

Welcome to our March Activity Guide!

This month offers

- *Music!*
- *Guest speakers*
- *Outings*
- *Movies*
- *Special Events*

Inside this Issue

Events & Speakers

Music

Movies

Health

Clubs & Groups

Religious

Calendar

Photos

“Taylored” Thoughts for March

Cooking.

There is just something about cooking that promotes memories. Recipes are a touchstone for the passage of time. I am sure that we all can remember what we ate at major events or instances in our lives. I do. The ritual of cooking was something I grew up with. My mom didn't like to cook, but she sure was a good one. She would make the best pies on earth. (At least that's my memory). Dad I would go to the orchard and pick the apples and when we came back, he and I would peel and slice while mom made the pie dough. I can still remember the smell of those apples as we would cut into them. Making all those holiday and special occasion pies, even though she wasn't crazy about cooking or baking was just one of her ways to show us that she loved us all.

Years ago, after my mom passed away, I re-named all my recipes. “Mom's Apple Pie”, “Dad's Pickled Eggs”, “Dawn's Molded Salad”, “Gail's Secret Recipe for Award Winning Chili”, “Rhoda's Molasses Cookies”, “Juanita's Hash Brown Casserole”, Mike's Broccoli Salad”, and so on. Some of the family is still with me, and some are long passed away. It is with these names on my recipes cards that they live on in my cooking and in my memory. I certainly don't make a pie like my mother could, but my pickled eggs taste just like the ones that Dad used to make!

I really enjoy cooking when I have the time – there is something so soothing in cutting and chopping, knowing that people are going to appreciate what you made. Several years ago I shared many of my favorite tried and true recipes with my niece, and she now makes them all for her family. She appreciates the memories they represent and now makes new memories with her friends and family. She has even shared some of her recipes with me!

After all, recipes and memories are meant to be shared.

Happy cooking.

Juanita



March

Special Events & Guest Speakers

LOTS with Tom Watson

(Looking Over Theatres' Shoulder)

“Hamlet”

Tuesday March 1st—7:15 pm (PMR)

Discussion Series with Tom & Stan

“”

Thursday March 3rd—7:15 (PMR)

Attorney Jane Skelton

“Building an Estate Plan”

Tuesday

March 8th—7:15 (PMR)

Author Paul Corrigan

“At the Grave of the Unknown River-
driver”

Tuesday March 15th—7:15 pm
(PMR)

Dirigo Variety Show

“Celebrate St. Patrick's Day”

Thursday March 17th—7:15 pm
(KGP)

North Country Strings

“cello and violin from classical to contem-
porary”

Tuesday March 22nd—7:15 pm
(KGP)

Allen Sockabasin

“An Upriver Passamaquoddy”

Thursday March 24th—7:15 pm
(KGP)

Two for Tea

“harmonic musical selections”

Friday March 25th—7:15 pm (KGP)

Ginger Hwalkek Piano Students

“Piano Recital”

Sunday March 27th—3:00 pm (KGP)

Staff member Joe Dudley

“Joe and His Horses, Part 3”

Tuesday March 29th—7:15 pm
(PMR)

Scott Craig

“Salmon Habitat Restoration”

Thursday March 31st—7:15 pm
(PMR)

Out to Lunch Bunch

Angler's

Friday March 18th
Bus Leaves at 11:15

Philosophy Across the Ages

UMO Student Presentation

Monday March 28th—7:15 pm (PMR)

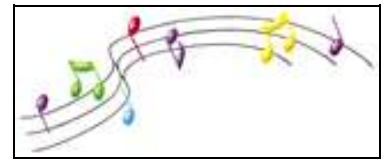
Resident Meetings

Wednesday March 9th—1:30
Penobscot

Wednesday March 16th—1:30
Kenduskeag

March

Musical Events



Sam Coltart—sax player

Thursday March 3rd—2:00 pm (KGP)

Joe Weisheit—piano

Friday March 4th — 2:00 pm (KGP)

