

Join Us!

Thurs., September 18th, 2025, 2:00-4:00 pm

Rain Date: September 19th

OceanView's On-Campus Alzheimer's Walk

This walk for OceanView residents, family, and friends will feature several walk lengths to choose from, including a 1.3 mile paved circuit of the campus and a very short walk located near Legacy Memory Care.

You are not obligated to fundraise for the Alzheimer's Association in order to join us! If you wish to donate, please see our *Legacy Legs* team information below.

Donations will also be accepted during the event.

The walk will start and end at:

Lunt Auditorium at OceanView

74 Lunt Road, Falmouth, ME 04105

To donate, please visit this link:

http://act.alz.org/site/TR?fr_id=18660&pg=personal&px=24744381

To sign up to be a part of the team fundraising:

http://act.alz.org/site/TR?fr_id=18660&pg=team&team_id=933974

Join us on Sept. 18th (**Rain Date Sept. 19th**) and help OceanView at Falmouth support the Alzheimer's Association of Maine!



*To fundraise or to make a donation to the OceanView **Legacy Legs Walking Team**, please follow the link in the text on the left of this page.*

All donations benefit the
**Alzheimer's Association
of Maine**



alzheimer's  association®

OceanView
AT • FALMOUTH
A 21st century retirement community™

OCEANVIEWS UPDATES

August 29, 2025

ADMINISTRATION MEMOS

OceanView Regular Front Office Hours

Monday-Friday 8:30a-5:00p
Saturday & Sunday 10:00a-2:00p

Labor Day

Monday, September 1st

OV Front Desk & Offices Closed

Gazebo Grille Closed

No Mail, No Bank, No Metro

Lodges Trash Pick-up > Tuesday

5:00p Dinner as usual for Meal Plan Residents

No "Good to Go" available

New & Incoming Residents

| | | |
|-------------------------------------------|-------------|-------------|
| Bernard & Phyllis Givertz | 8/11 | 28 WFL |
| Alan & Betsy Levenson | 8/11 | 5102 |
| Judy Lambert | 8/15 | 5201 |
| Prudence Blake & Roger Brink | 8/18 | 3 Principal |
| Toby & Stacie Webb | now to 8/31 | 4 WFL |
| Jim & Marianne Paley | 9/2 | 3301 |
| John & Andrea McCall | 9/9-11 | C44 |
| Bob Holmberg & Ruth McCracken Holmberg | 9/16 | MLE341 |

Staff Away

| | |
|-----------------|----------------|
| Shireen Shahawy | 9/5 |
| Dustin Bonk | 9/8, 29-10/3 |
| Tracy Stone | 9/8-12 |
| Marcia Emerson | 9/9-15 |
| Diane Kibbin | 9/15-19 |
| Don Wessells | 9/19 |
| Caitlin Haney | 9/19-22, 24-25 |

Thank You!

Judy Gass for hosting the OV August Block Party;

Gonzalo Verdugo, Jane Eberle and Stan

Wondolowski for planning the 2nd annual Race to the Top Competition and Celebration

Ilga Harrington thanks everyone for their cards and kind support following her husband Rod Harrington's passing July 18th. His life celebration will be held Saturday September 6th, 2025 at 11:00 am at Emmaus Lutheran Church, 265 Middle Rd., Falmouth, ME.

On Display

Truly wonderful mixed media art by **Arlyss Becker** is lining the BBC 3 halls. Also, quilts by **Diana Schultz**

are displayed on the Quilt/Fiber Arts wall, and a vintage and contemporary jewelry collection is being shared by **Mabel Gerquest** in the glass case in Hilltop Lodge.

EV Chargers at Lunt

We are pleased to announce the installation of 10 Level 2 electric vehicle (EV) charging stations in the Lunt parking lot.

The chargers are available for use via the ChargePoint app or by tap-to-pay with a credit card. A discounted charging **rate** is available exclusively for OceanView residents and staff.

Residents who own an EV and wish to utilize the charging stations are encouraged to contact Mitchell for additional information.

