



The Inn & Out

March 2025



Portland Head Light
located in Cape
Elizabeth, ME

Happy March everyone!

The calendar is full of such amazing activities! To celebrate the start of Mardi Gras, each neighborhood will have a special breakfast, including Penobscot with pancakes on Fat Tuesday.

The Doolally Group will be performing to celebrate St. Patrick's Day (a few days early.) We also have the Halcyon strings and Hermon Baptist Church choir entertaining us. But we cannot forget our standing performers: Fireside Strings and Duane Nickerson.

Dirigo Pines has been invited to participate in the Maine Science Festival on March 22nd in the "Scrollathon". This is hosted by Steven & William Ladd, renowned artists with work in major museums worldwide. You will create your own fabric scroll to keep before contributing to a large collaborative piece. This artwork will be displayed in Washington, DC for America's 250th birthday in 2026.

Sign up for this opportunity - six residents limit.

Jennifer de Lannee has developed a creative focus for March's Craft Grp on Mondays at 1pm called "Art Outside the Box". This will focus on writing & visual art to make a collage, assemblage, or mixed media project. Come with an open mind and create.

Ben Layman, local actor, will be leading a new class "Acting with Movement". The first class will start March 1st at 11am. Since this is the first acting class, the first session will be filled with general planning/logistics. So much fun with a local celebrity!

Upcoming Events

- 1: 11am Acting with Movement
- 3: 2pm Presentation by Bucky Owens - Skiing in Norway and Finland
- 4: Fat Tuesday - Kick off Marde Gras
- 4: 11am Presentation by Audubon Society
- 4: 2pm Music with Masanobu
- 5: 4pm Happy Hour with Fireside Strings
- 7: 9:30am Welcome FriYay Cafe
- 7: 2pm Barbie Movie
- 8: 11am Actiing with Movement
- 8: 2pm Music with Doolally
- 11: 2pm Author Talk
- 11: 4:15pm Opera Talk
- 11: 6:15pm Trip to UMaine Concert Band
- 12: 4pm Happy Hour
- 13: 11:30am Lunch at Moe's to support Alzheimer's Society
- 13: 1pm Bereavement Support Group
- 14: 2pm Buy your tickets at the Inn for Robinson Ballet performance on 3/29
- 15: 11am 1:30pm Music with Hermon Baptist Church Choir
- 17: 11am Presentation with Dr. Mark Brewer - The first months of President Trump
- 17: 2pm SingA Long with Shaun
- 17: 3pm St. Patrick's Celebration
- 19: 4pm Happy Hour with Duane
- 20: 2pm Music with Halcyon
- 20: 4:30pm Memory Care Support Grp
- 22: 11am Acting with Movement
- 23: 2pm Transportation to the Symphony
- 25: 8:30-12pm Tech with Ben
- 26: 4pm Happy Hour
- 27: 12:30pm Trip to Kohl's Plaza
- 28: 1pm Games with Bangor Christian
- 29: 11am Acting with Movement
- 29: 6:15pm Transportation to Robinson Ballet's Odaralph
- 30: 2pm Transportation to Penobscot Theater

Photos



Exploring new hobby - ceramics



The Love Boat on Valentine's Day



College friends unite!

BIRTHDAYS



Bruno B. - 8th
William B. - 8th
Glen A. - 12th



Mary Margaret "Bebe" W. - 15th
Patricia "Pat" S. - 16th
Jim R. - 20th

March is bringing all the good vibes with celebrations of strength, kindness, and a little bit of luck! We're kicking things off with International Women's Day (March 8), a time to honor the incredible women who inspire, lead, and uplift us every day. Whether it's a family member, friend, or historical trailblazer, take a moment to celebrate their impact. Then, on March 20, let's channel our inner Mr. Rogers for Won't You Be My Neighbor Day, a perfect reminder to spread kindness and build a sense of community—maybe with a simple smile, a helping hand, or a friendly chat. Of course, March wouldn't be complete without the festive fun of Mardi Gras (March 4), bringing beads, jazz, and a spirit of celebration, followed by the shamrock-filled cheer of St. Patrick's Day (March 17), where we could all use a little luck and maybe an extra excuse to wear green. However you celebrate with us this month, we hope it's filled with joy, connection, and plenty of reasons to smile!

from Ashlea Smalley,
National Director for Life Enrichment & Memory Care

New Group for March

Join us every Monday in March at 1:00pm in the KGP for "Art Outside the Box".

