



Harpswell Aging at Home

*Making Harpswell
Home for a Lifetime*

Calendar of Events

LUNCH WITH FRIENDS

FALL DATES

**Meals are open to everyone and
begin at noon**

Nazarene Church on Great Island
First Thursdays

9/5, 10/3, 11/7, 12/5

Merriconeag Grange

Harpswell Neck

Second Thursdays

9/12, 10/10, 11/14, 12/12

Cundy's Harbor Community Hall
Third Thursdays

9/19, 10/17, 11/21, 12/19

Orr's Island Schoolhouse

Fourth **Tuesday**

9/24, 10/22, 11/26

(note change in day)

Fundraising Events

2019 Golf Classic Dinner and Auction

Thursday, July 11, 2019

12:00 PM Start

\$100 Golf, cart, dinner, prizes

\$40 Dinner only 6 PM

Bar and Auction Preview at 4:30

Tickets & Info at

207-833-3132

Brunswick Golf Club

165 River Road

Brunswick



*The HAH auction offers the chance to bid on a week in the
gorgeous Seaglass Villa in Virgin Gorda, pictured above.*

HAH 2019 Golf Classic Dinner and Auction

Bigger and Better Prizes and Auction

The HAH Classic Golf Dinner and Auction Fundraiser is back for the second year with more prizes and auction items. Last year's event received rave reviews from those who attended and now you have a chance to join the festivities. For golfers it is an occasion to spend the day outside on the links with like minded folks. In addition, there will be many chances for prizes large and small including a 2019 Rogue Sport from Lee Nissan for the lucky gal or guy who scores a hole in one.

Those who prefer a different type of recreation can attend the dinner and auction. There will be a wide variety of silent and live auction items on the block. The top prize is one week at the gorgeous villa pictured above on the hills of Virgin Gorda in the British Virgin Islands. Other trips and lodging are as far away as a remote lodge in British Columbia, meals and helicopter transportation included; or as near as a weekend in New York City.

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Volunteer Spotlight

Cooks for Lunch with Friends

This issue the spotlight shines large, on the group of people who so generously provide the delicious and varied food choices at Lunch with Friends. There are nearly 200 people who contribute and all contributions are necessary and appreciated. They are the wheels that keep LWF rolling. Some cook nearly every meal, others only on occasion when they have time. What they seem to share is a love of cooking and of nurturing through food. They also share a satisfaction in knowing that someone has appreciated their contribution, as when the bowl or the dessert plate is polished off.

The goal of the program is to provide a hot, nutritious meal and socialization to help ease the isolation of the long winter. The success is easily recognized by the noise level in the room, indicating the sense of community and friendship present there.

A big HAH **THANK YOU** to the many cooks who have given so graciously of their time and talent.

Closer to home are trips to Eagle Island and Admiral Perry's home or tickets to the Maine State Music Theater. You can choose photography lessons or learning to make candy. If you want to carry something home there will be original artwork, custom jewelry, gift certificates, and so much more. There will truly be something for everyone. So come on out and join your friends and neighbors to support HAH. *This event is sponsored in part by R.A. Webber & Sons, Inc and Oceanside Builders, LLC*

Meals in a Pinch

Meals in a Pinch (MIP) is a new HAH program started by the Food Committee. Studies have shown the primary need for seniors who are discharged from the hospital is reliable access to good meals. They may lack a caregiver who can prepare food, may lack transportation to obtain food, have financial or other personal issues. MIP aims to fill this need. It will deliver occasional meals to seniors who have limited access to warm, healthy meals.

Another aspect to this program is fresh produce supplied year round by the MerryMeeting Gleaners at no charge to anyone in Harpswell at the Town Office each Wednesday from 1 PM -4 PM

If you, a family member, friend or neighbor could benefit from this service please call or email Julie Moulton. To volunteer to cook, you can also contact Julie at 330-5416, juliemoulton28@gmail.com

Call Home Helpers for Spring Cleaning

Has routine household upkeep been getting ahead of you? Don't be discouraged. Call the HAH Home Helpers. Crews are standing by to assist Harpswell seniors with these household tasks. They are available to help with vacuuming and mopping, dusting hard to reach places, kitchen and bathroom cleaning, washing inside windows, disposal of trash and recycling. Volunteers are ready to help. Spring is the perfect time to freshen up for the new season. Don't wait. Call now. For information on eligibility, call the Town Office, 833-5771

For more information about HAH
 Visit our Website at www.hah.community
 Email hah@hah.community or call 207-833-5771