



Harpswell
Aging at Home



Friends Together

Looking for something fun to do this spring?

Friends Together is a four-week free drop-in program hosted by Harpswell Aging at Home and the Town of Harpswell Recreation and Community Services:

- Thursday mornings, 9:30 am to 12 noon
- March 21, 28; April 4, 11
- Selectmen's Room at the Harpswell Town Office, 263 Mountain Road.

Friends Together offers a wide range of activities, open to all who live in Harpswell. Each week's gathering will consist of some easy movement exercises (tai chi) and a hands-on craft activity or an information-packed health and wellness session, plus time to enjoy friends old and new. Transportation to and from **Friends Together** is available by contacting Lynne Smith at People Plus, 207-729-0757.

For more information, call or email Cynthia McDougall at 207-522-4486 or cjmcd@comcast.net. Please check the HAH website, hah.community, for info for last minute changes.



	9:30-10:30	10:45-12:00
March 21	<p>Tai Chi with Steve Ingram</p> <p>Steve is an experienced Tai Chi instructor and these weekly sessions will focus on balance, flexibility, and muscle strength. While slow and gentle, the repetition will build stamina and get you ready for those spring chores.</p>	<p>With Brush, Paint, and Canvas</p> <p>Wear your painting clothes or throw on a smock and a beret and create your own masterpiece. Shirley Anderson has always loved to paint and is primarily a New England landscape artist. Come join us in painting a yellow finch sitting on a purple coneflower. This class is designed for beginners and Shirley will lead you step-by-step through the process of bringing this beautiful bird to life. Canvas, brushes, and paints are supplied.</p>
March 28	<p>Tai Chi with Steve Ingram</p>	<p>Revisiting Your Finances</p> <p>As we get older, our financial needs change and it's good practice to review them periodically. Have account fees changed? How is my bank protecting me against fraud? Should I consider a different type of account? What's new that I might benefit from? Sean Martin and Shannon Anketell, finance professionals, will provide some tips and tools for banking success.</p>
April 4	<p>Tai Chi with Steve Ingram</p>	<p>Harpswell Resources at Your Fingertips</p> <p>Here's your chance to meet the people "behind the curtain" and find out who does what and the various services you have access to. From the Harpswell Town Office Staff, come meet Mike Drake, Fire Administrator; Mark Yankowsky, Marine Patrol Deputy; Gina Caldwell, Director of Recreation and Community Services; plus Gayle Hays from Harpswell Aging at Home. This group has the answers to many of your questions as well as safety tips, emergency support resources, Town Office services and much, much more. Plus they are fun!</p>
April 11	<p>Tai Chi with Steve Ingram</p>	<p>How Hearing Loss Affects Your Health</p> <p>The impacts of hearing loss can be broad and profound. Understanding this issue as early as possible has many benefits. Dr. Anna Strange will join us to answer your questions and discuss the types and causes of hearing loss, hearing aids (prescription and over-the-counter), the role of the audiologist in your hearing journey, links between hearing and overall health, and basics on insurance coverage.</p>