We will be exploring the intersection of writing and visual art to get ready for National Poetry month in April.

We will start unearthing interesting pieces of "junk" that may be unique in a collage, assemblage, or mixed media project. We will discuss how elements of art and writing share similarities and how to marry the two disciplines to make a new piece of work.

Bring an open mind and an open heart to see what we can create together.

"Always read something that will make you look good if you die in the middle of it."

- P.J. O'Rourke

One Day University

Celebrating International
Women's Month

4: Wildlife identification from the
Audubon Society

11: Artificial Intelligence Scams by
University Credit Union

18: Women in War: A Historical View of
Why They Mattered

25: First Ladies- Behind the Scenes with
Six Powerful Women

The Bangor Symphony and Penobscot Theater transportation dates.

Theater Dates
3/30, 5/4, 6/15

For information and
tickets see:

<https://www.penobscottheatre.org>

Symphony Dates
3/23, 4/27

For information and
tickets see: <https://www.bangorsymphony.org/>

Graceful Giving

Every quarter, Dirigo Pines selects a
local nonprofit organization or cause to help. March is
the last month to help My Friend's Place.

My Friend's Place is a social activity program for
people coping with memory loss, dementia, or
who are socially isolated.

Dirigo Pines is very fortunate to have a memory care
neighborhood with Monica leading the
activities/programs.

My Friend's Place is located at The First United
Methodist Church, Bangor, and is led by
Lisa Jordan and Skippy Valentine, (our own Wellness
associate, Jackson's, grandmother)

Items that they are looking for include: regular sized
markers, glue sticks, holiday stickers, card making
supplies, and healthy snacks.

A box will be kept in the lobby for any donations.

Thank you in advance for all your help!

Please NO clothing.

All trips to the theatre and symphony
require that residents/cottagers
purchase your own tickets for the day
that transportation is available.
If you need assistance purchasing a
ticket, please see anyone from Life
Enrichment who can help you.

**Residents/cottagers must sign
up two weeks prior to secure
the need of a driver. Minimum
of five people.**

Congratulations to Brenda for playing and
winning February's word scramble!

Word Scramble - Unscramble the words and
return to Anne's mailbox for a chance to win a
prize with your name on paper.

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March Associate of the Month

Emma Norton



Congratulations to Emma from Wellness, working as a Certified Residential Medication Aide since April 2024.

Emma is a Brewer High School graduate and continues to reside in this area.

Emma enjoys working with seniors and appreciates their honesty.

Outside of work, Emma enjoys being with her family, especially her 14 month old niece. She also works as a dog sitter and especially loves "Walter".

Something you may not know about Emma is that she has an Associate's Degree in Business Management.

First Love

I was hurrying to work,
When he whistled at me;
I stopped in my tracks,
And turned round to see
Him standing there waiting
Not saying a thing,
And right then I loved
The first Robin of spring.

- Ardis Rittenhouse



This is for you ladies!!! I recently ate a restaurant where a table of girlfriends of a certain age were having a wonderful time, and came home and wrote this. You may recognize somebody, maybe yourself....

Lunch With Girlfriends

Elaine's vertigo has never been worse
Kay can't recall where she left her purse
Rhoda's about to replace her knees
Linda's breathing is tinged with a wheeze
Donna's left boob has a troublesome lump
Diane's on her third trip to take a dump
Lorraine's husband can't remember a thing
Nine years a widow, Marge still wears her ring
Marline is dealing with another UTI
Sally's giving a hearing aid another try
Marie has decided she can't drive at night
Sharon still wears clothes two sizes too tight
They've been through divorces and babies and wakes
They do for each other, whatever it takes
They've already buried Marcia and Kate
And truthfully, Lizzie's not looking so great
So whenever they can, they get out to eat
Open bottles of wine and forget their sore feet
There's laughing and crying and letting down guards
And when the bill comes, there's ten credit cards
So here's to the waiters who keep orders straight
And to the places that let lunches run three hours late
And here's to the girlfriends, those near and those far
Here's to the girlfriends, you know who are are!!

- Kathy O'Malley

