



November Events

5

Friends Together

Thursday, November 5 | 9:00-11:45am | Harpswell Town Office

The free Friends Together program meets on four Thursdays this Fall. From 9-10am, Janet Alexander will lead Chair Yoga, a series of movement exercises accessible to all. From 10:15 – 11:45 am, Kim Howe will present “Calm the Chaos: Understanding your Clutter Personality,” exploring the connection between our belongings, our habits, and the way our brains naturally approach clutter. This program will include opportunities to recognize your unique clutter pattern and explore options that might feel better for you to create calm, comfortable, organized space when life feels overwhelming.

12

Friends Together

Thursday, November 12 | 9:00-11:45am | Harpswell Town Office

This is the last week of the free Friends Together program this Fall. From 9-10am, Janet Alexander will lead Chair Yoga, a series of movement exercises accessible to all. From 10:15 – 11:15 am, Cumberland County Sheriff Deputy Jay Ward will review how you can protect yourself and loved ones from methods criminals are using to commit fraud against Maine citizens. Deputy Ward will share examples of sophisticated scams or attempted fraud by phone, email, and AI phishing and recommend ways you can protect your social security number, credit rating, vehicle, and personal identity.

12

Harpswell ROMEOS: Rescue in a Typhoon!

Thursday, November 12 | 12:00-1:30 pm | Orr’s Island Schoolhouse

Harpswell men are invited to hear Jon Hentz, retired Master Chief in the US Navy, tell the story how the submarine he was on rescued the crew of a downed B-52 bomber crew in a typhoon. This event is free and includes lunch but registration is required. To register, contact Tom Mahoney at oldermeneatingout@gmail.com.

12

Cooking at 43° North & HAH Women’s Social Group: Charcuterie!!

**Thursday, November 12 | 1:30-3:00pm | The Harpswell Collective
1906 Harpswell Neck Road**

Cooking at 43° North and HAH’s Women’s Social Group will unite on November 12th to offer a workshop on learning to create a beautiful and delicious charcuterie board just in time for the holiday season! We’ll share tips for selecting and arranging meats, cheeses, fruits, nuts, and other accompaniments, including vegetarian alternatives. Put your new skills to work by creating a charcuterie cup to take home and enjoy! RSVP Julie Moulton @ Juliemoulton28@gmail.com

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



Harpowell
Aging at Home

November Events

19

Lunch with Friends

Thursday, November 19 | 12:00-1:30pm | Cundy's Harbor Community Hall

Harpowell residents are invited to a free community lunch in partnership with R. A. Webber & Sons Inc. Enjoy entrees, salads, bread and dessert alongside your neighbors. No reservations required, and all are welcome to join in.

23

HAH Women's Social Group: Celebrate with us!

Monday, November 23 | 1:00pm | Cundy's Harbor Community Hall

Celebrate one year of the HAH Women's Social Group! Harpswell women ages 55+ are welcome to join in celebrating our first 12 months. We'll reflect on all we've accomplished together, share our visions and look ahead to future goals. Please drop in - no reservations required.

Ongoing

HAH Blood Pressure Clinics throughout the Month

Wednesday, November 4 | 12:00-2:00pm | Cundy's Harbor Library

Thursday, November 5 | 9:00-11:45am | Harpswell Town Office

Thursday, November 12 | 9:00-11:45am | Harpswell Town Office

Thursday, November 12 | 12:00-1:30 pm | Orr's Island Schoolhouse

Wednesday, November 18 | 1:30-3:00pm | Harpswell Town Office

Monday, November 23 | 1:00pm | Cundy's Harbor Community Hall

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

Ongoing

HAH Support Group for Dementia Caregivers

Harpowell Aging at Home is offering a peer-led support group for Dementia caregivers. For more information and to register, contact Martha Simpson at 631-678-2015, marthasimpson@comcast.net.

SOON

UPCOMING: Bereavement Support Group

Harpowell Aging at Home will be holding a 4-week bereavement support group starting in November. Interested individuals who have experienced loss are invited to call group leader Sarah Beneke for more information: (330) 414-4825.

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