



Harpswell
Aging at Home

January Events

15

Harpswell ROMEOs— See You on the Court!

January 15, 12-1:30 pm | Merriconeag Grange

Pickleball has become extremely popular here in Harpswell and beyond. John Coray, president of Midcoast Pickleball Association, will share insights into the game's popularity, health benefits, some innovative new programs, and more. Lunch is provided. The event is free but registration is needed due to limited seating. Contact Tom Mahoney at oldermeneatingout@gmail.com or call/text 207-295-9088.

17

Cooking at 43° North presents Winter Planting: Seeds for Spring and Microgreens Now

January 17, 1-3:00 pm | Merriconeag Grange

Sure it's winter. But aren't you dreaming of all things green and growing? Learn how to start seeds outdoors in the cold and create a mini-greenhouse. We'll discuss seed selection, preparing containers and when to transplant in the spring. Then, discover the wonderful world of microgreens, which are nutritious and delicious. Both undertakings are simple, cost-effective and use materials you may have, like water jugs. Participants will leave with a completed container and the knowledge to replicate it at home. Contact Julie Moulton (juliemoulton28@gmail.com or text/call 207-330-5416) to reserve your space.

22

Lunch with Friends

January 22, 12 noon | Orr's Island Schoolhouse

Join your neighbors at Lunch with Friends. Sit and eat with new and old friends or pick up a lunch to take home, depending on your comfort level. Come for good food and good company. Everyone is welcome to take part in the meal and the fun. See you there!

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Harpswell ROMEOs—Coming Together in Harmony

January 29, 12-1:30 pm | Merriconeag Grange

Join the ROMEOs for lunch and a concert by barbershop chorus, the Nor'easters. Lunch is provided. The event is free but registration is needed due to limited seating. Contact Tom Mahoney at oldermeneatingout@gmail.com or call/text 207-295-9088.

Transportation to and from any HAH event is available by contacting Callie "CK" Kimball at People Plus, 207-729-0757.