



Welcome to our October Activity Guide!

This month offers

- *Musical entertainment*
- *Guest speakers*
- *Outings*
- *Movies*
- *Special Events*

See the calendar insert for complete details!

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“Taylored” Thoughts for October

The Color Pink

The pink ribbon is the symbol of survivorship for those who have overcome breast cancer. Survivors wear this color proudly as a symbol of the war called breast cancer. It is a war that sometimes alienates and separates us, not only from family and friends, but also from ourselves. However, breast cancer survivors are accustomed to war. We are seasoned. We are the women warriors. We are way past pink.

Like the veterans of other wars that march in parades, we don our well-worn sneakers and trot out to see those who are newly diagnosed participating each year in the Susan G. Komen Breast Cancer Foundation, Maine Race for the Cure. We pace ourselves. We understand that one diagnosis of breast cancer may not be the only battle.

We are tired of the fight, but we will never surrender. On the contrary, we are hearty soldiers. Some of us are loud and boisterous in our search for answers. We will be heard. We are way past pink.

We have learned to be accepting of every promise, but more and more determined to find real progress in the war on breast cancer. Real prevention. Earlier detection. A cure. Those words are our battle cry. We are in the fight until victory is ours. We are way past pink.

Some of us are past the battle now and able to offer comfort to others. Comfort with which we ourselves have been comforted. We are going to stick around and fight. We will not give up. We will be there when you need us. We are way past pink.

I own this thing called breast cancer and it has made me stronger. I am a 17 year breast cancer survivor and I know there is hope for another day.

I am way past pink.

Juanita

October

Special Events & Guest Speakers

Author Ardeana Hamlin

“Abbott’s Reach ”

The sequel to Pink Chimneys

Monday October 3rd—7:15 pm
(PMR)

LOTS with Tom Watson (Looking Over Theatres’ Shoulder)

“Julius Caesar”

Tuesday October 4th—7:15 pm
(PMR)

October Campfire

Fire Pies

Thursday October 6th at 7:00 pm
(Patio)

Joe Dudley & His Horse, The Final Chapter

“Why Own a Horse?”

Tuesday October 11th at 7:15 pm

Opera Night with Tom Watson

Wednesday October 12th—7:15 pm (PMR)

Hal Borns

“Antarctica—Seen from the Perspective of
a Field Camp Tent”

Thursday October 13th—7:15 pm
(PMR)

Oktoberfest

Resident Appreciation Day!

Come Join us for beer, food & music!

Friday October 14th—4:00 pm
(Lobby)

Stephen Coghlan

“Sea Lamprey”

Friday October 14th at 7:15 pm
(PMR)

Dr. Carol Toner & Dr. Mazie Hough

“Somali’s in Maine—Crossing Cultural
Currents”

Tuesday October 18th—7:15 pm
(PMR)

Hawk Henries

“Native Flute Songs”

Monday October 24th—7:15 pm
(KGP)

James Francis

“Tribal Historian—Penobscot Indian
Nation”

Tuesday October 25th—7:15 pm
(PMR)

Scott See

“Canadian History”

Thursday October 27th—7:15 pm
(PMR)

October

Musical Events

Julie Monroe—Guitar

Monday October 3rd—Noon—
(Meadowbrook)

Jim Hohenstein—Guitar

Tuesday October 4th—2:00 pm (Arbor)

Brian McLellon—Guitar

Wednesday October 5th—2:00 pm (Arbor)

Chuck & Steph

Thursday October 6th—2:30 pm (KGP)

Joe Weisheit—Piano

Friday October 7th—Noon (Meadowbrook)

“Singers Around the Bend”

Colin Graebert’s Gospel Group. Sunday,
October 9th—3:00 pm (KGP)

Clayton Rogers—Piano

Monday October 10th—Noon
(Meadowbrook)

Clayton Rogers—Piano

Monday October 10th—2:00 pm (KGP)

Nancy Carson—Karaoke

Wednesday October 12th—2:00 (Arbor)

Judy Faust—Harp

Thursday October 13th— Noon
(Meadowbrook)

Fran & Dave Sing Along

Monday October 17th—Noon
(Meadowbrook)

Duane Nickerson—Country Guitar

Wednesday October 19th—2:00 pm (Arbor)

Song & Dance with Theresa

Friday October 21st—2:30 pm (Arbor)

Beecher Hill Band

Thursday October 20th—7:15 pm (KGP)

Nostalgia Music with Ed

Monday October 24th—Noon
(Meadowbrook)

Fran & Dave Sing Along

Wednesday October 26th—2:00 pm—(Arbor)

Jerry & Friends (Piano & Singing)

Friday October 28th—3:30 pm (Arbor)

Songsters

Tuesdays, 3:30 (PMR)

Jerry, Terry, and the Songsters meet every Tuesday.

