

Activities & Programs for Adults & Seniors

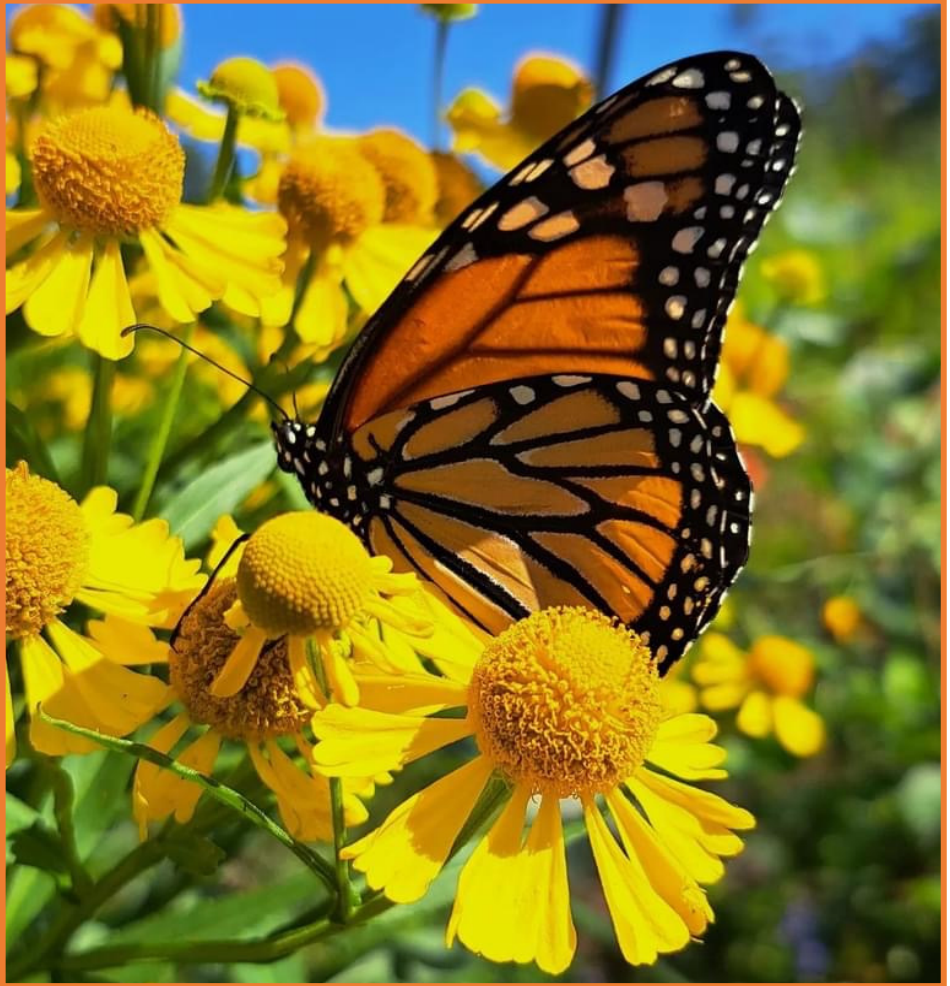


Photo by Kailey Ford

Falmouth Community Programs Summer 2023

Table of Contents

3	Registration Information
4	Contact Information
5	Policies & Procedures
6	Travelogue/Out & About
7/8	More Out & About
9	Theatre Trips
10-11	Let's Eat Out
12	Games & Such
13	Health & Wellness
14-15	Registration Forms
16	Sharpen Your Skills/Cooking Classes
17	More Cooking Classes/55+ Activities
18-20	More 55+ Activities
21-22	Wellness & Fitness
23	Tennis Lessons
24	Outdoor Adventures
25	Resident Discount Tickets
26-27	Resident Resources
28	Summer Concert Series



*Follow us on Facebook and
Instagram to find
program news, cancellations,
changes and updates.*



Registration Information

3

Please register early. You may register online via our website, dropping off forms in person or mailing them to: *FCP, 190 Middle Road, Falmouth, Maine 04105*. We accept cash, checks, Visa, MasterCard, American Express and Discover. Please note a non-refundable online convenience fee of 3.25% or minimum of \$2.00 is applied. Please make checks payable to: Town of Falmouth. Registration forms can be found in this brochure and at the FCP office. Unless we notify you, please assume that you are enrolled in your choice of programs.

We send e-mail receipt confirmations only.

www.falmouthme.org/parks-and-community-programs

Use our online registration system to register for programs anytime and anywhere. Add your e-mail address to receive notices and updates about exciting new activities and programs – you won't miss a date. Set up your private registration account today so that you are ready when registration opens.

Forgot your online registration password? Call 699-5302 to have it reset. Please DO NOT create a new account.

We do not accept registrations by phone with the exception of those participants called from waitlists.

FCP Notes

We reserve the right to revise dates, times and/or prices due to changes that occur after publication. Thank you for your understanding.

The Town of Falmouth will try make reasonable accommodations for alternative access and participation when events or meetings are scheduled on religious observances.

If you have a disability or injury and need additional accommodations to participate in any of our programs, please call our office 699-5302.

Changes, additions and updates for FCP activities can be found on our website at the following address:

www.falmouthme.org/parks-and-community-programs

We also reserve the right to use any photos and/or videos of programming in future brochures or advertisements.

