00-10:00am  
**Session:** 11414.1A

**Monday Nights**
**Dates:** June 19-July 24  
**Time:** 7:00-9:00pm  
**Session:** 11414.1B

**Thursday Nights**
**Dates:** June 22-July 27  
**Time:** 7:00-9:00pm  
**Session:** 11414.1C

Cruising Under Sail

Adult Sailing Lessons

Join a crew with five other adults (21+) and an instructor and learn to sail a 23’ sailboat, row a dinghy, set and strike sail, navigate and use a marine radio. Other skills taught include weather watching, tying knots, and basic sailing safety. We will sail Casco Bay on the boat, the **Pearson Ensign**. It is a strong, unsinkable, comfortable fiberglass boat that is still being raced to this day with plenty of room for students to learn to work together and spread out as we learn how to navigate Casco Bay. All discounts included in fee.

**Instructor:** Sailing Ships Maine Staff & Volunteers  
**Location:** Falmouth Town Landing  
**Time:** 5:30-8:30pm (sunset)  
**Fee:** $350  
**Max:** 6 participants per session

**June Session:** 11410.1A  
**Date:** Monday-Friday, June 19-23  
**July Session:** 11410.1B  
**Date:** Monday-Friday, July 10-14

Falmouth Community Programs, 190 Middle Road, Falmouth ME 04105
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: St. Peter’s Grand Slam Tennis Staff Fee: $60
Spring Session: 11310.1A
Location: Huston Courts, Winn/Falmouth Road
Dates: Mondays, May 1-15
Time: 6:00-7:00pm
Summer Sessions
Session 1: 11310.1B Dates: Mon., June 5-19
Session 2: 11310.1C Dates: Mon., July 10-24
Session 3: 11310.1D Dates: Mon., July 31-Aug.14
Location: Cheverus HS Tennis Courts, Portland
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: St. Peter’s Grand Slam Tennis Staff
Location: Cheverus HS Tennis Courts, Portland
Time: 6:00-7:30pm
Fee: $60
Session 1: 11310.1E
Dates: Weds., June 7-21
Session 2: 11310.1F
Dates: Weds., July 12-26
Session 3: 11310.1G
Dates: Weds., August 2-16

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: St. Peter’s Grand Slam Tennis Staff
Location: Cheverus HS Tennis Courts, Portland
Time: 6:00-7:30pm
Fee: $60
Session 1: 11310.1H
Dates: Weds., June 7-21
Session 2: 11310.1I
Dates: Weds., July 12-26
Session 3: 11310.1J
Dates: Weds., August 2-16
Outdoor Adventures

**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 trail head parking. Participants will receive location and directions one week prior via email or phone.*

*Dates: Thurs., May 11 & 25, June 8 & 22, July 13, August 10 & 24*  
*Time: 10:00am-12:00pm (Times may vary from property to property)*  
*Fee: FREE!*

**Session: 31305.1A**

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**Falmouth Land Trust ~ Guided Walks & Paddle**

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 rdugan@falmouthlandtrust.org or call 207-200-5488.

*Locations/Dates/Times:*

- **Community Park**………………………….Saturday, May 20 at 10:00am  
- **Woods Road Community Forest**……..Wednesday, May 31 at 2:00pm  
- **Underwood Springs Forest**…………..Sunday, June 4 at 2:00pm  
- **Woods Road Community Forest**……..Saturday, July 15 at 9:00am

**Clapboard Island Paddle**

Bring your own kayak, paddle board, or small boat and a life jacket and join us for the 20-30 minute paddle out to the island.

*Location: Town Landing*  
*Date: Saturday, August 5*  
*Time: 9:00am*
Before you Head Out - Head IN!
Purchase your discount tickets at the FCP office for a summer of savings!
FCP Office Hours: Monday-Thursday 8am-5pm & Friday 8am-12pm
Credit Card payments now accepted for ticket purchases.
Processing fee applies.

Discount Tickets

Funtown/Splashtown Combo Tickets
$45 (Save $10)
All Day Ticket/48" & taller

General Admission Pass
$21 (Save $8)
All day unlimited use of all pools, slides and mini-golf

York’s Wild Kingdom Zoo Tickets
$14
Zoo, Butterfly Kingdom included
Ride tickets are separate

Tickets available after June 12. Please call for availability.
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 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

We Want to Hear From You! 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.

www.falmouthme.org/comprehensive-plan-update

SAVE THE DATES!
Join us for these upcoming Comprehensive Planning events and workshops to share your ideas.

May 3 Workshop 1: People & Community
May 24 Workshop 2: The Natural Environment
June 7 Workshop 3: The Built Environment

All meetings begin at 7pm in the Falmouth Elementary School cafeteria.
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!

**The Flukes**  
A group of fun-loving ukulele musicians who’s repertoire ranges from Bach to the Beatles and beyond.  
**Date:** Monday, June 26

**The Few**  
Recreational musicians from Yarmouth dedicated to having fun and playing great music for all to enjoy.  
**Date:** Monday, July 10

**2 For Jackson**  
A National award winning duo, hailing from Maine playing old country, new country and more!  
**Date:** Monday, July 24

**Maine POPS Concert Band**  
A diverse selection of music, including pop and show tunes, big band jazz, symphonic melodies and more.  
**Date:** Monday, August 7