

## Welcome to our February Activity Guide!

### This month offers

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

*See the calendar insert for complete details!*

### Inside this Issue

*Events & Speakers*

*Music*

*Movies*

*Health*

*Clubs & Groups*

*Religious*

*Calendar*

*Photos*

### “Taylored” Thoughts for February

Winter. For me, a time of decreased outdoor activity. And **now** is when my doctor tells me to lose 15 pounds! Yikes. He is concerned because of the values of my fasting blood sugar and for the fact that I am “surrounded” by diabetes in my family and family tree. He wants to prevent the onset of diabetes for me as long as possible. (Perhaps forever?) He says that a significant weight loss is the one thing that will drop my A1C value, which will be an extremely positive move.

So, now is when I have to say goodbye to some old and good friends.

Goodbye Frank’s bakery donuts. Oh my, they melt in the mouth. From now on, I must keep my distance from you as you are too alluring for me.

Goodbye to microwaveable noodles in a cup – too many carbs and too much sodium to be considered a healthy lunch. Even though it’s quick and easy, we now have to think fiber content and protein values.

Goodbye nachos – no glorious sour cream-topped saturated fat for me! But my goodness, the taste of those chaotic ingredients will haunt me!

Goodbye whipped-cream topped coffee drinks. My days of ingesting 50 calorie a-straw- load of frothy happiness has ended. Do you think the liberal topping of caramel drizzle was simply too much?

Now I know better choices must be made for meals and snacks during the day, along with portion control. When I think about it, I like an apple even more than potato chips, as long as I have one in my desk drawer! During lunch I will make an effort to walk, as we have plenty of wonderful “indoor pathways” here at Dirigo. Looking at it logically, I have no excuse NOT to walk!

So, goodbye to all the bad choices and hello to all the possibilities of good health and weight loss in the New Year. I’ll keep you posted on my progress!

I

*Juanita*

# February

## Special Events & Guest Speakers

**LOTS with Tom Watson**  
*(Looking Over Theatres' Shoulder)*  
*"The Importance of Being Earnest"*  
Tuesday February 1st—7:15 pm  
(PMR)

**Joyce Morton Writing Group**  
Wednesday February 2nd & 16th  
1:30—3:30 pm —(Garden Room)

**Dirigo Dug**  
Wednesday February 2nd  
9:00 am —(Lobby)

**Discussion Series with Tom & Stan**  
"Prof. Steven Barkan—Criminal Justice System"  
Thursday February 3rd—7:15 (PMR)

**Attorney Jane Skelton**  
"Long Term Care & Tax Implications"  
Monday  
February 7th—7:15 (PMR)

**Tamara Levitsky—UMO School of Biology**  
"European Fire Ants"  
Tuesday February 8th—7:15 p.m.  
(PMR)

**Alan Hutchinson—Forest Society of Maine**  
"Maine's North Woods"  
Thursday February 10th—7:15 pm  
(PMR)

**Children's Program**  
Asa Adams Valentine's Day Program  
Monday February 14th—10:30 am  
(KGP)

**Cheryl Daigle**  
"Penobscot River Restoration?"  
Tuesday February 15th—7:15 (PMR)

**Resident Hal Borns**  
"Evidence of Vikings in Maine?"  
Thursday February 24th—7:15  
(PMR)

**Sandy Imondi—Organized Solutions**  
"What to do with Family Heirlooms?"  
Monday February 28th—7:15 (PMR)

**Out to Lunch Bunch**  
*Montes Catering*  
Friday February 18th  
Bus Leaves at 11:15

**Resident Meetings**  
Wednesday February 9th—1:30  
Penobscot  
Wednesday February 16th—1:30  
Kenduskeag

# February

## Brian McLennon—

### Guitar easy listening

Wednesday February 2nd—2:00 pm (Arbor)

## Julie Monroe—guitar

Monday February 7th—Noon (Meadowbrook)

## Nancy Carson—Karaoke

Wednesday February 9th—2:00 pm (Arbor)



## New Entertainer! Bill Roy

### Guitar Classics

Thursday February 10th at 10:30 am -(Arbor)