Outside Vendors

If you choose to hire an outside vendor for a service, such as housekeeping, pet care, companion or caregiver care that requires the service person to enter your home; we ask that you run a background check. OceanView runs background checks on all of its employees to ensure they do not have a criminal record. We can provide this service for you for a fee. It's also important to request proof of liability insurance to ensure that they are properly insured. We require this of all outside vendors that work in any capacity at OceanView or Cumberland Crossing. OceanView Management will ask for proof of insurance if we become aware that you have a service provider not employed by an agency. Hiring people without appropriate insurance puts you at great financial risk. Appropriate insurance needs to cover the liability of their work or potential job-related injury.

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**American
Red Cross**

BLOOD DRIVE

Wednesday 9/10

10:00-2:00p @ Lunt Auditorium

Volunteers & Donors - Critical Need!

Please Call 1-800 RED CROSS



Donations gratefully accepted the mornings of sale days in Blueberry Commons Room
 1:00-5:00p Fridays
 September 12th & 26th | October 10th & 24th
 November 7th & 21st

Residents, families and staff can always see gift items for sale at our display case near the Gazebo Grille in the Main Lodge—Inventory changes regularly.

The Front Desk will hold any item you are interested in until you have paid; please leave exact cash or a check [*confirm to whom to write the check at the Front Desk*].

Nonprofit recipient for the second half of 2025 is the OceanView Employee Gift Fund

Your suggestions and volunteering are encouraged and welcome because “it takes a village”. Here is a good opportunity to meet and talk with fellow residents and our OV staff.—Eunice W, Donna K, Mabel G, Judy P & Jane H. For inquiries: eunice.w75@gmail.com

To volunteer: dknoblock@maine.rr.com

Thank you for your support—the Gift Shop Committee.

CUMBERLAND CROSSING UPDATES

We are very excited that Northwind Farm Community Center will soon be accessible from Little Acres Drive... AND, that there are plans in the works for a new event space! Stay tuned as our community evolves and grows based on the interests and suggestions of our wonderful residents.

NEW MOVE-INS

We are very happy to welcome Margie Thumm to her lovely new cottage at 6 Monarch Drive

PHASE 2 SALES

There is still a chance to customize a cottage but don't hesitate as things are winding down quickly. Call or email TODAY for special details!

TOURS

We are available for tours with just a quick email or call to: Gloria Walker at 781-4460 ext. 150 or gloria@oceanviewrc.com or Shireen Shahawy at 781-4460 ext. 103 or shireen@oceanviewrc.com. We would love to show you our beautiful community!

ACTIVITIES/EVENTS Highlights at OceanView

(FMI see pp 12, 14 & the cover of this Updates)

Thurs., 9/4, 2:30p **Gazebo Concert w/Barney Martin**

Fri., 9/12, 2:30p **Maine Friends of Music Concert** HTL

Thurs., 9/18, 2:00p **On Campus Alzheimer's Walk** Lunt

**Request van transport from
 Transportation for events above.**

SEPTEMBER ACTIVITIES at Cumberland Crossing

at Northwind Farm unless indicted

Monday, 9/15, 1:30pm—Cribbage

Monday, 9/15, 3:00pm—Coffee with Don *please sign up*

Monday, 9/22, 4:00-6:00p—Harvest Garden Party
 at the Community Gardens *please sign up*

Tuesday, 9/9, 10:00am—Men's Discussion Group

Tuesdays, 1:00pm—Mahjonn (location changes)

Wednesdays, 9:30-11am—Office Hours with Amy

Wednesday, 9/10, 10:00am—*Celia Thaxter's Isl Garden*

Wednesdays, 2:30pm—Stretch & Balance Fitness

Wednesday, 9/17, 11:00am - Book Club

Dead Wake: The Last Crossing of the Lusitania
 by Erik Larson

Wednesday, 9/24, 3:30pm - CC Speaker Series

Sam & Betsey Harding *please sign up*

Thursdays, 9:45am – Transportation to Thursday
Wellness Clinic hours at OV—call for ride

Thursdays, 9/4, 9/18, 10:00am – Stitchers Group

Thursdays, 4:00pm—Oneness Meditation (location TBA)
 w/ Anne Dean (anneldean@gmail.com)

Friday, 9/19, 8:30am—Van to Common Ground Fair

Fridays, 11:00am—Yoga with Grace

*Please contact Don Wessels with any questions:
 (207) 781-4460, ext. 148 or don@oceanviewrc.com*

Updates & Special Dining Events in September

Community Supper

Stir Fry Delight

Saturday, September 27, 5:00p

Join your friends and neighbors in the Blueberry Commons Room. Menu to include: Chicken & Fall Vegetable Stir Fry, Brown Rice, Tropical Fruit Punch & more.