October

October "People's Choice" Movies



The Locket

2002 - NR - 98 minutes

Saturday, October 1, 7:15 (PMR)

In this Hallmark Hall of Fame presentation, two love stories are connected by the mystery of one simple locket. Vanessa Redgrave stars as Esther, a woman who befriends Michael (Chad Willett), a young man who's had a tough life caring for his mother. But with his mother gone and his impending marriage in jeopardy, Michael leans on Esther, who offers friendship and patient guidance that could end up saving his way of life.

Hello, Dolly!

1969 - G - 146 minutes

Wednesday, October 5, 7:15 (PMR)

Composer Jerry Herman's Tony Award-winning Broadway musical was adapted for the big screen in an outside production featuring Barbra Streisand as matchmaker Dolly Levi, a role originated on stage by a much-older Carol Channing. When wealthy merchant Horace Vandergelder (Walter Matthau) hires Dolly to find a mate for him, she decides to win him over for herself. Songs include "Before the Parade Passes By" and the glorious title tune.

Operation Petticoat

1959 - NR - 124 minutes

Saturday, October 8, 7:15 (PMR)

Cary Grant, captain of the *Sea Tiger* submarine, faces a multitude of hurdles to World War II battle -- severe damage to his vessel, countless supply problems and a conniving supply officer (Tony Curtis) whose combat inexperience is apparent. The plot dives deeper when five Army nurses board the all-male ship and further rock the boat in this lively comedy, which was nominated for a Best Screenplay Oscar. Dina Merrill co-stars.

Forget Paris

1995 - PG13 - 101 minutes

Saturday, October 15, 7:15 (PMR)

As Mickey's (Billy Crystal) and Ellen's (Debra Winger) friends wait in a restaurant for the couple to arrive, the story of their relationship unfolds in a series of flashbacks. From their unusual meeting in France -- Mickey's traveling to bury his father, Ellen's an airline employee -- to their whirlwind courtship and marriage, it's been anything but an ordinary romance. Crystal also directed this poignant romantic comedy.

Grumpy Old Men

1993 - PG13 - 104 minutes

Wednesday, October 19, 7:15 (PMR)

For decades, next-door neighbors and former friends John and Max (Jack Lemmon and Walter Matthau) have feuded, trading insults and wicked pranks. When an attractive widow (Ann-Margret) moves in nearby, their bad blood erupts into a high-stakes rivalry full of naughty jokes and adolescent hijinks. Will this love triangle destroy the two old grumps? Or will the geriatric odd couple overcome their differences and rediscover their friendship?

True Grit

1969 - G - 127 minutes

Saturday, October 22, 7:15 (PMR)

John Wayne landed one of his last great screen roles as crusty lawman Reuben J. "Rooster" Cogburn, who reluctantly helps teenager Mattie Ross (Kim Darby) pursue her father's killer. **True Grit** is more a character study than many of Wayne's formulaic Westerns. The rousing final showdown between Wayne and the villains adds to the Duke's long list of outstanding movie moments.

Catch Me If You Can

2002 - PG13 - 141 minutes

Wednesday, October 26, 7:15 (PMR)

Frank W. Abagnale Jr. (Leonardo DiCaprio) is a cunning con man -- posing as a doctor, lawyer and pilot all before turning 21. He's also a deft forger, and his work attracts the attention of FBI agent Carl Hanratty (Tom Hanks), who makes it his mission to put Frank behind bars. But Frank not only eludes capture, he revels in the pursuit, even taking time to taunt Carl by phone. Steven Spielberg directs this comic caper based on a true story.

Cirque du Soleil: Varekai

2003 - NR - 110 minutes

Saturday, October 29, 7:15 (PMR)

Cirque du Soleil, the mind-bending acrobatic theater troupe, presents this highly imaginative, allegorical tale about a young man who falls from the sky into a kaleidoscopic world populated by fantastic creatures at the base of a volcano. The show-stopping performers include tumblers, jugglers and more.

Weekly Exercise Classes (PMR)

Every Monday, Wednesday, & Friday

All classes are at 10:00

Exercise classes are held three times a week for all who are concerned about maintaining optimum health. These include stretching and balance exercises, both necessary to help keep the body in good working condition.

