



DIRIGO PINES
A GRACE MGMT COMMUNITY

Dirigo Pines
9 Alumni Dr
Orono, ME 04473 | (207) 866-3400
www.dirigopines.com

July 2025

The Inn & Out



Susanne is loving life in the 1956 Chevy Bel-Air that Bangor Muscle Car Club shared with Dirigo.

Anne's Thoughts

The older I get the more I learn that I need to let stuff go. Is it worth the stress? Do more of what you enjoy!

Play in the dirt

Phone a friend

Buy yourself flowers

Go to a concert

Play golf

Sing in the shower

Order & read that book

Fish for the big one

Help a friend

Let's share with each other happy/funny stories/events in our lives. Please give Anne any story that you'd be willing to share in this newsletter. It must be funny. Maybe you're like me and lost your car keys. You search everywhere before calling your husband, but finally break down for him to bring the extra set of keys. A friend calls while you are looking so she and her daughter come to help you. You tell everyone your morning routine and where you ALWAYS put the keys. But can't find them. Everyone continues to search until your friend's daughter looks in your purse again - and they are there. Unbelievable!

Upcoming Events

- 1: 11am – Presentation re: birds by Hirundo
- 2pm – Piano w/Masonabu
- 2: 4pm – Happy Hour w/ Ruth & LoraLee
- 3: 9:30am – Trip to Windy Knoll Goldens & McLaughlin's Family Restaurant in Milo
- 4: 9am – Trip to Bangor's Independence Day Parade
- 7: 4pm – Trip to Governor's, Old Town
- 8: 2pm – Author Talk w/ Brian Swartz
- 9: 4pm – Happy Hour w/ Jenna
- 10: 11:30am – Penobscot/Cottage BBQ
- 10: 2pm – Music w/ Dennis & Pina Coladas
- 11: 9:30am – Welcome & Friyah Cafe
- 11: 11:30am – Assisted Living BBQ
- 14: 1pm Jennifer's French Presentation
- 14: 2pm – Jennifer's French Conversation Table
- 14: 2pm – Coach's Talk w/ UM's baseball coach, Nick Derba
- 14: 3pm – Learn to Make a Pie Crust
- 15: 11am – Presentation by Windy Knolls Goldens
- 15: 1pm Blueberry Baking
- 16: 1:30pm Making Pies
- 16: 4pm Happy Hour w/Duane
- 17: 1:30pm Blueberry Baking Contest
- 17: 5:30pm Trip to Frogtown Mt. Puppeteers – FREE
- 21: 2pm Singing w/Shawn
- 23: 2pm – Gorgeous Grandma Event
- 24: 2pm – Piano w/ Margery Aumann
- 25: 11am Trip to Chase's Restaurant
- 30: 3:30pm Happy Hour/Opening of Art Show
- 31: 10am – Meet Your Neighbors Event
- 31: 2pm Music w/ Joel Gold

Photos



BBQ and Car Gazing!



Fun tie dying shirts!



BIRTHDAYS



Susan G. – 16th
Judith "Judy" C. – 26th
Mary "Polly" C. – 31st



Summer is in full swing, and July brings plenty of reasons to smile, celebrate, and stay connected. We'll kick things off with some red, white, and blue as we celebrate Independence Day, so expect festive fun, patriotic tunes, and maybe a sparkler or two (the safe kind, of course). All month long, we're honoring Social Wellness Month, a great reminder of how important our relationships and community connections are. Whether it's chatting over coffee, trying a new group activity, or simply enjoying each other's company, we're all about building bonds that lift us up. Check with your Life Enrichment team to learn how to stay connected in your community! Later in the month, we'll raise a cheer to our stylish seniors on Gorgeous Grandma Day because grace, grit, and glamour only get better with age! Shark Week will make a splash too, so don't be surprised if you hear some "jaws"-dropping facts floating around. And be sure to give an extra thank you to your local letter carriers on Postal Worker Day. They help keep us connected one envelope at a time. There's something for everyone this month, so dive in and enjoy the ride!

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



Associate of the Month Catherine "Cat" Monkman

Congratulations to Cat for being the July Associate of the Month!

Cat joined our Dining Team as a server just over one year ago. A friend was working here and made it sound like fun.

Cat is a true Mainer, living in various places before nesting in Bangor in 2020. Cat has a orange tabby cat named Shaggy Dog, who is 4.5 years old.

Her dream job is to be costume designer for period pieces. (TV show or movies, opera) She also has an interest in art -.drawing. Her goals is to go to Art school for illustration - or a fashion institute.

Cat likes fantasy shows (Game of Thrones), books (Thorn of Glass), comedy shows (The Marvelous Mrs. Maisel), rock music (Jack White) and folk music (Simon and Garfunkle), flowers (daffodils as they are the first to come up), nature , house plants, hanging with friends, and is close with parents.

She has 1 brother who lives in Nebraska with his wife. One sister lives in Booth Bay while the other sister is in Portland, OR.

