



11

Cooking at 43° North presents: Pizza Perfect!

Thursday, June 11 (Rain date June 18) | 1:00-3:00 pm | Mitchell Field

Come to Mitchell Field and learn how to make the perfect pizza at home. Master the art of creating the best crust and how to prepare a delicious sauce from scratch, then taste the yummy results. Please bring a chair for seating. Sign up to attend by contacting Julie Moulton: juliemoulton28@gmail.com or 207-330-5416.

18

HAH Women's Social Group

Thursday, June 18 | 2:00 pm | Cundy's Harbor Community Hall

Bill Snelling from both HAH and the Harpswell Heritage Land Trust will offer a program on how both organizations work together toward more social connections along with better health and wellness for Harpswellians. Immediately following, all are welcome to join a craft table to decoupage on glassware with all items supplied at no cost. Come for one program and stay to enjoy both! Please email your interest in attending to: womensgroup@hah.community.

23

Lunch with Friends

Tuesday, June 23 | 12:00-1:30 pm | Mitchell Field

Harpswell residents are invited to a free outdoor community lunch presented in partnership with The Harpswell Anchor and the Ocean Waves Quilters. Please bring a chair or blanket for seating. Enjoy entrees, salads, bread and dessert alongside your neighbors. No reservations required, all are welcome to join in.

NEW

NEW!!! HAH Blood Pressure Clinics

Multiple dates and times | Various Harpswell locations

A volunteer nurse will conduct blood pressure and O2 saturation checks for Harpswell residents on a drop-in basis at various locations throughout the month at no charge.

Thursday, June 11	12:00-2:00 pm	Harpswell Town Hall
Saturday, June 13	10:00 am-2:00 pm	Orr's Island Library
Wednesday, June 17	12:00-2:00 pm	Cundy's Harbor Library
Wednesday, June 24	1:45-3:30 pm	Harpswell Town Hall

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