Harpswell Aging at Home

December Events

9

Harpswell ROMEOs: Crossword Puzzle Challenge

Wednesday, December 9 | 12:00-1:30pm | Orr's Island Schoolhouse

Harpswell men are invited to join Lew Hinman, who creates crossword puzzles for The Harpswell Anchor, to learn how to make and solve a crossword puzzle. He will craft a short puzzle and each table of attendees will compete to solve it in the shortest time. Those at the winning table will each receive a package of holiday cookies. A volunteer nurse will also be on hand to conduct blood pressure checks. This event is free and includes lunch but registration is required. Contact Tom Mahoney at oldermeneatingout@gmail.com.

10

Women's Social Group: Winter Festival

Thursday, December 10 | 1:00pm | Orr's Island Schoolhouse

All women ages 55+ are invited to the HAH Women's Social Group Winter Festival. Enjoy holiday cheer with new and old friends. Everyone is welcome to bring a baked goodie to share. Those who wish to participate in our annual Yankee Swap are asked to bring a wrapped item from home (something you no longer use but is still usable) for a spirited gift exchange. A volunteer nurse will also be on hand to conduct blood pressure checks. Please drop in - no reservations required.

13

Cooking at 43° North: Cookie Decorating Workshop

Sunday, December 13 | 1:00-2:30pm | Orr's Island Schoolhouse

Join Cooking at 43° North for a workshop on how to decorate festive cookies with HAH's own Robin Venditti Stoll. We will also host our annual cookie swap: please make 4 dozen cookies and separate in groups of four to share along with your recipe. Enjoy holiday music with the Girl Scouts singing their favorite holiday hits. Celebrate the season with us! RSVP juliemoulton28@gmail.com.

>>>MORE

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

Harpswell Aging at Home

December Events

18

Mugs and Muffins with Friends

Friday, December 18 | 9:30-11:00am | The Harpswell Collective
1806 Harpswell Neck Road

Harpswell residents are invited to this community drop-in event for coffee, tea and holiday snacks along with conversation, a jigsaw puzzle to tackle with friends and a creative activity! No reservations required.

Ongoing

HAH Support Group for Dementia Caregivers

Harpswell 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.

Ongoing

HAH Blood Pressure Clinics Throughout the Month

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

Wednesday, December 9 | 11:30-12:00pm | Orr's Island Schoolhouse

Thursday, December 10 | 1:00-2:30pm | Orr's Island Schoolhouse

Wednesday, December 16 | 1:30-3:00pm | Harpswell Town Office

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

Wishing you a healthy and happy holiday season from your friends and neighbors at Harpswell Aging at Home

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

.