

September NEWSLETTER



Greetings from Karen:

What a wonderful summer we've had in Maine this year! While it is quite dry, the warm sunny days have been so nice! The cooler nights let us know that fall is upon us soon. But, I have enjoyed not using our air conditioner as much lately!

At the center, we enjoyed a couple of presentations recently. Terri Parker shared her books and life experiences on Swan Island with us. And, Damian Smith shared Medicare information and options. His presentation was fabulous...so informative! I have included more information in the newsletter in case you are interested in meeting with him to help you individually.

We will begin our monthly breakfasts on October 5th! I've missed hosting them! Bill Holden is excited to cook for us again. Come enjoy breakfast with us the first Monday of each month from 8-10:00. The cost is \$10.



HELLO
September

Our community breakfast
returns!

October 5th from 8:00-10:00
\$10 person



Medicare & Muffins Presentation!

Damian Smith, from Set Apart Investing, provided lots of information at our senior center this week regarding Medicare options. Damian lives in West Gardiner, but has an office in Richmond. He is a licensed Life and Health Insurance Agent and an Investment Advisor Representative who helps clients invest and save for retirement. Damian enjoys educating people about Investments, Social Security, Healthcare Care, including Medicare, and Life Insurance. He really loves seeing the light come on for people when they say, "OK, now I get it!" Damian will be back again this fall. If you would like to meet with him to go over Medicare options, learn about investments, or retirement planning, you can contact him at 603-557-4770.



Beginner's Crochet

Now that the cooler weather is here, I'm bringing out the yarn! If you'd like to learn how to crochet basic stitches, come join me on Monday, September 14th from 10-12:00. We'll continue to meet on Monday mornings through October. I'll have hooks here for you to use. But bring yarn if you want to do a bigger project.





LET'S ALL GO TO THE MOVIES!

Johnson Hall in Gardiner is hosting the movie, **GREASE**, on September 17th from 1-3:00.

This is **FREE** to all seniors in the local areas! Come join us!

Senior Summit

The next Senior Summit is September 15th from 1:30-2:30. We are excited to be hosting the meeting at the Richmond Senior Center. Come join us and hear what other centers are up to!



Craft with Karen

We have our next crafting day on September 24th from 10:00-12:00. We'll be making pinecone wreaths. This is an

incredibly easy project that requires no wire and no glue. If you're interested in joining us, please let me know so I can make sure to have enough materials.



Cost is \$5.00, which supports the Senior Center.



*First Day of Fall
September 22nd*



Contact us:

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Karen Moody, Director

