

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 Fliegende 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!

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