Main Lodge Dining Room Breakfast Buffet

Sat., 9/13, all your favorites including bacon, omelets, cinnamon rolls, fresh fruit & yogurt parfaits and bottomless coffee. 2 meal plan points or \$23.75 for non-meal plan participants. Sign up with the front desk at 781-4460.

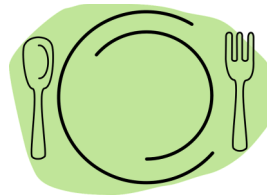
(Heritage meal plan residents do not need to make a reservation)

OceanView Dining Services

Call OV Front Desk: 207-781-4460

After Hours for questions about your Order or Delivery

Call the ML Kitchen: 207-781-4464 x 124



Transportation by van or car to and from Whipple Farmhouse or the Main Lodge Dining Room

is now available at no cost for dinner Monday - Friday. RSVP with two days advance notice to the Transport office: 207-781-4460 x109



HOURS

GAZEBO GRILLE

Mon.-Fri. 11:00a-5:00p
Wine and Beer for On-Site
Meal Plan Points Vary
Bill to account or Cash only

MAIN LODGE DINING ROOM*

Mon.-Fri. 4:30p—1st Seating
5:30p—2nd Seating
Sat. Breakfast 8:00-9:15a
Sun. Brunch 11:45a-1:00p
2 Meal Plan Points

WHIPPLE FARM DINING**

Thu./Fri./Sat. 4:30-7:00p
3 Meal Plan Points

GOOD-TO-GO

Mon.-Fri. Call before 12:00n
Pick up at 4:45 or 6:00p (DR)
or Delivery (\$6)

*24 Hour Advance Reservations required for: Residents' Guests; Silver, Bronze, BBC, & Cottage Plans, and No-Plan residents.

**Reservations required—call: 207-274-4935 (for WFD only)

Happy Labor
Day!

End of Summer at The Gazebo Grille:

- Join us each Wednesday (weather permitting) for a summer cookout menu. Eat in or dine on the patio, chef Adam will be on the grill cooking up your summer favorites.

- Every Friday, we will offer our delicious Maine Lobster Roll on Toasted Brioche (while supplies last) for take out or dine in.

(Continued from page 2)

This is an important issue as more people are using websites like Care.com, or social media to locate services. Many of these providers are not affiliated with a licensed and insured business, which is why it's important for you to practice due diligence prior to permitting them to enter your home.

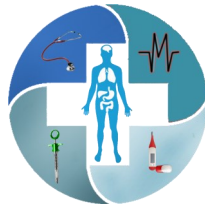
OceanView staff members are not permitted to work privately for any OceanView resident in any capacity for at least one year after being employed by the company.

CONSTRUCTION UPDATES

To Stay Informed about Construction: The best way to get construction updates is through our email list. If you are not on it, please contact Dustin at dustin@oceanviewrc.com

For your safety, do not enter the construction zone. Blasting schedules will be shared as soon as they're available, our goal is to include a sheet with expected days and time ranges.

Also, please make use of the weekly informational meetings, held at the Main Lodge First Floor Conference Room across from the Reception, we're there every Thursday from 3-4:00p for questions and concerns. —*Mitchell DeBortoli*



COVID-19 COMMUNITY UPDATE

We have had one case on campus since July.

We continue to do contact tracing and encourage testing for those who have been in close contact with someone that has tested positive. Testing with any cold or flu symptom continues to be the most effective way to reduce transmission. —*Diane Kibbin*

WELLNESS NOTES



Go Bag! Evacuation vs. Emergency

As discussed at the August OV Community Council

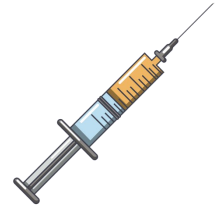
Hopefully an evacuation never needs to happen, and a trip to the hospital could happen to any of us. Being prepared could make a difference! It is important to think of the items you need and want ahead of time to act quickly in these circumstances.

