



Harpswell
Aging at Home

April Events

8

Harpswell ROMEOs: The Art of Coffee Roasting

Wednesday, April 8 | 12-1:30 pm | Orr's Island Schoolhouse

At the Harpswell ROMEOs (Retired Older Men Eating Out) next gathering, men are invited to learn about the art of coffee roasting from Aaron Despres and Jeremy Deeds of Moses Dyer Coffee. Come learn how to brew a delicious cup/pot of coffee from the experts! This event is free and includes lunch but registration is required due to limited seating. To register, contact Tom Mahoney at oldermeneatingout@gmail.com.

9

Cooking at 43° North presents: Seafood Tips and Tricks

Thursday, April 9 | 1:30-3:00 pm | Cundy's Harbor Community Hall

Wonder how seafood gets to your plate? Ever see a whole fish at the market and don't purchase it because you don't know how to fillet it? Join us for an informative program by Harpswell fisherman Terry Alexander who will discuss the dangerous conditions fishermen face along with the rewards. Learn how to properly fillet fish and sample chowder along with other seafood treats. All are welcome. Reserve your seat by email to juliemoulton28@gmail.com or text 207-330-5416.

16

Lunch with Friends

Thursday, April 16 | 12-1:30 pm | Cundy's Harbor Community Hall

Harpswell residents are invited to a free community lunch presented in partnership with Cundy's Harbor Library and the Holbrook Foundation. Enjoy entrees, salads, bread and dessert alongside your neighbors. No reservations required, all are welcome to join in.

18

Repair Café

Saturday, April 18 | 10:00 am-12:00 pm | Harpswell Town Offices

At HAH's Repair Café, get help repairing beloved or useful everyday items rather than throw them away. It is free and open to anyone, regardless of age or income. Let your Harpswell neighbors lend a hand with these (and other) repairs: small electronics and appliance repair, lamps, wooden furniture, jewelry, sewing, and much more. If you have questions about an item you'd like to bring, contact Martha Israel at marthaisraelhah@gmail.com or (207) 841-0949.

23

GALA Welcomes Spring!

Thursday, April 23 | 1:00 pm | Orr's Island Schoolhouse

The HAH Women's Social Group now known as GALA (Girls Active & Laughing Altogether), will host the owners of Skolfield Farm, John Dietlin and Linda Barton, who will discuss the farm's history, backyard gardening tips and pre-orders for Mother's Day tulips and seedlings. Due to limited seating, registration is required. Please email your interest to: womensgroup@hah.community

27

Cooking for Crowds Safety Training

Monday, April 27 | 1:00-4:00 pm | Orr's Island Schoolhouse

Cooking for Crowds is designed for those who are cooking for non-profit events. Learn up-to-date methods for safely preparing, handling and serving food for large group functions such as soup kitchens, church events, food pantries and community fundraisers. Participants will receive a certificate of attendance from the University of Maine Cooperative Extension Service. RSVP to juliemoulton28@gmail.com or text/call 207-330-5416. Training is free for those who have cooked for any of the HAH food programs within the last year. Cooks from other organizations are welcome by paying the \$15 fee to attend.

**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