Julie Monroe—guitar

Monday March 7th—Noon—(Meadowbrook)

Nancy Carson—Karaoke

Wednesday March 9th—2:00 pm (Arbor)

Judy Faust—Harp

Thursday March 10th at Noon—
(Meadowbrook)

Music with Chuck & Steph

Thursday March 10th—2:30 pm (KGP)

Opera Night with Tom Watson

Wednesday March 9th—7:15 pm (PMR)

Clayton Rogers—Piano

Monday March 14th—Noon (Meadowbrook)

Monday March 14th—2:00 p.m. (KGP)

Dirigo Variety Show

Thursday March 17th—7:15 pm (KGP)

Song & Dance with Theresa (Karaoke)

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

Fran & Dave—(Folk Singers)

Monday March 21st—Noon- (Meadowbrook)

Spirited Folk Music

Monday March 21st—7:15 pm (KGP)

North Country Strings

Cello & Violin—Tuesday March 22nd—7:15
pm (KGP)

Jerry & Friends (piano & singing)

Friday March 25th—3:30 pm (Arbor)

Ed & Kathy—Nostalgia Music

Monday March 28th—Noon (Meadowbrook)

Bill Roy—guitar favorites

Thursday March 31st—10:30 (A)

Songsters

Tuesdays, 3:30 (PMR)

Jerry, Terry, and the Songsters meet every Tues-
day.

No Songsters Tuesday March 8th

March

March "People's Choice" Movies



Mr. Smith Goes to Washington

1939 - NR - 129 minutes

Wednesday, March 2, 7:15 (PMR)

When idealistic junior senator Jefferson Smith (James Stewart) arrives in Washington, D.C., he's full of plans and dazzled by his surroundings -- qualities he retains despite widespread corruption among his cynical colleagues. Jean Arthur puts in a sharp performance as Smith's streetwise secretary, who helps him navigate his way through Congress, in this Academy Award-winning classic from director Frank Capra.

The Wizard of Oz

1939 - G - 103 minutes

Saturday, March 5, 7:15 (PMR)

There's no place like home for young Dorothy (Judy Garland), who's been swept away from her farm in Kansas to a wonderland of munchkins, flying monkeys and different-colored horses. She must follow the Yellow Brick Road to the all-knowing Wizard of Oz to find her way home. Along the way, she meets the Scarecrow (Ray Bolger), the Tin Man (Jack Haley) and the Cowardly Lion (Bert Lahr), who help her fend off the Wicked Witch of the West (Margaret Hamilton).

Nanny McPhee

2005 - PG - 99 minutes

Saturday March 12, 7:15 (PMR)

The recently widowed Mr. Brown (Colin Firth) and his domineering aunt (Angela Lansbury) can't seem to control the numerous and naughty Brown children until Nanny McPhee (Emma Thompson) -- a character based on the popular *Nurse Matilda* books by British author Christianna Brand -- comes to stay. Now, with the help of some magic and a little old-fashioned discipline, their household runs like clockwork.

Under the Tuscan Sun

2003 - PG13 - 113 minutes

Wednesday, March 16, 7:15 (PMR)

In this movie loosely based on Frances Mayes's best-selling memoir of the same title, Diane Lane stars as Frances, a newly divorced American writer who heads for the Italian region of Tuscany to make *limonita* out of life's lemons. Having just quit her high-pressure job and ended her heartbreaking marriage, she buys a decrepit-but-charming house in Cortona on impulse, rebuilding it piece by piece -- and herself along with it.

Doctor Zhivago

1965 - PG13 - 200 minutes

Saturday, March 19, 7:15 (PMR)

A young physician (Omar Sharif) and his beautiful mistress (Julie Christie) get swept up in the danger and drama of the Bolshevik Revolution in this Oscar-winning epic based on the classic novel by Nobel Prize-winning author Boris Pasternak. The film earned five Academy Awards in all, including statues for Best Art Direction, Best Cinematography, Best Costume Design, Best Score and Best Screenplay. Alec Guinness and Rod Steiger co-star.