Her favorite color is blue and she likes to wear makeup. Her favorite thing about her job is socializing with the residents.

One Day University

Tuesdays at 11am in the PMR

Celebrating
Shark Week & Gorgeous Grandma

- 1: Presentation by Brianna from Hirundo on birds
- 8: Sharks in Maine waters
- 15: Windy Knoll Goldens
- 22: Life & Death in the Grand Canyon
- 29: The Power of Mindset

Please remember

All Life Enrichment trips require that residents/cottagers sign up in the LE book at the front desk.

We require a minimum of 5 people for a trip.

If you do sign up, please attend the trip or let someone in Life Enrichment know as soon as possible. This is so Life Enrichment can offer your seat to the next person on the wait list. Thank you.

Graceful Giving

Every quarter, Dirigo Pines selects a local nonprofit organization or cause to help. July, August, & September will focus on the Alzheimer's Association of Maine.

You visit the Maine Alzheimer's website (<https://www.alz.org/maine>) for all the great things they do.

The biggest fundraiser is coming soon – the Maine walk on October 11th in Bangor. Watch for upcoming details.

Please remember to check the main bulletin board for any daily changes to the Life Enrichment calendar.

The IL board is located by the Penobscot mailboxes.

Assisted Living boards are on each neighborhood.

Thank you.

Men's Group

Dirigo Pines will be hosting a Men's Group every second Thursday at 10am in the Library. Our first session will be planning for future topics.

The possibilities are endless: communication, relationships, sports, weather, technology, and more. We look forward to adding this opportunity.

Summertime Storytime

Join us every Tuesday at 10 AM in July and August for our Summertime Storytime Series! We'll be welcoming local children for fun and engaging story sessions right here at Dirigo Pines. Residents who would like to volunteer as readers are warmly invited to see Jenna to sign up. Let's make this a magical summer of stories for our young guests!

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." – George Burns

Art News

A special thank you to Dale Macurdy for allowing Dirigo Pines to display his wonderful art!

We are looking forward to showcasing the talent of our many residents and their families for our next art exhibit. Please look in your homes and make phone calls to family to secure all the creative talent for display.

The Life Enrichment team will accept all forms of artwork: quilts, needlework, paintings, drawings, crafts, and photographs. ALL work should be ready to hang with a picture wire and frame! The sooner you submit your work to us, the easier it will be to orchestrate the exhibit. We will do our best to include all the artwork submitted .

THE DEADLINE IS JULY 11th!

We cannot guarantee your art will be displayed if submitted after this date.

THE FOLLOWING HANGING SYSTEMS WILL NOT BE ACCEPTED. No D-rings, no sawtooth hangers, or frames with small holes that are meant to be use with screws.
If you need help applying a hanging wire, please see Jennifer before July 11th.

Our art opening will be Wednesday, July 30th at 3:30pm.

Word Scramble
Congratulations to Bev T!

The answers from June were:

summer
pearl
rose
light
outside/tedious

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

khras
bbrreeuyl
ineeeppndcde
lgaf
sbbllaea

Upcoming Events Information

7/3 – We are headed to the Windy Knoll Golden Farm in Bradford. We will see golden retriever puppies and their parents, goats, chicks, and cows. After, we will travel to McLaughlin's Family Restaurant in Milo with a quick stop at Elaine's Bakery.

7/6 – 7/11 Shark Week! Watch for daily events!

7/7 – Early supper at Governor's to support the Dirigo Pines' fundraising for Alzheimer's Association.

7/14–7/17 – Each day will focus on a different baking aspect. The 14th at 3pm, we will learn how to make the best pie crust! The 15th, we will bake using blueberries. The 16th, we will make pies. And the 17th, will be the blueberry baking contest.

****See Life Enrichment to join so we have enough supplies/ingredients.****

7/17 – The Frogtown Mountain Puppeteers will present a show at the Orono Performing Arts Center for free. Let's go!

7/23 – Gorgeous Grandma Day! We know that we are gorgeous everyday but watch for announcements

7/25 – YOUR REQUEST – lunch at Chase's Restaurant!

7/30 – Art Opening w/ Happy Hour!

7/31 – Meet Your Neighbors! Life Enrichment will have assigned seats to meet and mingle with residents from different neighborhoods, including our cottages.



A Little Poem for Seniors

(so true it hurts.)

Another year has passed and we're all a little older,
Last summer sure felt hotter and winter seems much colder.
There was a time not long ago when life was quite a blast
Now I fully understand about "loving in the past."
We used to go to weddings, football games, and lunches,
Now we go to funeral homes and after-funeral brunches.
We used to go out dining and couldn't get our fill,
Now we ask for doggie bags, come home and take our pill.
We used to often travel to places near and far,
Now we get sore a\$\$es from riding in the car.
We used to go to nightclubs and drink a little booze,
Now we stay home at night and watch the evening news.
That, my friend, is how life is and now my tale is told,
So enjoy each day and live it up...
Before you're too damned old.



Shared by Paula Wallen DiGiuseppe Harper on Facebook