Contact Information

Seniors age 60 and over receive a 25% discount off course fees unless otherwise stated.

Non-residents can register beginning April 26.

FCP Office Hours

Monday-Thursday	8:00am-5:00pm
Friday	8:00am-12:00pm

Address: 190 Middle Rd, Falmouth ME 04105

Phone: 207-699-5302

Contact: fcp@falmouthme.org

Parks & Community Programs Staff

Lucky D'Ascanio, Director

Matt Gilbert, Assistant Director

Jeff Mason, Parks Supervisor

Sam Hazelton, Parks Assistant

Kate Harris, Recreation Coordinator

Ashlee Quirion, Recreation Assistant

Kim Doyon, Senior Programs & Services Coordinator

Beth Benson, Admin/Programming Assistant

Caleb Hemphill, OS Property Steward/Trails Manager

Parks & Community Programs Advisory Committee

Scott Simmonds, Chairperson, Janet Lane-Dye, Vice-Chairperson

Robert Carter, Melanie Collins, Karen Jones, Doug Zlatin,
Denise Martin

PACPAC usually meets once a month and meetings are open to the public. FMI please contact the FCP office 699-5302.

Program Cancellations

FCP reserves the right to cancel any program which fails to meet minimum enrollment requirements, so please register early. **Deadlines are one week prior to the first class unless otherwise noted.**

Inclement Weather/Free Programs

When schools are cancelled due to inclement weather, all adult programs beginning prior to 4:00pm are also cancelled. Decisions regarding evening programs will be made by 2:00pm. For free programs, please call 699-5302 prior to attending as unforeseen cancellations may occur.

After business hours please call 699-5302 or visit our website at: www.falmouthme.org/parks-and-community-programs for News and Announcements or check Facebook for program notices, updates and cancellations.

Refunds

If we cancel or change a course, we will refund you 100% of course fees. **Online convenience fees are NON-REFUNDABLE.** A processing fee ranging from \$5-\$10 will be charged for each course from which you withdraw no less than five full business days prior to the start of the program. After this time, you may receive a 50% refund if a replacement can be found (wait list has priority), the withdrawal does not affect course minimum enrollment, there is unlimited enrollment or the set date of withdrawal has not passed. We reserve the right to credit your account for refunds under \$10.00. For larger refunds, please allow a minimum of two weeks for processing.

**WE DO NOT OFFER REFUNDS AFTER THE START
OF THE SECOND CLASS.**

Course Guidelines

Course guidelines are designed to be appropriate for the enjoyment and safety of all participants. If an emergency/circumstance arises, or if you are dissatisfied with a program, please contact our office as soon as possible. Concerns will be reviewed on an individual basis.

Travelogues

The Travelogue Series offers the opportunity to explore the beauty and customs of lands both far and near, as presented by guest speakers. Programs are free and open to the public; all ages are invited. Pre-registration required for all non-OceanView residents. OceanView follows specific protocols for guests. Please bring a mask with you in case it is required.

Location: Hilltop Lodge, OceanView

Time: 6:30-7:30pm

Fee: FREE

Sailing the Adriatic Coast

Speaker: Timothy Lynch

Date: Wednesday, May 17

Session: 33333.1A



Where in Maine?

Speaker: Rick Scala

Date: Wednesday, June 21

Session: 33333.1B



Out & About

Adults of all ages are invited to attend these events. All discounts are included in fee. Return times are approximate. Please wear comfortable shoes as walking may be involved.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Min: 8

Max: 12

Strawbery Banke Museum Tour Portsmouth, NH

Join us for a trip back in time to an outdoor history museum where 300+ years of American history is brought to life. Visit dozens of historic buildings on their original sites, heirloom gardens, and engage costumed role-players sharing the experiences of those who lived and worked in the waterfront neighborhood of Puddle Dock. Lunch is on your own.

Date: Wednesday, June 7 (Register by 5/22)

Time: 9:15am-3:30pm

Fee: \$20

Session: 11113.1A



Parsonsfield Seminary Tour & Tea Luncheon Parsonsfield

One of the areas most beloved National Historic sites. We will start with a tour of the buildings, which includes the former dormitory. We will hear first-hand about the history, the Underground Railroad ties to the seminary and how it was founded by the first free will Baptists. Following the tour, we will have a tea luncheon consisting of finger sandwiches, desserts, and teas.

Date: Tuesday, June 13 (Register by 5/23)

Time: 9:00am-3:00pm

Fee: \$33

Session: 31084.1A



Garden Tour Falmouth

Back by popular demand, we will be visiting two special gardens in Falmouth led by Ellen Klain. Babbidge Farm where Lupines will be in full bloom as well as Baptisia and Iris. The second garden is a very well thought out garden design full of many unusual and attractive perennials and shrubs. Please wear comfortable shoes.

Date: Wednesday, June 14 (Register by 5/31)

Time: 3:30-6:30pm

Fee: \$12

Session: 11230.1A



Pineland Farms Education Tour New Gloucester

Did you know visiting a farm increases happiness and reduces stress? Join us and learn more about the role of agriculture in Maine's economy. We will visit the dairy barn and poultry operations as well as have a chance to meet the animals that provide so much of the food we consume daily. At the end of our tour we will watch how ice cream is made and get to taste some before enjoying lunch (on your own) at the Market at Pineland Farms.

