



July Events

14

T'ai Chi, July

Tuesday, July 14, July 21, and July 28 | 9:00 am | Mitchell Field Gazebo

Harpswell Aging at Home and Harpswell Recreation Department are continuing to offer a free series of T'ai Chi classes at Mitchell Field. This low-impact, gentle exercise is open to all ages and abilities, held rain or shine (except for thunder and lightning). Wear comfortable clothing and bring water, sun and bug protection.

16

HAH Women's Social Group: Ice Cream Social

Thursday, July 16 | 2:00-4:00 pm | Pammy's Ice Cream, Route 123

The HAH Women's Social Group is hosting a free ice cream social for local women ages 55+ at Pammy's Ice Cream! All are invited to enjoy a yummy treat and a fun ice-cream themed game as we socialize and enjoy time with new and old friends. No RSVP required, just drop in.

23

HAH Blood Pressure Clinic

Thursday, July 23 | 12:00-2:00 pm | Cundy's Harbor Library

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



Sharing Tables

Wednesdays | 1:00-4:00 pm (or until produce runs out!) | Cundy's Harbor Church of the Nazarene, Elijah Kellogg Church, Orr's Island Library

HAH and partners Mid Coast Hunger Prevention Program, Merry-meeting Gleaners, and Harpswell Community Garden offer tables of free, fresh produce weekly through October. Anyone can leave vegetables for others as well.

Ongoing

HAH Support Group for Dementia Caregivers

For more information about this peer-led support group for dementia caregivers, and to register, please contact: Darlene MacKinnon at 207-751-5516, darlenemackinnon@gmail.com, or Martha Simpson at 631-678-2015, marthasimpson@comcast.net.

NEW
in
SEPT

UPCOMING: Bereavement Support Group

HAH will be holding a 12-week bereavement support group starting in September. Interested individuals who have experienced loss are invited to call group leader Sarah Beneke for more information at (330) 414-4825.

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