Sittercise

Monday, Wednesday, & Friday 10:30

In the Kenduskeag Gathering Place

If gentle exercise is right for you, join this sitting-down class, led by Dirigo Pines staff.

Line Dancing

Every Thursday at 10:00 in the KGP



VIOLA—Alterations

Tuesday October 4th & 18th—10:00 a.m.

See Jean for Location

Organizer Days with Sandy Imondi

1st and 3rd Wednesdays, October 5th & 19th
(PP)

Hearing Center (VDO)

No October Date

Pearle Vision (VDO)



No October Date

Couponing

2nd & 4th Wednesdays, October 12th & 26th
at 1:30 pm (KK)

Watercolor Class

Every Friday through October, 2:30 pm
to 4:30 pm (PMR)

Social Hour

Every Wednesday at 4:30 pm (Lobby)

Bella the Therapy Dog

Come visit Bella and her owner, Deanna.

Thursday, October 6th at 10:00 am
(Meadowbrook & Kenduskeag Wings)



October

October Book Clubs & Groups

Out to Lunch Bunch

No Out to Lunch Bunch this month due to Senior College



Sadie's Book Club

Thursday October 20th at
2:00 (library)
"Ceremony"
By Leslie Marmon Silko

Rummikub

Every Sunday at 1:30
(PP)

Cribbage Club

Every other Thursday at 3:00
October 13th & 27th (PP)

Library Committee

1st Thursday—October 6th
3:30 p.m. (Library)



Scrabble Group

Every Tuesday at 1:30 (GR) Do you like friendly word games? Join this group!

Writing Group

October 5th & 19th—1:30 pm
Garden Room
(1st & 3rd Wednesdays)

Bridge Club

Wednesdays, 3:00 (PP)
All Bridge players are welcome at this
Wednesday afternoon group.

Mahjong Club

Mondays, 1:30 and Fridays 2:00 (PP)
This is an incredibly fun game and easy to
learn. Come let the residents teach you!



Joyce Morton Book Discussion

"Wuthering Heights" By Emily Bronte
Discussion will take place on Tuesday Oc-
tober 4th at 1:00 (Library). The film will be
showed on Wednesday October 5th at 1:00,
and Thursday October 6th at 1:00 (PMR)

Kenduskeag Resident Council

Wednesday October 19th—1:30 pm (KK)

Penobscot Resident Council

Wednesday October 12th—1:30 pm (PMR)

October

October Religious Services

Van departs for Church Services in the local area every Sunday at 9:45

Catholic Communion every Sunday at 10:00

A Catholic Communion Service is offered in the Social Room every Sunday at 10:00.

Catholic Mass with Father Bill

2nd Monday October 10th—9:00 am
(PMR)

1st Sunday Service October 2nd, at 2:00

Rev. Lorna Grenfell,
Church of Universal Fellowship (Arbor)

2nd Sunday Service – October 9th, at 2:00

Bill Fink, Inter Church Ministries
(Arbor)

Further information on the abbreviations in the Activity Guide:

- GR - Garden Room
- PMR - Penobscot Media Room
- KGP - Kenduskeag Gathering Place
- L - Library
- L & L - Lounge & Lobby
- MDR - Penobscot Main Dining Room
- KK - Kenduskeag Country Kitchen
- KLR - Kenduskeag Living Room
- PP - Penobscot Parlor (Social Room next to library)
- A - Arbor
- M - Meadowbrook Living Room
- VDO - Visiting Doctor's Office

3rd Sunday Service – October 16th, at 2:00

Pastor Dave Natale, Faith Baptist Church
(Arbor)

4th Sunday Service - October 23rd, at 2:00

Bill Fink, Inter Church Ministries (Arbor)

5th Sunday Service - October 30th, at 2:00

Eric Martin, Inter Church Ministries
(Arbor)

Bible Study - Every Monday - 3:30 (PP)

Rev Lorna Grenfell, Church of
Universal Fellowship

Bible Study and Hymn Sing Tuesdays, 6:00 pm

Pastor David Natale (Arbor)

Looking Ahead..... to November!

Adrienne Leppold
Spirited Folk Music
North Country Strings
Author & Historian Bill Sawtell
Clay Kirby - Ornamental Insects

OCTOBER PHOTO GALLERY



Dirigo Pines Fall Variety Show. Songsters Chorus (Above), Phyllis Borns & Jerry Hughs (top left), Jean & Lorraine (bottom left).



Fun & Games at Maggie's BBQ!



Ursa Beckford, Bagpipe Player & Grandson of Joan!