Radio

2003 - PG - 109 minutes

Wednesday, March 23, 7:15 (PMR)

A small-town high school football coach (Ed Harris) befriends a developmentally disabled man (Cuba Gooding Jr.) nicknamed "Radio," who has always been the target of jokes and teasing, in this heartwarming drama based on the real-life experiences of James Robert Kennedy. Although their friendship raises eyebrows at first, Radio's growth under the coach's guidance ultimately inspires the local townsfolk to think differently about being different.

Last Stand at Saber River

1997 - NR - 95 minutes

Saturday, March 26, 7:15 (PMR)

Adapted from Elmore Leonard's novel, this made-for-TV Western centers on Confederate soldier Paul Cable (Tom Selleck), who returns to his Arizona property at the war's end only to find it occupied by pro-Union homesteaders. Embittered Cable, whose tough-talking wife (Suzy Amis) hasn't forgiven her husband for going off to war, finds himself in a battle not only with the Union men, but with his own family. Keith and David Carradine co-star.

Storm Chasers: IMAX

1995 - NR - 38 minutes

Wednesday, March 30, 7:15 (PMR)

Witness the method behind the madness as scientists and meteorologists risk their lives to study natural weather phenomena. In this documentary, scientific storm chasers drive hundreds of miles to get up close and personal with a tornado in the Midwest, fly a plane into Hurricane Emily and hunt for monsoons in India. Breathtaking IMAX footage captures the awesome power and undeniable beauty of storms.

March

March 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 –March 10th 2:00– 4:00 (PMR)
“How Humans Are Different”
Thurs –March 24th—2:00—4:00 pm (PMR)
“Agriculture”

Matter of Balance

Thursday March 3, 10, 17, 24, 31
9:30—11:30 am (PMR)

VIOLA—Alterations

Tuesday March 1st, 15th, 29th —10:00 a.m.
See Jean for Location

Coping Group

Wednesday March 9th—3:00 pm
(Library)
Join Anne Donovan Fortier for help with coping.

Hearing Center (VDO)

Wednesday —March 9th at 2:30

Pearle Vision (VDO)

March 31st at 3:00 pm



Mardi Gras Lobby Party

Tuesday March 8th at 4:00—Lobby

St. Patrick's Day Social

Thursday March 17th at 4:00—Lobby

Living Well Class

Wednesday March 23, 30
1:00-3:30 pm (KGP)

Organizer Days with Sandy Imondi

March 1st and March 15th—see Jean

March

March Book Clubs & Groups



Out to Lunch Bunch

Wednesday March 16th -Leaving at
11:15
Angler's



Sadie's Book Club

Thursday March 17th at
2:00 (library)
"Ishmael"

Garden Club

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

Cribbage Club

Every other Thurs-
day at 3:00
March 3rd, 17th and
31st (PP)



Library Committee

1st Thursday—March 3rd at
3:30 p.m. (Library)

Field's Pond Book Discussion

March 10th—7:00 pm (Library)



Bible Study with Rev. Lorna Grenfell

Every Monday at 3:30
(PP)

Joyce Morton Writing Group

March 2nd, 16th and 30th
1:30—(Garden Room)

Scrabble Group

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

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!



March

March 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 Communion every Tuesday at 10:00

A Catholic Communion Service is offered in the **PMR** every Tuesday at 10:00 with Jonathan Spera.

1st Sunday Service March 6th, at 2:00

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

2nd Sunday Service – March 13th, at 2:00

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

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

Pastor Dave Natale, Faith Baptist Church
(**Arbor**)

4th Sunday Service - March 27th, at 2:00

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

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

Rev Lorna Grenfell, Church of Universal Fellowship

**Looking Ahead.....
to April!**

**The Lobster Institute
Back Porch Bluegrass
Scott Hall—Atlantic Puffins
Maine State Archivist
Sebastian P. Van derPlunk
Donna Loring
Author Neil Rolde**



MARCH PHOTO GALLERY



**Employee of the Year,
Michael Nickerson**