

BATH AREA SENIOR CITIZENS

NEWSLETTER

DECEMBER 2020

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We hope you will enjoy pandemic safe holiday blessings this season!

In this issue, you'll find:

- ★ Some chocolate indulgences!
- ★ Holiday performances you can enjoy in your own home!
- ★ A new "winter park" in Bath for safe gathering during these cold months

Note from the Editor **Hoping you enjoy blessed holidays!**

As we come to the holiday season 10 months into this pandemic, I find I am thankful for many things: the science-based plain-spoken updates of Maine CDC Director Dr. Shah several times a week; the power of masks; living in a great small city; and being able to talk to & see loved ones via technology and zoom church! I am also thankful for the generosity I see all around me, as people donate to local food banks and holiday resource programs; as senior center members knit hats and gloves for students; and as a partnership of folks collaborate to create a safe "winter park". Yes these are very challenging times with a scary surge of CoVid cases, but I see some hopeful signs on the horizon - from the vaccines being developed to the beautiful lights at this darkest time of the year. Mine may stay up all winter! This issue has resources to help you enjoy some holiday traditions in the safety of your own home as well as some safe encounters with friends. Perhaps nourish your own soul by giving support to someone else.

Peace to you wherever your journey takes you right now!

Editor, Phyllis Bailey, Bath City Council, Ward 1 (contact me at pbailey@cityofbath.com or 443-1573)

Bath Area Senior Center Weekly Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9 am Exercise Class		9 am Exercise Class	10-11:30 Line Dancing	9 Exercise class
10 am Line Dancing	11:30 am to 2:30 Witty Knitters		11:30 am to 2:30 Witty Knitters	10 Bocce
2 pm Bocce	1-3 Cribbage	2 pm Bocce		

Our regular weekly activities have moved into the building with safe 6 foot distancing and masks required! Thanks for respecting the need to protect our immune-suppressed folks by both you and they keeping masks on and staying more than 6 feet apart! If there is inclement weather, the center closes when in-person school closes.

Line Dancing six feet apart is happening on Mondays and Thursdays from 10 a.m. to 11:30 p.m. They offer a great way to stay in shape! You can sit down when you want to or just watch. **For more info, call Marjorie P. at 442-7431.**

Witty Knitters meet on Tuesday and Thursday from 11:30 to 2:30 pm. Bring whatever you are working on! We've been working on winter scarves and mittens for area school children. Folks who are just starting are welcome. **Call Linda T. at 443-4410 for more info!** Thanks for bringing a mask and sitting 6 feet apart.

Bocce—We are playing on Monday & Wednesday at 2 pm & Friday at 10 am in groups of 4 so we can physically distance. When more show up, we work it out & take turns. **Call Clara F. at 371-2852.** We had a great summer outside and are playing safely inside now. Join us with masks and distancing—we're careful!!



Cribbage is on Tuesday from 1-3 pm. Masked wonders Peter S., Rollande F., Bob D., and Rick F. all had high scores last month! Who knew that cribbage is an offshoot of a game "noddy", now rarely played? **Call Peter S. for info: 319-8428.**

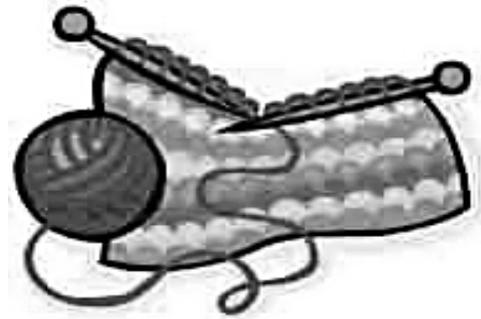
Exercise class is meeting at 9 am on Monday, Wednesday and Friday with Janine S leading the way—she usually starts us off with a joke! People are very happy to see each other and move around! **Call Janine at 729-4519.** Come and stretch even from a chair! Don't forget a mask.