If you don't want to prepare a bag, at least think about what you need and want ahead of time so you can grab or give instructions to someone to grab and go quickly.

Covid Booster & Flu Vaccine Clinic

Tues., 9/23, 9:00a-12:00p

HTL



Activities will start making appointments for this clinic on Tuesday, 9/9.

If you can get either booster or flu shot sooner at your Doctor's office, please do.

The CDC recommends that all adults 65+ get a Covid booster shot this fall—we are just over 5 months from our last booster clinic in April 2025.

Pick up a form to fill out in advance when you sign up, bringing it & your insurance card with you to the clinic.

An **Emergency Go Bag** would consist of (but not limited to):

- Your File of Life
- DNR or POLST forms (if you have them)
- Coming home clothes
- Cell phone and charger
- **If admitted to the hospital, they can loan you phone chargers & get you fun items like crosswords or books****

An **Evacuation Go Bag** would consist of (but not limited to):

- Your File of Life
- DNR or POLST forms (if you have them)
- Copies of prescriptions and insurance cards
- Medications
- Change of clothes
- Hearing aid batteries
- Extra glasses
- First aid kit
- Snacks
- Personal items

Wellness Clinics—Drop-in ML3 WO

Mondays 1:00-3:00p

Thursdays 10:00a-12:00p

The Wellness Office is staffed during these times to evaluate medical concerns, check blood pressures, or offer advice in navigating the health care system. This service is included in your monthly fees when you visit the Wellness Clinic at these times.

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Please do not wait until the clinic to reach out if you are experiencing a health issue, you may contact the Wellness Nurses for a home visit anytime you are experiencing in non-urgent medical issue. There is a fee associated with these visits, but it could save a trip to the emergency room with early intervention.

We continue to offer a van for Cumberland Crossing residents who would like to come to the either the Monday or Thursday Wellness Clinic hours; please confirm with Transportation (781-4460) the day before for pick-up.

Lab Services *on hiatus until we find a new provider*

Caregiver's Support Group

Drop ins welcome, no sign-ups required. This is an informal, confidential support group for any resident who is caring for another adult here at OceanView, led by a member of the Community Wellness team.

Wed., 9/3, 1:00p—HTL

Wed., 9/17, 10:00a—BBC

Grief Support Group

Drop ins welcome, no sign-ups required. This is an informal, confidential support group for any resident who is grieving a spouse or otherwise, led by a member of the Community Wellness team.

Tues., 9/23, 1:00p—HTL

Garret Cole's Parkinson's Fitness & Support

Thursdays, 11:00a at Falmouth House

Balance Screenings

Thu., 9/11 1:00-2:00p—**HTLa**

(Amenities Room, lower level Hilltop Lodge)
Please sign up for a 10-minute appointment with the Physical Therapist from Fox Rehab. *Add your name to the Wait List if all appointments are full, so we know and are able to address additional interest.*

OTHER SERVICES

Hair Salon with Jodi Evers ML3S

Call for appointment: 561-602-4200

Jodi will be on vacation from 7/14-8/6

Nail Services ML3S - *on Saturdays*

Call Elaine Fitz for appointment: 207-956-2962

Massage with Linda Dillingham HTLa

Please call Linda directly to make an appointment: 207-712-6889

Traveling nurse Joline L. Pothier will come to your home for **foot and toenail** care services; she is increasing her days at OV to 2x a month. Call 207-229-7968 or email jolinelpothier@gmail.com Let her know you are an OV resident.

Bath Savings Bank—Main Lodge 3rd floor, ML3c
A teller from Bath Savings spends one hour at OV on most Tuesdays at 9:00a. For residents they will cash a check, and they brings quarters. For patrons of Bath Savings other services can be performed, as well.

THE RESIDENT PORTAL

See what's new on **The Resident Portal!**

The Portal is a spot for residents to get easy access to many resources, including

calendars, the Resident Bulletin Board, The Gazebo Grille Blackboard Specials, and more!

New this month: Updates from the Community

Council! You can find some information about our council officers, bylaws, minutes, and more. **Please bookmark the Portal on your computer or phone** and check it often! The Resident Portal is meant only for residents and members of our Priority Waiting List. It is not listed on our website, and it is not searchable online. The link to the Portal is:

<https://oceanviewrc.com/portal/>

—Dustin Bonk

OceanView
AT • FALMOUTH
RESIDENT PORTAL



OV LIBRARY COMMITTEE

The Library Committee meets on the first Tuesday of the month (9/2) at 3:00p in the OV Library. During meetings, residents are welcome to come and share their concerns (or praises) about the Library.

