

March 2020

# Dirigo Pines

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DIRIGO PINES  
A GRACE MGMT COMMUNITY

Greetings,

Thank you all for the feedback about the new format of the newsletter. Some things I am able to change and others I can't, but I hope overall this is working well for most people.

I received a suggestion for new discussion group, specifically for those interested in investing in the stock market. In the past a discussion group was tried, but without suggested topics. I think we will try to begin that next month. If you have other topics you think would be of interest please submit them. This might be a nice way to make connections with others who are interested in similar topics.

Hopefully March will bring warm temperatures and Spring will soon make it's presence known.

Wishing you all the best,

-Tracy

Mar 3 - Shawn Laatsch

Mar 4 - Masanobu Ikemiya

Mar 5 - Bereavement Group

Mar 5 - Fireside Strings

Mar 7 - Doolally

Mar 9 - True North Theatre

Mar 9 - Gateway Movie

Mar 10 - Penobscot Resident Meeting

Mar 10 - Welcome Whitney & Bill

Mar 10 - Duane Nickerson

Mar 10 - Bill Trowell

Mar 12 - Bob Tredwell

Mar 16 - Dan Tardy, PT

Mar 17 - St. Patrick's Day Party

Mar 20 - Girl Scout Cookie Sale

Mar 23 - True North Theatre

Mar 23 - Gateway Movie

Mar 24 - UMaine Renaissance

Mar 27 - Out to Lunch Bunch

Mar 27 - Julie Monroe

Mar 31 - John Tercyak

# Musical Events, Presentations & Guest Speakers

## March 2020

### **Lunch & Learn- Rudman Winchell**

Tuesday, March 3rd 11:30am (PMR)  
Estate and Trust Administration. you must RSVP  
to attend. Call (207)947-4501

### **Shawn Laatsch**

Tuesday, March 3rd 7:15pm (PMR)  
The Legacy of Voyager: Pale Blue Dot and a Vision  
of Our Home Planet

### **Pianist Masanobu Ikemiya**

Wednesday, March 4th 2:00pm (KGP)

### **Wine & Cheese Social w/Ruth & Susan**

Thursday, March 5th (KGP)

### **Doolally- Irish Music and Dance**

Saturday, March 7th 2:00pm (PMR)

### **True North Theatre Play Reading**

Monday, March 9th & 23rd (PMR)

### **Gateway Seniors Film**

Monday, March 9th 7:15pm KGP  
*Hurricane Katrina: The Storm that Drowned a City*

### **Country Guitarist Duane Nickerson**

Tuesday, March 10th 2:00pm (Arbor)

### **Penobscot Resident Meeting**

Tuesday, February 11th 10:00am (PMR)

### **Welcome Bill & Whitney**

Tuesday, March 10th 2:00pm (KGP) Meet and  
Greet with new Wellness Director, Whitney  
Remington and New Maintenance Director, Bill  
Burke.

### **Opera Discussion with Paul Bauschatz**

Tuesday, March 10th 4:00pm (PMR)  
*Der Fliegender Holländer*

### **Pianist Bill Trowell**

Tuesday, March 10th 7:15pm (KGP)

### **Resident Bob Tredwell**

Thursday, March 12th 7:15pm (PMR)  
A short version of his Senior College Course-  
Where Do Babies Come from?

### **Dan Tardy, PT**

Monday, February 3rd 2:00pm (PMR)  
Come learn more about balance. He will do mini  
balance tests, diagnostic tips and pointers.

### **St. Patrick's Day Celebration**

Tuesday, March 17th 5:00-6:00pm  
Join us as we transform the main dining room  
into the Dirigo Pub during dinner

### **Professor Mark Brewer**

Thursday, March 19th 7:15pm (PMR)  
2020 Presidential Election

### **Gateway Seniors Film**

Monday, March 23rd 7:15pm KGP  
*Blackfish*

### **UMaine Renaissance**

All treble voice a capella group  
Tuesday, March 24th 7:15pm

### **Gateway Seniors Great Musical**

Wednesday, March 25th 2:00pm  
*Damn Yankees*

### **Dr. Alexandra Craig**

Thursday, March 26th 2:00pm  
Join to learn more about the Maine Death with  
Dignity Act as well as End of Life resources for  
patients and families.

### **Guitarist Julie Monroe**

Friday, March 27th 2:00pm (Arbor)

### **John Tercyak- Celtic Guitar and Fiddle**

Tuesday, March 31st 7:15pm (KGP)

**March 3rd & 4th**

**The Long, Long Trailer**

1954 NR 1h 36m

"I Love Lucy" co-stars and real-life husband-and-wife team Lucille Ball and Desi Arnaz star in this hilarious adaptation of Clinton Twiss's novel, following the high jinks of a newlywed couple who spend their honeymoon in a trailer. After making big plans to Colorado in their lemon-yellow motor home, it doesn't take long for Nicky (Arnaz) and Tacy (Ball) to realize that they'll be lucky if they make it to their final destination in one piece.

**March 7th & 8th**

**Papillon**

1973 PG 2h 30m

Caged for a murder he didn't commit, petty thief Henri "Papillon" Charriere (Steve McQueen) finds himself trapped within the walls of a French penal colony, determined to escape, in this film adaptation of Charriere's true story. Joining forces with fellow convict and quirky counterfeiter Louis Dega (Dustin Hoffman) and armed with dogged persistence, Papillon makes a daring bid for freedom. Franklin J. Schaffner directs.