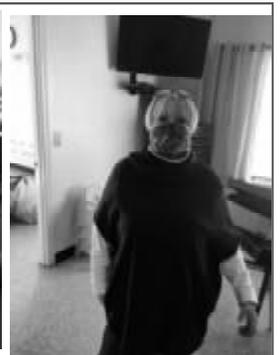
BRAVO TO THE WITTY KNITTERS!



The Witty Knitters created dozens of hats, mittens and scarves for students at local schools, the Skate Park and the Salvation Army! Here is shot of the whole treasure trove just before it was delivered—I think they have been knitting through the whole pandemic!



There are many more, but here are some of the talented knitters whose handiwork will warm local residents this winter!



Thank You!

- There are so many to whom we can give thanks this month! We thank:
- ★the Church of the Midcoast for volunteering to paint the center’s main hall.
 - ★Dick Higgins for his ongoing leadership and for being the senior center’s “glue”!
 - ★Claudette L., Phyllis M., Ellie E., & Linda R., for their faithful service answering office phones and many other volunteer roles.
 - ★The leaders of the weekly activities who keep the classes and groups going.
 - ★Foremothers like Beryl G. who was instrumental in getting women admitted to the senior center way back and was its first woman president. We walk in her footsteps.

We need volunteers to help in several key roles!

Treasurer—Ellie is retiring and we need a new treasurer. Gives an accounting of income and expenses, using Quickbooks.

Newsletter—the editor needs volunteers to help chase down needed updates each month, (recipes, jokes, member news), and occasionally prepare a topical article. Experience or willingness to learn Publisher software helps. 443-1573.



AARP publishes the “**Prepare to Care: Planning Guide For Families**” as a practical tool to help people care for family members or friends. Visit AARP.org/caregiving to order or download the guide! Or call 1-877-333-5885



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		9				8		3
4			3					
6		3	2			7		
	4		6	5				
7			8					
				9	7	6	2	
	5			8				
	9				4			5
					2			

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DIFFICULTY: ★★☆☆☆

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Answer on Page 6



Joke of the Month

A mechanic was removing a cylinder head from the motor of a motorcycle when he spotted a well-known heart surgeon in his shop. The mechanic shouted “Hey Doc, can I ask you a question?” The surgeon, a bit surprised, walked over. The mechanic straightened up, wiped his hands and said, “So Doc, look at this engine. I open its heart, take valves out, fix them and put ‘em back in. When I finish, it works like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?” The surgeon paused and smiled as she said, “Try doing it with the engine running.”



Virtual Tai Chi on Zoom this Winter!

The Age Friendly Communities of the Lower Kennebec in collaboration with Spectrum Generations & Healthy Living for ME is offering a virtual program “**Tai Chi for Health and Balance**” on zoom from January 5 to Feb. 25 which you can attend in your home. The program works to help prevent falls & relieve the pain of people living with arthritis. The movements are easy on the joints and can be done sitting or standing. The 8 week twice a week program costs \$20 for the entire series and meets Tuesdays & Thursdays from 1 to 2 pm. To register, call Jen Paquet at 207-620-1642 or email her at jpaquet@healthylivingforme.org.



Who is Santa’s favorite singer? Elf-is Presley!
 What does Santa like to do in the garden? Hoe, Hoe, Hoe!
 What’s a parent’s favorite carol? Silent Night!
 Why are Christmas trees so bad at sewing? They always drop their needles!





The Gratitude Payoff

Taking time to reflect on your blessings may seem cliché or “Pollyanna” ish, but being grateful is good for your health and happiness.

It isn't easy to be grateful all the time, especially when navigating through life's challenges. But learning to be grateful for even the smallest things in our lives while living mindfully in the moment can do wonders for mental health. It is understandable to be challenged by adverse experiences of our lives; such as the isolation brought by the pandemic, the loss of loved ones, health changes, or navigating finding purpose when no longer working full-time at home or in a career. Cumulatively, these things can take a toll on a person's feeling of self-worth and mental health. But you can intentionally change your perspective to one of gratefulness and older adults are well-known for their ability to develop long-term resilience.