Date: Friday, July 7 (Register by 6/22)

Time: 9:30am-2:00pm

Fee: \$23

Session: 11230.1B



More Out and About

Tour of Botanical Garden in the Capital City Augusta

Viles Arboretum offers visitors a unique opportunity to explore and learn about nature. Our tour will include wildlife watching as well as the botanical garden collections featuring native and non-native plants of statewide importance. There is about a mile or so of walking, so please wear comfortable shoes. We will enjoy lunch (on your own) at Maine Market Local in Hallowell after our tour.

Date: Friday, July 14 (Register by 6/29)

Time: 9:30am-3:30pm

Fee: \$20

Session: 11123.1A



Fawcett Antique Toy Museum Waldoboro

Visit this delightful museum filled with wonderful childhood memories. The museum features antique cartoon toys of all kinds, antique radios featuring western heroes and other comic characters; Popeye, Felix the Cat, Snow White, Betty Boop, and so much more. Enjoy lunch (on your own) at Archer's on the Pier in Rockland after our visit.

Date: Wednesday, July 26 (Register by 7/5)

Time: 9:30am-3:30pm

Fee: \$13

Session: 31038.1A

Hamilton House & Garden Tour South Berwick

In a picturesque setting overlooking the Salmon Falls River, this striking Georgian mansion, a National Landmark c. 1785, and its landscape share a history that mirrors that of its Southern Maine region. Hamilton House is located on the homeland of the Wabanaki. After Hamilton House tour, we will get a tour of the gorgeous gardens surrounding the house. Tour involves standing, walking, and stairs. Lunch at When Pigs Fly Pizzeria in Kittery on your own after tour.

Date: Thursday, August 3 (Register by 7/17)

Time: 9:00am-3:30pm

Fee: \$25

Session: 11146.1A



Theater events are open to adults of all ages. Transportation is provided in a 15-passenger mini-bus or van. Return times are approximate. All discounts included in fee.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Exit Laughing ~ City Theater, Biddeford

A hilarious new comedy about doing the most daring thing you have ever done and living life to the fullest.

Date: Sunday, May 21 (Register by 4/24)

Time: 1:00-5:30pm

Fee: \$ 40

Session: 11118.1A

Singin in The Rain ~ Ogunquit Playhouse, Ogunquit

"The Greatest Movie Musical of All Time". Each unforgettable scene, song, and dance is here, including an unforgettable rainstorm.

Date: Wednesday, June 21 (Register by 6/6)

Time: 12:30-5:00pm

Fee: \$85

Session: 11710.1A

Boogie Down ~ Carousel Music Theater, Boothbay Harbor

Enjoy lunch and a musical show featuring the music of the 70's! Lunch includes soup, choice of sandwich (lobster roll extra fee), dessert and coffee/tea or cold drinks.

Date: Wednesday, July 19(Register by 6/30)

Time: 10:30am-5:30pm

Fee: \$58

Session: 11701.1A

The Sound of Music ~ Lake Region Community Theater, Bridgton

Based on the 1949 memoir of Maria von Trapp, this musical tells the story of Maria, who takes a job as governess to a large family while she decides whether to become a nun. She falls in love with the children and eventually their widowed father.

Date: Sunday, August 6 (Register by 7/10)

Time: 12:30-4:45pm

Fee: \$16

Session: 11712.1A

Godspell ~ Hackmatack Theater, Berwick

Prepare ye, for Stephen Schwartz's eclectic yet powerful musical about the parables and teachings of Jesus Christ. This endearing musical has some slapstick comedy & shares the universal messages of kindness, compassion and community.

Date: Thursday, August 17 (Register by 7/3)

Time: 12:45-5:30pm

Fee: \$40

Session: 11117.1A

Let's Eat Out

Discover new places to eat and have an adventure or two while enjoying the company of old and new friends. Travel in a 15-passenger mini-bus or van. All discounts included in fee. Meals are extra unless otherwise indicated. Return times are approximate.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd)

Ri Ra's Portland

Walking through the doors of Ri Ra's leads you back in time to the peaceful and cozy atmosphere of a traditional pub 100 years ago in Ireland. All of the pub interiors were salvaged and restored in Ireland and shipped to Portland. Ri Ra's also takes pride in their food and have a great diverse menu with an upstairs restaurant with wonderful views of Casco Bay.

*Date: Wednesday, May 10
Fee: \$8*



*Time: 11:45am-2:30pm
Session: 31043.1A*

The Lobster Shack Cape Elizabeth

This favorite stop never gets old; the Lobster Shack at Two Lights and a stop at the Cookie Jar to round out the day. We will take a short walk around Fort Williams as well.

*Date: Tuesday, May 16
Fee: \$8*



*Time: 11:15am-2:30pm
Session: 31015.1A*

The Brunswick Old Orchard Beach

By popular demand we are going back to The Brunswick for lunch in OOB! They offer casual indoor and outdoor dining with ocean views and daily live music entertainment (most days).

*Date: Thursday, May 25
Fee: \$8*

*Time: 11:30am-3:00pm
Session: 31051.1A*

Picnic Lunch at Fort Williams Park Cape Elizabeth

Let's visit Bite Into Maine food truck at Fort Williams park and take in the views. Bring a chair and breathe in the ocean air.

