

PRIMETIME

Keeping Cape Active

Winter 2020



MARCHING INTO SPRING

The Community Center's doors are revolving year-round with folks learning to dance, practicing yoga, improving their balance or a combination of all. If you are not already enrolled in one of our exercise programs, drop in for a class and see if it suits you or try something all together new. Almost every day you can stretch, strengthen, flex, step, tap, and swim, right here in your own town center along side your family, friends, and neighbors.

Some of you want to create art, play an instrument, or learn a new language. You can do that here too. And some of you want to climb aboard our mini bus and let us take you to enjoy a scrumptious meal, attend a rockin' performance or explore our every changing landscape on one of our tours.

If you are interested in getting more involved with your community, we are here for you.

Stop by 343 Ocean House Road, Call us 207-799-2868 or Click on www.capecommunityservices.org



Silver Fountain Inn Tea Parlor in Dover, New Hampshire

PROJECT GREAT STARTS

Sponsored by the Cape Elizabeth Police Department, Project Great Starts is a free telephone reassurance program for resident seniors and adults with disabilities living alone or at risk. Designed to aid in eliminating many family and loved ones concerns, enrolled residents call daily to “check-in”. The program has proven to be effective in assisting participants during an unexpected incapacity or predicament. Interested? Contact Officer David Galvan at 767-3323 or pick up a packet of information at the Community Center.

MAINE’S 200th BICENTENNIAL

Maine200 is the perfect occasion to explore all that makes Maine what it is today—our land and waters, history, people and institutions, challenges and successes. All around the State and throughout the year, communities are planning special exhibits, events, talks, parades and festivals. Check out maine200.org.

Here at Community Services, we continue celebrating Maine’s 200th Bicentennial with upcoming trips to the Maine Historical Society, Portland Museum of Art and Maine State Museum.

March 18th - Self guided tour State of Mind: Becoming Maine at **Maine Historical Society** departing at 2:00 pm.

April 1st - Docent led tour 20 x 20: Marking 200 Years of Maine History at **Portland Museum of Art** departing at 10:00 am.

April 10th - Docent led tour of three exhibits at the **Maine State Museum** departing at 7:45 am.

Don’t miss the party of the century! Call us FMI or to register at 799-2868.



Fall Foliage Trip on the COG Railway up Mt. Washington.

DID YOU KNOW?

You can save money on your auto insurance and receive a three point credit reduction on your driving record upon completion of the State of Maine's 5-hour defensive driving course we offer?

DID YOU KNOW?

There is an Eldering Discussion group that meets the first Wednesday of every month from 1:00 - 2:30 pm at the Thomas Memorial Library?

GONE BUT NOT FORGOTTEN



Miss Peggy (Fogg)



Florence Stewart

DID YOU KNOW?

You are invited to attend Cape Elizabeth High School's Spring Concert on March 19th and Jazz Cabaret on March 27th?

Call us at 799-2868 FMI

WORLD SENIOR CITIZEN DAY

We look forward to celebrating our seniors at our Annual Picnic at Fort Williams Park on Friday, August 21st. Invitations will be mailed in July.



SPRING PROGRAMS

May 6	Successful Aging Expo, Scarborough
May 14	Chicago (musical), Merrill Auditorium (4/13 deadline)
May 22	Lunch at Three Sisters Family Restaurant, Biddeford
May 26	Round Willow Basket Making Class
May 27	McLaughlin Gardens Tour & Lunch, South Paris
June 5	Titanic (musical), Maine State Music Theater
June 10	Lunch at Billy's Chowder House, Wells (5/1 deadline)
June 11	Dirty Dancing (musical), Ogunquit Playhouse (5/8 deadline)
June 19	Historic House Tour & Lunch, Wiscasset
June 23	Pine Needle Basket Making Class
June 25	Eagle Island State Park Cruise & Tour
July 9	Hussey Seating Tour & Lunch
July 17	Maine Country Music Hall of Fame Museum Tour & Lunch
July 21	Sauerkraut & Kimchi Making Class
July 30	Lunch at Rivalries, Falmouth
August 12	Gilded Age Walking Tour, Western Promenade
August 27	Spitfire Grill (musical), Hackmatack Theater (8/1 deadline)

Registration Opens March 30th

Downton Abbey Exhibit, Boston



207-799-2868
343 Ocean House Road, Cape Elizabeth
www.capeelizabeth.org