The committee takes a break from book selection in July and August—look for new book info in October.

Barbara Briggs for the Library Committee

OCEANVIEW RESIDENTS ASSISTANCE FUND

Quarterly Meeting

Thurs., 9/11, 3:00p HTL

Any resident is welcome to attend in the Gallery.

COMMUNITY COUNCIL REFLECTIONS

Nancy Wanderer, President

After the August Community Council meeting, I stopped to chat with our neighbor Nancy Bennett, who was reminiscing about her childhood summers on Southport Island. She remembered walking with her grandmother and Rachel Carson, the author of *Silent Spring*, in the woods along the Sheepscot River. Rachel Carson will always be remembered as the woman who first drew attention to the dangers of artificial pesticides and launched the modern environmental movement. On those walks through the woods, Rachel Carson didn't talk about pesticides or environmental pollution, though. She and Nancy's grandmother were focused on introducing five-year-old Nancy to the wonders of nature. As the three walked along, one of the women would say the word "exquisite," which would be the signal for Nancy to choose something she saw along the path—a twig, leaf, insect, shell, rock, anything really—that seemed exquisite to her in that moment. Then, if the object was tangible, the three would take it back to the cabin and consult one of their many reference books to learn more about it. Once the object had been thoroughly researched and appreciated, they would return it to its place in the woods, where it belonged. Many decades have passed since Rachel Carson walked in the woods with Nancy Bennett and wrote *Silent Spring*. Yet, our society still struggles with issues involving environmental pollution and pesticides. Here in Falmouth, the Conservation Commission has been working for years to get a stronger pesticide ordinance on the books. This spring, the Falmouth Town Council finally passed the ordinance, which was cause for celebration for many of us at OceanView, some of whom even testified at a hearing a few years ago. Unfortunately, however, a group of disgruntled citizens succeeded in collecting enough signatures to challenge the ordinance through a referendum question appearing on the ballot in November.

When you get ready to cast your vote in the November election, I hope you will think of Nancy Bennett, walking through the woods with her grandmother and Rachel Carson many years ago, and do whatever you can to help preserve the opportunity for future five-year-olds to discover the exquisite wonders of nature.

FITNESS NOTES

Our Fitness Specialist Doug has decided to move on from OceanView and has this farewell message to

share with everyone. "Working at OceanView has been such a wonderful experience. I've loved being part of this community and having the chance to help residents stay active and healthy. Thank you to my colleagues, the residents, and everyone who made my time here so meaningful. I'll miss being part of the day-to-day here, but I leave with gratitude and many great memories. Best wishes to you all."

There will be **no Yoga classes** on Tues., 9/2, Tues., 9/23, or Thurs., 9/25

Please note there will be **no afternoon fitness classes on Thursday, September 18**. Instead, we hope you'll join us for the **Walk to End Alzheimer's** that day—a great chance to get some fresh air and support a meaningful cause.

Wednesday afternoon **Water Aerobics** will be back at OV starting on September 10th. The Cumberland Crossing Pool will be closed for the season the week of September 8th.

"From the Ground Up" Fitness Presentation

Fri., 9/19, 2:00p HTL



Join Ryan for his presentation "From the Ground Up- Improving Foot Health and Strength" where you will learn why foot strength matters and shows simple, safe exercises you can do anywhere to build foot strength, flexibility, and balance — plus quick footwear tips to keep you stable and healthy every day.

Laughter Yoga *please sign up*

Mon., 9/22, 11:00a HTL

After a successful trial visit, we welcome a monthly class with Chris Chapman, Certified Laughter Yoga Leader.

Here is a wonderful website that explains what Laughter Yoga is as well as it's history of how the practice began." www.laughteryoga.org

TRX, Core and More

New Class starting 9/26!

Fridays at 2:00p, HFP

Improve your posture, stability, and everyday strength with TRX Core Balance. Using the support of TRX straps, you'll challenge your core while practicing balance exercises in a safe, low-impact way. Starting Friday, September 26th in the Hager Fitness Pavilion.