Date: Friday, June 2

Fee: \$8 (Lunch on your own)



Time: 11:30am-3:30pm

Session: 31015.1B

Jackie's Too Ogunquit

A well known seaside restaurant with an award winning menu with the ocean right at your feet, Jackie's Too is located in Perkins Cove where Marginal Way begins and ends. After lunch we will take a walk on Marginal Way.

Date: Wednesday, June 28

Fee: \$8

Time: 11:00am-4:00pm

Session: 31097.1A

Jones Landing Peaks Island

Let's take the ferry to a playful coastal Maine seafood restaurant with island flavors and dishes for all eaters! We will be seated on the waterfront deck overlooking beautiful Casco Bay.

Date: Wednesday, July 12

Fee: \$12



Time: 10:30am-3:15pm

Session: 11175.1A

Kennebec Tavern Restaurant and Marina Bath

We will start this trip with shopping on Front Street. Then kick back on the Kennebec and enjoy a relaxing lunch while watching the activity on the water.

Date: Wednesday, August 23

Fee: \$8

Time: 9:45am-2:30pm

Session: 31039.1A

Games & Such

Programs are for adults of all ages. All discounts are included in fee. Please register early. Come join the fun and bring your friends!

Location: Mason-Motz, Presumpscot Room

Monday Mahjong

Similar to the card game rummy, Mahjong is a game of skill, strategy and calculation involving a degree of chance. Sessions are for those familiar with Mahjong; if interested in beginner sessions, let us know. No registration required.

*Date: Mondays ongoing**

Time: 1:00-4:00pm

Fee: FREE!

**No session May 31 and June 19*



Cribbage

Come play the enduring game that has been entertaining folks since the 17th century. Meet new people and make friends. No registration is required. Join us and enjoy some camaraderie and fun. New to cribbage and need some instruction, just let us know

Tuesday Cribbage

*Date: Tuesdays ongoing**

Time: 12:00-3:00pm

Thursday Cribbage

Date: Thursdays ongoing

Time: 9:30am-12:00pm

**No session July 4*

Fee: FREE!



Clutter Club

Are you interested in de-cluttering? Bring a sense of humor and positive outlook and meet others who will encourage and support you. Learn techniques to simplify your life and share strategies that work for you. Bring a box of "stuff" to go through. Have fun and get it done!

Leader: Community Volunteers

Dates: Wednesdays, 5/17, 6/21, 7/19, 8/16

Time: 1:00-3:00pm

Fee: \$5 (or \$2 drop in fee per class)

Session: 11261.1A



Newsletter

Do you receive our 55+ quarterly newsletter? It's a great way to stay up to date on all of our activities, programs and trips. FMI contact, Kim Doyon, Sr. Services Coordinator: kdoyon@falmouthme.org or call 699-5330 to be added to our e-mail list.

Essential Oils

Have you ever wondered what the hype is over essential oils? Do you want to learn more about them and how they can be used in your home, vehicle, and work environment? Join us to learn the basics; what they are, how they are made and what they can be used for in this series of classes. All discounts included in fee. \$10 Lab fee due to the instructor per class for the make and take home portion.

Instructor: Beth Benson

Location: Presumpscot Room

Time: 2:00-3:00pm

Fee: FREE!

Ticks and More

First Aid

Energy & Focus

Thursday, May 18

Thursday, June 8

Thursday, June 22

Session: 11271.1A

Session: 11271.1B

Session: 11271.1C

Energy Art

Would you like to express ideas or emotions, but words are not your “go-to” tool? This class is the visual equivalent of journaling. Using pastels and paper you will express ideas or release emotional baggage to help you gain clarity around issues, people or projects. Energy Art is easy to learn and requires no previous art experience. This workshop focuses on fun, self-discovery and creativity.

Instructor: Susan Tompkins, Certified Life Coach

Location: Presumpscot Room

Date: Thursday, June 1

Time: 2:00-3:30pm

Fee: \$25

Session: 11272.1A

Chair Yoga for a Peaceful, Powerful You

No prior experience needed for this session of gentle, mindful movement and deep breathing to calm the nervous system and focus the mind. Stretch and move while sitting in your chair with a handful of standing and balancing postures accessible to all. Finish with a guided body scan that invites you to relax in the present moment.

Instructor: Martha Williams, MSW, Certified Yoga Teacher

Location: Mason-Motz Gym

Fee: \$75 (\$15/day drop-in fee)

Time: 11:15am-12:15pm

Session 1: 11329.1A

Session 2: 11329.1B

Dates: Wed., June 7-July 12

Dates: Wed., July 19-August 23

Summer 2023 Adult Brochure Registration Form

First Name _____ Last Name _____

Address _____ Contact #: _____

Email: _____ DOB: ___/___/___

Emergency Contact: _____ Contact # _____

The undersigned hereby releases and holds harmless the Town of Falmouth, Falmouth Community Programs (FCP) and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation in this program/event sponsored by Falmouth Community Programs. The undersigned further authorizes anyone working for FCP to call for medical care for any participant if, in the opinion of the program supervisor, medical attention is needed. In addition, FCP is given permission to use your photograph in any FCP promotional material such as brochures, flyers or videos.