## Judy Faust—Harp

Thursday February 10th at Noon—  
(Meadowbrook)

## Durango Mango—pop/country

Friday February 11th—2:00 pm (Arbor)

## Opera Night with Tom Watson

Saturday February 12th—7:15 (PMR)s

“Rigoletto”

## Clayton Rogers—Piano

Monday February 14th—Noon (Meadowbrook)

Monday February 14th—2:00 p.m. (KGP)

## Musical Events

## Music with Chuck & Steph

Thursday February 17th—2:30 pm (KGP)

## Ballroom Piano with Dave Demers

Thursday February 17th—7:15 pm (KGP)

## Song & Dance with Theresa (Karaoke)

Friday February 18th -2:30 p.m. (Arbor)

## Fran & Dave—(Folk Singers)

Wednesday February 21st—Noon-  
(Meadowbrook)

## North Country Strings—cello & violin

Tuesday February 22nd—7:15 pm (KGP)

## Duane Nickerson— country guitar

Wednesday February 23rd—2:00 pm - (Arbor)



## Jerry & Friends (piano & singing)

Friday February 25th—3:30 pm (Arbor)

## Ed & Kathy—Nostalgia Music

Monday February 28th—Noon (Meadowbrook)

## Songsters—Every Tuesday @ 3:30

# February

## February "People's Choice" Movies



### The Bucket List

2007 - PG13 - 97 minutes

Wednesday, February 2, 7:15 (PMR)

When corporate mogul Edward Cole (Jack Nicholson) and mechanic Carter Chambers (Morgan Freeman) wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket. In a race against the reaper, the new friends hit the tables in Monte Carlo, down obscene amounts of caviar and tear up the road in supercharged cars. Rob Reiner directs.

### Mary Poppins

1964 - G - 139 minutes

Saturday, February 5, 7:15 (PMR)

Julie Andrews made her screen debut and won an Academy Award for her portrayal of the "practically perfect" nanny who revolutionizes the prim and proper Banks family in this supercalifragilisticexpialidocious Disney classic. Dick Van Dyke is great in the dual role of chimney sweep Bert and crotchety bank chairman Mr. Dawes Sr., and the film also netted Oscars for Best Score and Best Original Song ("Chim Chim Cher-ee").

### Mid-August Lunch

2008 - NR - 75 minutes

Wednesday, February 9, 7:15 (PMR)

As the Italian holiday of Pranzo di Ferragosto approaches, cash-strapped Gianni (Gianni Di Gregorio) gets help from his landlord, his friend and his doctor, who offer financial relief in exchange for Gianni looking after their elderly relatives over the holiday. Four mismatched Italian mamas at the same table make for an awkward, hilarious and touching mid-August lunch in this film festival favorite from Di Gregorio, who also writes and directs.

### The African Queen

1951 - NR - 105 minutes

Wednesday, February 16, 7:15 (PMR)

Charlie Allnut (Humphrey Bogart), the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I. A classic study in star cha-

risma and pitch-perfect casting, *The African Queen* was nominated for four Oscars (for actress, actor, director and original screenplay), with Bogart winning a Best Actor statuette.

### Manhattan Murder Mystery

1993 - PG - 109 minutes

Saturday, February 19, 7:15 (PMR)

When an elderly neighbor in good health unexpectedly dies, a married Manhattanite (Diane Keaton) is convinced the woman's death was no accident and ropes a few of her friends (Alan Alda and Anjelica Huston) into playing whodunit, despite protests from her skeptical husband (Woody Allen, who also directs). He doesn't believe it was murder, but he joins the investigation soon enough -- just to keep his marriage alive.

### We Were Soldiers

2002 - 138 minutes

Rated R for Violence and Language

Wednesday, February 23, 7:15 (PMR)

In the first major battle of the Vietnam War, 450 gung-ho Army dogfaces square off for one month against 2,000 North Vietnamese regulars in the Ia Drang Valley, resulting in irretractable conflict. Mel Gibson is a lieutenant colonel who exhorts his men to be all they can be, and Barry Pepper (the Bible verse-spouting sharpshooter in *Saving Private Ryan*) plays a reporter who draws a bead on the story.

