



March Events

11

Harpowell ROMEOs: Safer Homes for a Lifetime

Wednesday, March 11 | 12-1:30 pm | Orr's Island Schoolhouse

At the Harpswell ROMEOs (Retired Older Men Eating Out) next gathering, Ashley Richards, Certified Aging in Place Specialist, will discuss changes to make to our homes as we age so we can live in them safely for a longer period of time. Ashley is a certified Maine energy auditor and building professional who has held numerous leadership roles in the Maine home building industry. This event is free and includes lunch but registration is required due to limited seating. To register, contact Tom Mahoney at oldermeneatingout@gmail.com.

12

Cooking at 43° North presents: Soup Tasting and Exchange

Thursday, March 12 | 12-1:30 pm | Great Island Church of the Nazarene

Got soup? Join Cooking at 43° North for a soup exchange! Participants are asked to bring 8–10 servings of a hot homemade soup to share, along with a crockpot or Instant Pot and copies of the recipe. Attendees will take home samples of soups they enjoy, and leftover soup will be donated to the Meals in a Pinch program. Enjoy soup for lunch with other community cooks. Containers, bread, beverages, and a sweet treat will be provided. RSVP, including the soup you plan to bring, to Juliemoulton28@gmail.com or text/call 207-330-5416.

18

Afternoon Tea with Friends

Wednesday, March 18 | 2:00-4:00 pm | Orr's Island Schoolhouse

Harpowell residents are invited to a free community drop-in event for tea, coffee and baked goods along with conversation, and maybe even a creative activity! Come get out of the house to visit with old friends and make new ones. No reservations required, all are welcome to stop in.

19

GALAs (Girls Active & Laughing Altogether), HAH's 55+ women's social group: CRAFT-A-PALOOZA!

Thursday, March 19 | 1:00 pm | Cundy's Harbor Community Hall

The HAH Women's Group now known as GALAs is hosting a CRAFT-A-PALOOZA this month! All Harpswell women ages 55+ (crafty or not) are invited to bring their current project to share and spend time together creating. Whether it's knitting, painting, basket weaving, etc. join us on March 19 for some fun, conversation and light refreshments. Due to limited seating, registration is required. Please email your interest to: womensgroup@hah.community

**Transportation to and from any HAH event is available by contacting
Kathe Mickunas at People Plus, 207-729-0757.**

Email: hah@hah.community | **Phone:** (207) 295-9088 | **Web:** hah.community