Participant Signature _____

Course Name	Session Code	Fee

Payment can be made by check made out to the Town of Falmouth or by credit card by filling out the following information:

Card # _____

Exp Mo/Yr _____ CWV _____

Signature of card holder _____

X _____

C&C Log: _____ Amt: _____ Ck # _____

Summer 2023 Adult Brochure Registration Form

First Name _____ Last Name _____

Address _____ Contact #: _____

Email: _____ DOB: ___/___/___

Emergency Contact: _____ Contact # _____

The undersigned hereby releases and holds harmless the Town of Falmouth, Falmouth Community Programs (FCP) and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation in this program/event sponsored by Falmouth Community Programs. The undersigned further authorizes anyone working for FCP to call for medical care for any participant if, in the opinion of the program supervisor, medical attention is needed. In addition, FCP is given permission to use your photograph in any FCP promotional material such as brochures, flyers or videos.

Participant Signature _____

Course Name	Session Code	Fee

Payment can be made by check made out to the Town of Falmouth or by credit card by filling out the following information:

Card # _____
Exp Mo/Yr _____ CVV _____
Signature of card holder _____
X _____

Sharpen Your Skills

Knife Sharpening Class

If there's one tool we use above all others, it's the knife. Knives and axes are generally made of metal, which can be sharpened using a hard stone, or a factory-made sharpening block. In this class, you will learn how to sharpen knives, axes, pruners, scissors, and other blade tools. This class will cover the basic theory behind sharpening edge tools, and practice using a variety of sharpening stones. Instructor will also have some stones available for purchase.

Instructor: Zack Rouda, REWILD Maine Location: Presumpscot Rm.

Date: Tuesday, June 6

Time: 4:00-6:00pm

Fee: \$45

Session: 11270.1A

Cooking Classes

Sheri is back again to demonstrate more cooking classes for adults of all ages. All discounts are included in fee. Come join the fun and bring your friends!

Instructor: Sheri Fistal, Master Food Preserver

Location: Presumpscot Room



Chinese Cooking Class

Chinese food lovers come enjoy a lunch and learn cooking class designed for anyone and everyone. Come prepared to take part in the cooking. We will be cooking dumplings, soup and a main course served with lo mein noodles. Bring some containers for leftovers.

Date: Monday, May 15

Time: 11:00am-2:00pm

Fee: \$35 for class (\$15 lab fee payable to instructor day of class)

Session: 11246.1A

Preserving Strawberry Jam

Learn how to preserve jams and jellies the safe way. Proper techniques taught with hands on experience. Once you learn the basics you will be able to preserve almost anything. Every participant will go home with a jar of strawberry preserves along with a tasting at class.

Date: Wednesday, June 14

Time: 1:00-3:00pm

Fee: \$20 for class (\$10 lab fee payable to instructor day of class)

Session: 11246.1B

Preserving Pickled Vegetables

Learn how to make pickled vegetables, pickles, relish, dilly beans, and more safely. Proper techniques will be taught while enjoying a hands on experience. Everyone will go home with a jar of pickles along with a tasting at class.

Instructor: Sheri Fistal

Location: Presumpscot Room

Date: Thursday, July 20

Time: 1:00-3:00pm

Fee: \$20 for class (\$10 lab fee payable to instructor day of class)

Min: 4

Max: 13

Session: 11246.1C

Dehydrating Summers Bounty

In this class, you will learn how to dry abundant fruits and vegetables into delightful snacks or savory additions to your cooking. Proper techniques will be taught while enjoying a hands on experience.

Instructor: Sheri Fistal

Location: Presumpscot Room

Date: Thursday, August 24

Time: 1:00-3:00pm

Fee: \$20 for class (\$10 lab fee payable to instructor day of class)

Min: 4

Max: 13

Session: 11246.1D

55+ Activities

Mark your calendars and bring friends for informative and stimulating social activities. **Pre-registration is required at least 4 days prior to the program.** You can register online or in person. For more information call Kim Doyon at 699-5330 or 699-5302.

Leader: FCP staff and others

Location: Presumpscot Room

Fee: FREE (unless specified)

Pseudo Book Club

Have you ever wanted to stay away from your book group because you didn't finish the book or didn't like it and couldn't think of anything nice to say? Join us for a less structured, more relaxed book club where we pick a theme for the month as well as our own books. The theme for the first class is *Seasons*.

Leader: Community Volunteers

Time: 11:30am-1:00pm

Dates: Mondays, 5/1, 6/5, 7/10, 8/7

Session: 31103.1A



More 55+ Activities

Brain Fitness Class

Join this fun group to exercise your brain and improve working memory, planning, processing speed, response time, and focused attention. Classes start with deep breathing exercises. After our brief warm up, we will continue with some stimulating cognitive exercises to increase our brain activity

Instructor: Kim Doyon

Dates: Tuesdays, 5/9, 5/23, 6/27, 7/11, 7/25, 8/22

Time: 10:00-11:15am

Session: 31130.1A



3-5 Ingredient Meals

Everyone loves a homemade meal, but there are just times when cooking from scratch is not going to work. Simplify meal time and shorten your shopping list without sacrificing nutrition or flavor. Join your community dietician for a fun and interactive class. We will discuss some strategies, recipes and techniques for getting a meal on the table with 5 ingredient's or less.

Instructor: April Byron, MS, FD, LD

Date: Monday, May 22

Time: 10:30-11:30am

Session: 31126.1A

Healthy Hearing

Come learn valuable information about hearing loss, as well as many technical advancements and resources available to you. It's the perfect setting to share your experiences and questions surrounding hearing health. Hearing better is living better.