How does Gratitude benefit you? Many studies demonstrate that gratitude can deeply influence the connection between health and happiness. Practicing gratitude is easier to do once you make a habit of it — and the payoff can be enormous. The many benefits of living with a thankful heart include: Greater life satisfaction, improved health, strengthened relationships, a deeper sense of spirituality, more contentment, better sleep and increased energy. Sounds like a wonder drug!

How do you develop an attitude of Gratitude? Here are a few tips to get started:

List three things you are thankful for daily.

This may help put the present in perspective.

Keep a gratitude journal and record blessings you've received, to provide a reference for when life is harder.

The Gratitude Payoff *continued*

Send thank-you cards to old friends, family, neighbors' or people who have helped you, telling them what their care and friendship has meant to you.

Say thank-you aloud when you wake up - being grateful can start the day off right.

Find the light in the dark. Think of the good times during the tough ones to gain perspective and remember how you got through.

Share your life by volunteering and giving your time and talent to others. At every age, we all have talents we can share! You have a contribution you can make.

Gratitude can be powerful! Stopping to recognize all you have at any given time may give you a surprising view of your life's abundance *and* a real boost!

(From an LPI article with revisions by P. Bailey)

And if you need someone to talk to check out the resource below ↓



If you are feeling the blues, call a friend or the Maine State Support line at 207-221-8198. It's open 7 days a week from 8 am to 8 pm. Maine's CDC Director Dr. Nirav Shah announced this recently to offer support & a listening ear to Mainers who need one.

Peanut Butter Balls

Linda D's are amazing & she sent me this recipe!

1 box powdered sugar
2 sticks butter softened
1 ½ cups creamy no-stir peanut butter (a whole 12 oz. small jar)

Mix these with electric mixer. Shape into balls (can chill in advance to make easier to handle) and place on cookie sheet covered with wax paper or parchment.

Freeze until firm, at least half hour before dipping in chocolate coating.

Chocolate coating: Melt 12 oz bag of semi-sweet or dark chocolate chips in microwave or double boiler, can add 1 tablespoon of butter to make it easier to work with. Linda adds 4 squares of unsweetened chocolate and a 1/2 cake of food wax to make the balls shiny. Stir to make sure the ingredients are mixed well. Dip each peanut butter ball in the chocolate, then return to cookie sheet. (lift them carefully with a fork out of the chocolate). Once all the balls are coated, transfer the cookie sheet back to refrigerator to chill until chocolate is hardened. Try to eat just one!!!



Holiday Special Events At Home

This year I confess that I am missing the live holiday events of the Chocolate Church and the annual December concert of the Bath Municipal Band. So here's



a list of fun things you can enjoy this season at home or in your car. And don't forget about all the seasonal programming and music on Maine PBS (*Christmas in Aroostook* is a favorite of mine). The season is also not complete without the chance to watch Rosemary Clooney & Bing Crosby in "White Christmas" or listen to all our

favorite holiday albums, CD's or downloads. I hope you get the chance to enjoy some of these.

"The Magic of Christmas At Home" – The Portland Symphony is adding a new digital version of this Maine classic to their successful pandemic adapted PortlandSymphonyTV.com video platform. For details on viewing the livestream (available after Dec. 1), go to portlandsymphony.org or call 207-842-0800.

"The Nutcracker Behind the Mask" – The Portland Ballet is producing a pandemically adapted livestream of their annual performance in a free movie format this year. For viewing options and details visit mainestateballet.org. It's available from Nov. 27 to Dec. 12.



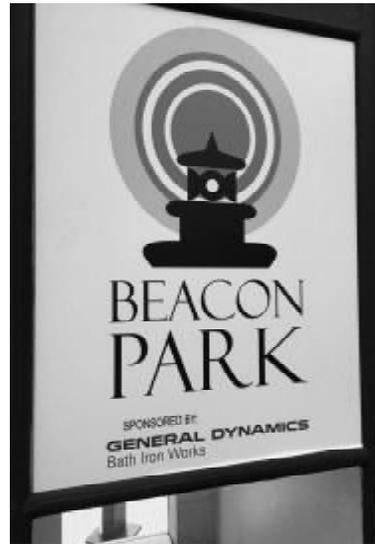
"Gardens Aglow – a Driving Tour" – In the Maine Botanical Gardens in Boothbay, the annual light show is a drive-through this year from the comfort of your car. Must have tickets with reserved time in advance. Details at mainegardens.org or call 207-633-8000.