### Born on the Fourth of July

1989 - 145 minutes

Rated R for Violence, Language  
and Drug/Alcohol Use

Saturday, February 26, 7:15 (PMR)

Tom Cruise stars in an Oscar-nominated turn as U.S. Marine Ron Kovic, who returns home from the Vietnam War paralyzed from the chest down. After months of hellish rehabilitation, he finds renewed purpose protesting the war he once proudly fought. The film -- based on Kovic's autobiography of the same name -- earned Oliver Stone an Academy Award for Best Director, and also stars Kyra Sedgwick, Tom Berenger and Frank Whaley.

# February

## February Health, Wholeness and Fun

### 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



\*\*\*\*\*

### The Big History with Stan Freeman

Thurs –February 10th 2:00– 4:00 (PMR)

“The Solar System, Earth”

Thurs –February 24th—2:00—4:00 pm

(PMR)

“Life”

\*\*\*\*\*

### VIOLA—Alterations

Tuesday February 8th & 22nd —10:00 a.m.  
Resource Room

**NOTE** — Day of the Week Change for Viola!!

### Matter of Balance—Adult Ed Class

Starts Thursday February 24th 9:30—11:30 am (Must be signed up for this class as it is limited to size)

### Coping Group

Wednesday February 9th—3:00 pm  
(Library)

Join Anne Donovan Fortier for help with coping.

### Hearing Center (VDO)

Wednesday —February 2nd at 2:30

### Joyce Morton Book Discussion

February 1, 3 & 4 — “Far From the Madding Crowd” 1:00 –3:00—see calendar for room assignments

### Pearle Vision (VDO)

No February Date

### Social Hour!

4:30 Every Wednesday—Front Lobby

# February

## February Book Clubs & Groups

### Fields Pond Book Discussion

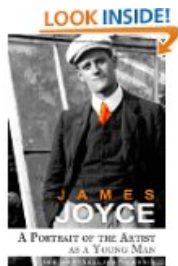
Thursday February 10th—7:00 pm  
(Library)

### Out to Lunch Bunch

Friday February 21st -Leaving at 11:15  
Montes Catering

### Sadie's Book Club

Thursday February  
17th at 2:00 (library)  
"James Joyce Portrait  
of the Artist as a  
Young Man"



### Garden Club

Garden Club Meeting  
February 15th at 10:00—(GR)

### Cribbage Club

Every other Thursday at 3:00  
February 3rd & February 17th (PP)

### Library Committee

1st Thursday—February 3rd at  
3:00 p.m. (Library)

### Bible Study with Rev. Lorna Grenfell

Every Monday at 3:30  
(PP)



### Scrabble Group

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

### Rummikub Game

Sunday afternoons in the Social Room.  
See Bev MacDonald for times!

### Bridge Club

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

### Mahjong Club

Mondays, 1:30 (PP) and Fridays 2:00  
(PP)

This is an incredibly fun game and easy  
to learn. Come let the  
residents teach you!



# February

## February 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 Arbor every Sunday at 10:00.

### 1st Sunday Service February 6th, at 2:00

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

### 2nd Sunday Service – February 13th, at 2:00

Bill Fink, Inter Church Ministries (**Arbor**)

### 3rd Sunday Service – February 20th, at 2:00

Pastor Dave Natale, Faith Baptist Church (**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
KCK	-	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

### 4th Sunday Service - February 27th, at 2:00

Bill Fink, Inter Church Ministries (**Arbor**)

### Catholic Communion - With Jonathan Spera -

February 8th at 10:00 a.m. (Social Room)

### 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 March!

Spirited Folk Concert  
Music by Chuck & Steph  
Paul Corrigan  
North Country Strings  
Two for Tea  
Scott Craig  
Staff member Joe Dudley  
March Variety Show

# FEBRUARY PHOTO GALLERY

## Familiar Faces of Entertainers at Dirigo Pines