*Instructors: Holly Thibodeau, Southern Maine Hearing
Stephanie Smith, Patient Care Coordinator*

Date: Wednesday, May 24

Time: 10:30-11:30am

Session: 31132.1A

Jog Your Memory

We will discuss the curious, anti-aging effects of exercise on the brain by sharing findings of recent research on the topic. For example, participating in a walking program has been shown to increase the physical size and performance of the hippocampus in the brain, an organ critical for memory.

Instructor: Jason Adour, Doctor of Physical Therapy

Date: Friday, June 9

Time: 10:30am-12:00pm

Fee: \$10

Session: 31107.1A

All 55+ programs meet in the Presumpscot Room at Mason-Motz

Massage Therapy Education

Massage can be a powerful tool to help you take charge of your health and wellbeing. 10 minute massages will be offered after the class for a \$10 fee. Learn about Swedish, Myo Fascial and Polarity massage. Please register by May 30.

Instructor: Robyn Pfeffer, CMT

Date: Monday, June 12

Time: 10:00am-12:00pm

*Fee: \$10 payable to instructor**

Session: 31127.1A

**If receiving a massage*

Proper Gardening Techniques with REFORM

Gardening should be fun and painless. A REFORM physical therapist will teach you some tips and tricks for safe and pain free gardening. Learn what tools can help avoid injury, how to properly warm up before you start, and what warning signs to look for if you feel pain.

Instructor: Brandon George, PT, DPT

Date: Wednesday, June 14

Time: 10:00-11:00am

Session: 31123.1A



10 Tips to Boost your Energy

Just because energy declines a bit with age doesn't mean that you can't be active. There are many things you can do, regardless of your age, to increase your energy level. Discover the top ten tips to increase your energy level.

Instructor: Humana Representative

Date: Monday, June 26

Time: 10:30-11:30am

Session: 31133.1A



Family Sleep & Stress Management

Latest trends show a downward trend in sleep time for most adults. Not getting the proper amount or quality of sleep interferes with cognitive function, memory impairment, physical performance, personality changes and depression. Using evidence-based sleep science, the instructor will help us improve our sleep hygiene, decrease stress, increase productivity and improve overall quality of life.

Instructor: Jenna Marion, REMedy Sleep Coach, CSC, CLC

Date: Thursday, July 13

Time: 2:00-3:30pm

Fee: \$10

Session: 31312.1A

More 55+ Activities

All 55+ programs meet in the Presumpscot Room at Mason-Motz

Battling the Aging Brain

Similar to other parts of the body, the human brain tends to become less agile as people get older. Learn about the changes you can expect and how to keep your brain healthy. In this seminar, you will learn about parts of the brain and each role they play, what's normal and what's not in aging and how to keep our brains healthy and working at its best.

Instructor: Humana Representative

Date: Monday, July 17

Time: 10:30-11:30am

Session: 31133.1B

Build a Better Breakfast

A balanced and nourishing breakfast will help get your day off to a good start. Whether it's a lazy Saturday morning or rushed Monday, breakfast is a priority. Join your community dietician for an interactive class, where you'll learn hacks, recipes and ideas that will make your breakfast work for you.

Instructor: April Byron, MS, FD, LD

Date: Monday, August 14

Time: 10:30-11:30am

Session: 31126.1B

The Role of Physical Therapy After a Cancer Diagnosis

Cancer can be scary and typically includes an entire team of healthcare providers for the best possible outcome. Join a professional physical therapist, who will discuss the role physical therapy can play within a cancer diagnosis and how physical therapy can help you stay strong, mobile, and help mitigate the psychological toll of diagnosis and treatment.

Instructor: Christina Levesque Monroe, PT, DPT

Date: Wednesday, August 16

Time: 10:00-11:00am

Session: 31134.1A



***We are on Facebook and Instagram!
"Friend Us" or "Follow Us"
to find up-to-date program news,
cancellation information and more.***



Tone & Burn

This interval class will offer cardio and strength training in a fun, comfortable atmosphere. The instructor will provide modifications for the exercises so you can choose your own level of intensity. Please bring water and a yoga mat or towel. All discounts included in fee.

Instructor: Celeste Long

Location: Mason-Motz, Gym

Session 1: 11322.1A

Session 2: 11322.1B

Dates: Mon., May 1-June 12

Dates: Thurs., April 27-June 15

Time: 9:30-10:30am

Time: 9:30-10:30am

Fee: \$68

Fee: \$91

(No class May 29)

Gentle Yoga

This class is appropriate for all levels of yoga experience including no experience at all. Poses will be clearly described and demonstrated. The instructor will be able to safely help you alter poses to work around injuries or limitations, making poses optimally effective for you. Class includes standing, seated and reclining poses. Dress comfortably and bring a mat, a towel/small blanket, and two blocks if you have them. A chair is available if you would like to use one.

Instructor: Tori Norton Location: Mason-Motz, Gym Fee: \$100

Morning Session: 11315.1A

Dates: Tuesdays, April 25-June 6

Time: 9:30-10:30am

Evening Session: 11315.1B

Dates: Wednesdays, April 26-June 7

Time: 5:30-6:30pm

Beginner and Intermediate Pickleball Classes

Have you ever heard of Pickleball? Perhaps this is the first time or you could already be part of the ever increasing number of "Pickleballers". This is an excellent class for beginners and intermediates to learn more about the sport that is sweeping the nation and improve your skills through drills and play. All discounts included in fee.