Fitness Hike to Pratt's Brook

Tues., 9/30, 12:45p

Lace up your hiking shoes and join us on a trip to Pratt's Brook Park! This 2.5 mile hike includes about 200 feet in elevation gain. This trail loops through

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piney woods and open meadows, with bridges and other crossings. Sign up at the nook to reserve your seat!

Residents who are new to Fitness—Which programs are best for you?

Give the Fitness Department a call to set up your *free* consultation, equipment review and fitness assessment.

Oneness Meditation with Anne Dean at OceanView and at Cumberland Crossing

Tuesdays at 11:00a in the Fitness Studio (FS)
Thursdays at 4:00p, 1 Firefly Ln or Northwind Farm
Anne Dean, anneldean@gmail.com

“The form of meditation I teach is a guided meditation and has an active component to it helping the meditator stay focused and present, instead of drifting off to wherever your mind is apt to lead you. There are 5 steps in the meditation and each step has been scientifically proven to shift the body and mind into a more calm and relaxed state. The meditation is 20 minutes long.

If you’ve been told meditation would be good for you and just never tried, or have tried and not succeeded, then this meditation might be the one that launches a positive meditation experience for you. We welcome both experienced and non-experienced meditators. Come join us as we connect to a higher consciousness, calm our mind, relax our muscles, reduce our stress and lower our blood pressure, leaving us with a sense of overall well-being and deep inner peace.”

Zoomed Classes

On the Calendar the classes which will be Zoomed are colored **RED and Bold**.

The link remains the same:

<https://us02web.zoom.us/j/6041960161pwd=T3gwK3pMY1gxUc0bk9uRUZxc2k2dz09>

Fitness also has a lot of *recorded classes* for you to enjoy if you can’t make it in-person or on Zoom. They can be found here:

<https://www.youtube.com/playlist?list=PL-mw-XsFMrFjXc5IgKa6mPQltNre2QZ9K>

THEATER & TICKETED EVENTS

Looking for tickets for a Merrill Auditorium or a greater Portland event? Be sure to start at **Porttix!** Tickets for PSO, Portland Ovations, Kotschmar Organ, Opera Maine, and even some area performances such as Portland Ballet at Westbrook

PORTTIX

Performing Arts Center and Portland Conservatory of Music, use Porttix as their

trusted ticket partner.

Don't overpay at a 3rd party site. Porttix is open M-F 11:00a-3:00p and 90 minutes before shows.

207-842-0800, bookmark <https://www.porttix.com/>

Van—Jerry Lee Lewis - Great Balls of Fire MSMT Fall Satellite Series

Sat., 9/6, 6:15p

Donald M. Gay Performing Arts Center (ELHS) in Auburn, Maine.

Single tickets \$110-35 each

Back for a second season, come and experience the hits of Jerry Lee Lewis with this stunning tribute concert.

Van—Portland Sea Dogs

Sun., 9/7, 12:00p

Single Tickets: \$17.50, 8 van seats

remaining

vs. Erie Sea Wolves



Van—The Irish & How They Got That Way

MSMT Collaboration with Public Theater, Lewiston Sat., 9/13, Van departs at 12:45p for the 2:00p show Tickets \$60-45 Please order your tickets if you have not already done so; make an appointment with Marcia if you need assistance ordering:

The Public Theatre, Lewiston, 207-782-3200

The Irish... And How They Got That Way is an irreverent history of the Irish through the tumultuous 20th and 21st centuries through the eyes of Pulitzer Prize winning author, Frank McCourt. McCourt’s razor-sharp wit, coupled with his trademark bitter irony and his boundless love for the Irish People, are all underscored by glorious music extending from the auld Irish folk ballads to contemporary Ireland’s U2. Starring MSMT favorites Curt Dale Clark, David Girolmo, Heidi Kettenring, and Charis Leos. Directed and choreographed by the acclaimed Marc Robin, this production promises an evening of exceptional performances and unforgettable moments.

