

THE FOOD NEWS

Late Fall 2019



LUNCH WITH FRIENDS

**Great Island
Church of the Nazarene**
1st Thursday of the month, Noon

- November 7
- December 5

Merriconeag Grange
2nd Thursday of the month, Noon

- November 14
- December 12

**Cundy's Harbor
Community Hall**
3rd Thursday of the month, Noon

- November 21
- December 19

**Orr's Island
Schoolhouse**
4th Tuesday of the month, Noon

- November 26

Thank you to our fall sponsors: *Orr's Library Book Group, High Head Yacht Club friends and neighbors, Harpswell Indivisible, Maine Women's Giving Tree and Elijah Kellogg Church.*

Our venues: *The Orr's Island Schoolhouse, Great Island Church of the Nazarene, The Merriconeag Grange, The Cundy's Community Center and Elijah Kellogg Church.*

And to the people who meet monthly and cook for **Lunch with Friends** and **Meals in a Pinch**.

If you would like to cook with a group on Dec.17,
contact Julie at (207) 330-5416 or jamoultonhah@gmail.com.

THANKSGIVING MEAL

For Harpswell Residents

Orrs Island Schoolhouse
Tuesday, November 26 at Noon

If you want to attend, but need a ride,
call the Volunteer Transportation Network at People Plus at (207) 729-0757.

A full-course Thanksgiving dinner will be delivered to seniors who are alone or unable to prepare a Thanksgiving meal following LWF, on Tuesday, Nov. 26.

If you would like dinner delivered, contact Julie Moulton at (207) 330-5416 or juliemoulton28@gmail.com.

FROM THE RESOURCES TEAM...

Harpswell Aging at Home volunteer on the Resources team can meet with you in your home and help you connect with services such as a low cost (or no-cost) call button, help with chores around the house, free rides, referral to financial and legal services, heating assistance information or referral for someone to help with light housekeeping and companionship in your home. This program, for Harpswell residents 60 years of age and older, is based on income eligibility, which can be determined by calling Linda Strickland at the Town Office, 207-833-5771. This program is completely confidential and designed to support you to stay in your home with safety and confidence.

FROM THE HEALTH AND WELLNESS TEAM ...

Seniors Connecting offers opportunities for Harpswell seniors to socialize right from your own home. Have you ever wished you had someone to talk to or have a friendly conversation to break up long days? Seniors Connecting volunteers are available to talk with you about topics you enjoy. The volunteers will call weekly or less often if desired. These calls may also include information about Harpswell Aging at Home events and safety tips. Your privacy will be protected at all times in these calls.

Contact Linda Strickland at the Harpswell Town Office at (207) 833-5771 to sign up for this program.

***Please look for the HAH Winter Food News in December.
There will be even more Lunch With Friends events planned for Winter 2020.***

For more information on any of the HAH food programs,
contact Surrey Hardcastle at (207) 833-0092 or surreysh@comcast.net.

For information about other Harpswell Aging at Home programs, including eligibility information,
contact Linda Strickland at the Harpswell Town Office at (207) 833-5771 or hah@hah.community.