Instructor: Wayne St. Peter & Staff, PPR & IPF Certified

Location: Foreside Fitness & Tennis

Time: 6:00-7:30pm

Fee: \$150

Session 1: 11415.1A

Session 2: 11415.1B

Date: Tues., June 6-27

Date: Tues., July 11-August 1

Session 3: 11415.1C

Date: Tuesdays, Aug. 8-29



Adult Pick-Up Basketball

Pick-up games are primarily for residents but basketball enthusiasts from other communities are welcome as space allows (determined by the gym supervisor). All ability levels welcome. Different teams selected each week. **Pre-registration is required** to hold your spot and is good for the dates listed. You must be out of high school and a minimum of 18 years old. Please bring a dark shirt and a white shirt.

Leader: Ralph Warnock, FCP Staff

Location: FMS, Gyms

Fee: \$40 punch card purchased at the door. Cash and check only.

(Punch card does not expire).

Sunday Mornings ~ 30+

Dates: June 18-July 23

Time: 8:00-10:00am

Session: 11414.1A



Monday Nights

Dates: June 19-July 24

Time: 7:00-9:00pm

Session: 11414.1B

Thursday Nights

Dates: June 22-July 27

Time: 7:00-9:00pm

Session: 11414.1C

Cruising Under Sail Adult Sailing Lessons

Join a crew with five other adults (21+) and an instructor and learn to sail a 23' sailboat, row a dinghy, set and strike sail, navigate and use a marine radio. Other skills taught include weather watching, tying knots, and basic sailing safety. We will sail Casco Bay on the boat, the *Pearson Ensign*. It is a strong, unsinkable, comfortable fiberglass boat that is still being raced to this day with plenty of room for students to learn to work together and spread out as we learn how to navigate Casco Bay. All discounts included in fee.

Instructor: Sailing Ships Maine Staff & Volunteers

Location: Falmouth Town Landing

Time: 5:30-8:30pm (sunset)

Fee: \$350

Max: 6 participants per session

June Session: 11410.1A

Date: Monday-Friday, June 19-23

July Session: 11410.1B

Date: Monday-Friday, July 10-14



Tennis

23



St. Peter's

Grand Slam Tennis & Pickleball



Adult Tennis Beginners and Beginners Plus

These sessions are designed for the beginner and slightly beyond.

All discounts included in fee. Min: 8 Max: 12

Instructor: St. Peter's Grand Slam Tennis Staff

Fee: \$60

Spring Session: 11310.1A

Location: Huston Courts, Winn/Falmouth Road

Dates: Mondays, May 1-15

Time: 6:00-7:00pm

Summer Sessions

Session 1: 11310.1B.....Dates: Mon., June 5-19

Session 2: 11310.1C.....Dates: Mon., July 10-24

Session 3: 11310.1D.....Dates: Mon., July 31-Aug. 14

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Adult Intermediate Tennis Level 2.5/3.0

This class is for players that can keep the ball in play, but need to improve court positioning and hitting consistently. Min: 8 Max: 12

Instructor: St. Peter's Grand Slam Tennis Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Fee: \$60

Session 1: 11310.1E

Dates: Weds., June 7-21

Session 2: 11310.1F

Dates: Weds., July 12-26

Session 3: 11310.1G

Dates: Weds., August 2-16

Adult Advanced Tennis Level 3.0/3.5

A class for high level players involves intense drills to refine skills, strategy, and help advance competitive match play. Min: 8 Max: 12

Instructor: St. Peter's Grand Slam Tennis Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Fee: \$60

Session 1: 11310.1H

Dates: Weds., June 7-21

Session 2: 11310.1I

Dates: Weds., July 12-26

Session 3: 11310.1J

Dates: Weds., August 2-16

Outdoor Adventures

S.O.A.R ~ Senior Outdoor Adventures in Recreation

They say “your tribe attracts your vibe”. If you enjoy getting outdoors and exploring, please join us the second and fourth Thursdays (typically) of the month for some outdoor adventures in our own backyard and beyond. We will visit Falmouth’s Open Space properties and other local gems for trail hikes and discover how and why the properties were conserved, learn about management goals of each property, a little about the flora and fauna and enjoy some fresh air and camaraderie. Make sure to dress appropriately for the weather, bring hiking staff or poles, water and snack. Please no dogs. Pre-registration is required as locations will be determined as dates approach.

Leader: Caleb Hemphill, OS Property Steward/Trails Manager

Locations: Meet at trail head parking. Participants will receive location and directions one week prior via email or phone.

Dates: Thurs., May 11 & 25, June 8 & 22, July 13, August 10 & 24

Time: 10:00am-12:00pm (Times may vary from property to property)

Fee: FREE!

Session: 31305.1A

Falmouth Land Trust ~ Guided Walks & Paddle

Join the Falmouth Land Trust and local Maine Master Naturalist’s for guided walks on Falmouth conserved lands or a paddle out of Town Landing. Signing up ahead of time helps us plan for the right number of people and allows us to contact you in case of any event changes. We will also be sure to send out any parking information before each event. All ages welcome (children must be accompanied by an adult). To register and for more information, please contact Falmouth Land Trust Outreach and Education Coordinator, Rebecca Dugan rdugan@falmouthlandtrust.org or call 207-200-5488.