"A Christmas Carol" – produced as a live one-person show in the Portland Stage's pandemically modified auditorium, and offered as a live stream. Visit portlandstage.org for details or call 207-774-0465.

"Celtic Sojourn Christmas" – This concert is the outgrowth of a Boston area PBS radio show, and if you are a Celtic music fan, this may fit the bill. For details on the livestream visit www.christmasceltic.org.



(An HDMI cable will hook your computer to a newer model TV)



Bath's New Indoor Winter Park

Beacon Park is open M-F 7 am to 7 pm, and Sat. to Sun. 9 am to 6 pm in the former Bates building at 31 Centre St. Will be open all winter through April as long as users follow the COVID-19 guidelines. Free Wifi! Multiple heavy-duty air purifiers installed. A great place to safely sit, meet friends, eat your lunch or sip coffee after shopping downtown. Created thanks to a

partnership between Main Street Bath, Sagadahoc Realty, Union + Co, the City of Bath, and Bath Iron Works.



Don't Forget to Pay YOUR ANNUAL DUES!

Special Thanks go out to the 37 people who renewed their membership last month! Bravo! Your support makes a big difference as we navigate these times! If you haven't renewed yet—it's never too late! Call 443-4937.

Answer to Sudoku

S
U
D
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S
W
E
R

1	2	9	7	4	5	8	6	3
4	7	5	3	6	8	9	1	2
6	8	3	2	1	9	7	5	4
9	4	2	6	5	1	3	7	8
7	6	1	8	2	3	5	4	9
5	3	8	4	9	7	6	2	1
2	5	4	9	8	6	1	3	7
3	9	6	1	7	4	2	8	5
8	1	7	5	3	2	4	9	6

Still Available: On-line Connections offered by University of New England Center for Excellence in Aging & Health

UNE is still offering **Online Connections** while many are staying home more of the time as a pandemic precaution.

Options include **Peer Connections**, which provides a chance to share experiences about how COVID-19 has impacted you and to discuss self-care; **Coffee & Conversations**, where you make your own coffee and topics for each session will vary from practical to fun; a **Virtual Knitting/ Sewing Group** and **Reminiscence Groups**, where each meeting will be focused on shared life experiences (such as where you were when you learned that JFK had been shot or your favorite TV shows in the 1960s). You can participate in any of the groups **BY PHONE** or **via ZOOM** Register online at [//sites.une.edu/ceah/legacy-scholars/online-learning-support](https://sites.une.edu/ceah/legacy-scholars/online-learning-support) or by calling Kelly Abrams at 221-4139. You can reach Kelly by phone or e-mail (kabrams@une.edu) with any questions. Join us!



DELIVERY - ONE WAY OR THE OTHER



Did you know you can get this newsletter **online**? Just go to www.ourseniorcenter.com/find/bath-area-senior-citizens.

Then click on the issue you want by month.

OR Go to **Facebook** and search for:



"Bath Area Senior Citizens Activity Center. Then for the newsletter, click on *"Contact Us*, then the *"latest newsletter"*.

OR If you would like to get this newsletter mailed to you, just drop off stamped self-addressed envelopes & we'll mail them out.



We continue to send special get well wishes to ***Sheri Bishop*** and ***Mike & Beth Rowe***; and hope that they all feel better soon! Thank you to the office team for sending cards out. And please let us know if other friends

are under the weather.



We are thankful for and welcome our new member!

◆ Tracy Williams



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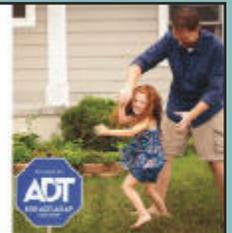
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