**March 10th & 11th**

**High Noon**

1952 NR 1h 25m

Retiring Marshal Will Kane insists on defending his town from a gang of hooligans who are due on the noon train -- but he faces the task alone as the cowardly townspeople flee like rats from a sinking ship. Starring Grace Kelly & Gary Cooper

**March 14th & 15th**

**The King's Speech**

2010 R 1h 59m

In this biographical drama that garnered multiple Academy Awards, Britain's King George VI struggles with an embarrassing stutter until he seeks help from unorthodox Australian speech therapist Lionel Logue. Starring Colin Firth, Geoffrey Rush & Helena Bonham Carter

**March 17th & 18th**

**North by Northwest**

1959 NR 2h 16m

What if everyone around you was suddenly convinced that you were a spy? This classic from master director Alfred Hitchcock stars Cary Grant as an advertising executive who looks a little too much like someone else and is forced to go on the lam (helped along by Eva Marie Saint). Hitchcock's sure-handed comic drama pits Grant against a crop duster and lands him in a fight for his life on Mount Rushmore -- a true cliffhanger if ever there was one.

**March 21st & 22nd**

**Casablanca**

1942 PG 1h 42m

In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) - the woman who broke his heart -- to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

**March 24th & 25th**

**Angela's Ashes**

1999 R 2h 25m

This adaptation of Frank McCourt's best-selling memoir tells the grim story of the author's impoverished childhood in 1940s Ireland, a time of devastating deprivation spent alongside starving siblings, a long-suffering mother and an alcoholic father. Starring Emily Watson and Robert Carlyle

**March 28th & 29th**

**The Iron Lady**

2011 PG-13 1h 45m

Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.

## Support Groups

### **Bereavement Group**

Thursday, March 5th 3:00pm  
(Private Dining Room)

### **Alzheimer's Caregiver Support Group**

Wednesday, March 11th 4:00pm  
(PMR)

## Spiritual Services

### **Van Departs for Church**

Meet in the Main Lobby  
Sundays 9:00am & 10:30am

### **Catholic Communion**

Sundays 10:00am (SR)

### **Rosary Prayer Meeting**

Mondays 3:45pm (Conference Room)

### **Sunday Service or Hymns with Hannah**

Sundays 2:00pm (Arbor)

## Exercise Classes

### **Zumba with Sunshine**

Every Tuesday 12:00pm (PMR)

### **Exercise Videos**

Monday, Wednesday & Friday  
9:30am & 10:00am (PMR)

### **Gateway Seniors Exercise Video**

Monday, Wednesday & Friday  
10:30am (PMR)

### **Sittercise Class**

Monday, Wednesday & Friday  
10:30am (KGP)

We are looking to find someone to fill in for the Gentle Stretch class. Tracy will update when possible.

## Outings

Please sign up at the front desk for all outings

### **Out to Lunch Bunch: *Geaghan's***

Pub & Craft Brewery  
Friday, March 13th at 11:15am

### **Out to Lunch Bunch: *Paddy Murphy's***

Irish Pub  
Friday, March 27th at 11:15am

## Weekly Clubs & Groups

### **Rummikub**

Sundays 1:30pm (SR)

### **Pool League**

Mondays 3:00pm

### **Scrabble**

Tuesdays 1:30pm (GR)

### **Bridge**

Wednesdays 1:30pm (GR)

### **Social Hour**

Wednesdays 4:30 (Lobby)

### **Cribbage**

Thursdays 2:00pm (GR)

### **Mah Jong**

Fridays 2:00pm (SR)

### **Crafting Group**

Saturdays 1:30pm (Library)

### **Card Games**

Saturdays 2:00pm (SR)

### **Bingo**

Saturdays 3:00pm (PMR)

## Monthly Clubs & Groups

### **Library Committee**

Thursday, March 12th 3:00pm

### **Linda's Book Club**

*The Last Bus to Wisdom*

by Ivan Doig

Thursday, April 2nd 1:00pm

sign up at the front desk for a copy of the book

\*Please note the date change from the usual.

Mediterranean Haddock  
Haddock with Chermoula Sauce  
Honey Garlic Chicken Thigh (Boneless)  
Grilled Scallops with Sun-Dried Tomato Pesto

Spicy Indian Lentil over Jasmine Rice  
Vegetarian Linguine  
Shrimp and Broccoli Lo Mein  
BBQ Chicken and Red Onion Pizza

This new idea was introduced in the Penobscot Resident Meeting. Every month there will be options to be incorporated into the upcoming menus. Please circle your top 4 choices and turn this section into the front desk. There is also a spot on the back of this page to write suggestions to vote on next month and we will share the results from the previous month.



Author Ardeana Hamlin surprised Linda's Book Club while they discussed her book *The Havener Sisters*.



The Connells having some Mardi Gras fun!



Making friends on Valentine's Day!



Tammy and Helen throw a great party!

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Please write in ideas above that you would like to see included in next month's menu choices to vote on. Turn this section of the page into the front desk when you complete it.

Below are the results from last month's vote that will be included in the upcoming menus.

**6 votes** for Swedish Meatballs with Mushroom Sauce

**4 votes** for Indian Lamb Curry, Grilled Chicken with Red Pepper Jelly, & Asian Bakes Salmon

**3 votes** for Greek Lemon Chicken Thighs, Mushroom Stroganoff, Creamy Garlic Scallops, and Baked Haddock with Citrus Salsa

**2 votes** for New Orleans Style Gumbo and... **1 vote** for Brined Herb Turkey Breast