Locations/Dates/Times:

- *Community Park.....Saturday, May 20 at 10:00am*
- *Woods Road Community Forest.....Wednesday, May 31 at 2:00pm*
- *Underwood Springs Forest.....Sunday, June 4 at 2:00pm*
- *Woods Road Community Forest.....Saturday, July 15 at 9:00am*

Clapboard Island Paddle

Bring your own kayak, paddle board, or small boat and a life jacket and join us for the 20-30 minute paddle out to the island.

Location: Town Landing

Date: Saturday, August 5

Time: 9:00am

Before you Head Out - Head IN!

Purchase your discount tickets at the FCP office for a summer of savings!

FCP Office Hours: Monday-Thursday 8am-5pm & Friday 8am-12pm

Credit Card payments now accepted for ticket purchases. Processing fee applies.



Funtown/Splashtown Combo Tickets

\$45 (Save \$10)

All Day Ticket/48" & taller



General Admission Pass

\$21 (Save \$8)

All day unlimited use of all pools, slides and mini-golf



York's Wild Kingdom Zoo Tickets

\$14

Zoo, Butterfly Kingdom included
Ride tickets are separate

Tickets available after June 12. Please call for availability.

INCORPORATED 1718

FALMOUTH
MAINE

STAY INFORMED, GET CONNECTED

The Falmouth Focus is a bi-weekly digital newsletter of the Town of Falmouth. Visit www.falmouthme.org/subscribe to subscribe.



E-Alerts are sent directly to your email about the issues that interest you. To enroll, click "E-Alerts" on our homepage to select the bulletins you want to receive.



[Facebook.com/
FalmouthME](https://www.facebook.com/FalmouthME)



[Twitter.com/
MaineFalmouth](https://twitter.com/MaineFalmouth)



[Instagram.com/
myfavoritefalmouth/](https://www.instagram.com/myfavoritefalmouth/)



[YouTube.com/user/
FalmouthMaine](https://www.youtube.com/user/FalmouthMaine)

TOWN OF FALMOUTH

271 Falmouth Road
Falmouth, ME 04105

Phone: 207-781-5253
www.falmouthme.org

Useful Resources for Residents

Scan the QR codes for online access to these helpful resources.

Falmouth Community Wellness Guide

The Falmouth Community Wellness Committee has created a Wellness Resource Guide to assist community members in finding local wellness activities and resources to help pursue a personal path to greater well-being.



Falmouth New Neighbor Guide

Falmouth's New Neighbor Guide informs new residents of Town services, provides a directory of Town departments, and includes a history of

Falmouth, a listing of local non

-profits. recreational opportunities, and resources for senior residents. Find a copy at Town Hall or online.

Fact Sheets

Fact Sheets provide basic information in an easy-to-read format on a variety of topics like composting, trash and recycling collection, right-of-way, tax exemptions, TIF districts, election info, and more.



Major Projects & Initiatives

Find detailed information on large-scale or ongoing Town initiatives such as road construction, long-range planning, special projects, the budget process, climate action planning, and more.



VOLUNTEER



Volunteer Opportunities

The Town of Falmouth relies on volunteer boards and committees to assist and advise the Town Council and staff in carrying out the Council work plan each year. Approximately 125 individuals serve on these boards, collectively contributing thousands of hours to the smooth functioning of Town government. Volunteering is a great way to meet new people, get involved in your local government, give back to your community, learn new skills, and share your expertise.

BUILDING COMMUNITY TOGETHER FALMOUTH'S COMPREHENSIVE PLAN

We Want to Hear From You! The Town of Falmouth is updating its Comprehensive Plan. This long-term roadmap for Falmouth's future will guide Town decisions on managing growth, investing in capital improvements, and addressing community issues. Join the conversation to help the Town develop a Plan that reflects the values of the community.



Scan the QR code with your smartphone to visit the project website.



SCAN ME

www.falmouthme.org/comprehensive-plan-update

SAVE THE DATES!

Join us for these upcoming Comprehensive Planning events and workshops to share your ideas.

May 3

Workshop 1: People & Community

May 24

Workshop 2: The Natural Environment

June 7

Workshop 3: The Built Environment

All meetings begin at 7pm in the Falmouth Elementary School cafeteria.

Falmouth Community Programs, 190 Middle Road, Falmouth ME 04105

Falmouth Community Programs
190 Middle Road
Falmouth, Maine 04105
(207) 699-5302

Presort Standard
U.S. Postage
PAID
Portland, ME
Permit No. 218

Concerts in the Park

Enjoy evenings of musical enlightenment. Bring your own picnics and don't forget your blankets or lawn chairs. Events are family friendly and open to all. In the case of inclement weather, please contact FCP office after 3:00pm on concert day for updates at 699-5302.

Location: Village Park Gazebo
Time: 6:30-7:30pm **Fee: FREE!**

The Flukes

A group of fun-loving ukulele musicians who's repertoire ranges from Bach to the Beatles and beyond.

Date: Monday, June 26

The Few

Recreational musicians from Yarmouth dedicated to having fun and playing great music for all to enjoy.

Date: Monday, July 10

2 For Jackson

A National award winning duo, hailing from Maine playing old country, new country and more!

Date: Monday, July 24

Maine POPS Concert Band

A diverse selection of music, including pop and show tunes, big band jazz, symphonic melodies and more.

Date: Monday, August 7