Van*—Sound Waves

The Kotschmar Organ with James Kennerley

Sat., 9/20, 6:00p

Merrill Auditorium

Tickets 55-38 each

tickets via Porttix

**tentative, need 6 to send a van*

James Kennerley, Portland Municipal Organist
Inspired by the waterways and rugged beauty of Maine, Friends of the Kotschmar Organ opens its season with *Sound Waves*—a bold, immersive concert

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exploring both the elemental force of water and the expressive energy of music. Performed on the iconic Kotzschmar Memorial Organ by Portland's Municipal Organist James Kennerley, the program combines water-inspired music, lighting, staging, and projections to create an evocative, multi-sensory experience. It is a striking start to the season that is designed to transport, delight, and fully surround the audience in sound and atmosphere.

More than a concert, *Sound Waves* is a full atmospheric experience and an invitation to drift, dive, and be carried by music and transformed by an immersive environment. Whether you are a longtime listener or a curious newcomer, this opening night promises to be truly unforgettable.

Van—Elvis - Viva Las Vegas

MSMT Fall Satellite Series

Sat., 9/20, 6:15p

Donald M. Gay Performing Arts Center (ELHS) in Auburn, Maine.

Single tickets \$110-35 each

The King is back! Victor Trevino returns as Elvis for a brand-new show, completely different than his "Aloha from Las Vegas" tribute show performed in July.

Van*—Anything Goes

Portland Players

Sat., 9/27, 6:30p

420 Cottage Rd, So. Portland

Tickets \$25

**tentative, need 6 to send a van*

Anything Goes is set aboard the ocean liner S. S. American, where nightclub singer/evangelist Reno Sweeney is *en route* from New York to England. Her pal Billy Crocker has stowed away to be near his love, Hope Harcourt, but the problem is Hope is engaged to the wealthy Lord Evelyn Oakleigh. Joining this love triangle on board the luxury liner are Public Enemy #13, Moonface Martin and his sidekick-in-crime Erma. With the help of some elaborate disguises, tap-dancing sailors and good old-fashioned blackmail, Reno and Martin join forces to help Billy in his quest to win Hope's heart.

UPCOMING THEATER & TICKETED EVENTS

MSMT Fall Satellite Series

Buddy Holly - Rave On!

Sat., 10/4, 6:15p

Donald M. Gay Performing Arts Center (ELHS) in Auburn, Maine.

Single tickets \$110-35 each

Embark on a captivating musical journey through the

timeless songs of Buddy Holly, Ritchie Valens, and The Big Bopper in this heartfelt tribute to the legendary artists.

Portland Ovation's 2025-26 Season

Portland Ovation's has announced their 2025-26 season and there are some great offerings. Please see the blue clipboard in the Activities Nook to sign up for the following programs. Learn more at

<https://portlandovations.org/>

[Note: if you don't see a show listed which you want to attend, let us know—we can add an offering, but it's difficult to do it a week or two before the show. Thank you.]

- *We Are Water: A Northeast Celebration*

Mon., 10/20/25, 7:00p Merrill Auditorium

Music with Yo-Yo Ma *low ticket warning*
We have enough to send the van—order tickets!

- *Tina—The Tina Turner Musical* Broadway

Thurs., 11/6/25, 7:00p Merrill Auditorium

We have enough to send the van—order tickets!

- Soweto Gospel Choir—"Peace" music

Fri., 11/21, 7:00p Merrill Auditorium

- FLIP Fabrique—"Blizzard" performing arts

Tues., 2/11/26, 7:00p Merrill Auditorium

- *Kinky Boots*

Broadway tour

Thurs., 3/5/26, 7:00p Merrill Auditorium

- Natalie MacMaster, , Donnell Leahy & the Celtic All Stars music

Wed., 3/11/26, 7:00p Merrill Auditorium

- The Peking Acrobats performing arts

Thurs., 3/26/26, 7:00p Merrill Auditorium

- *The Academy of St. Martin in the Fields Wind Ensemble* music

Thurs., 4/21/26, 7:00p Merrill Auditorium

We have enough to send the van—order tickets!

- Meredith Wilson's *The Music Man* Broadway

Thurs., 5/14/26, 7:00p Merrill Auditorium

ONGOING/REPEAT ACTIVITIES

OV Community Council

Mon. 9/8, 3:00p BBC

Please email President Nancy Wanderer at

wanders8899@gmail.com or call 207-837-4738 with

(Continued on page 10)



(Continued from page 9)

your comments and concerns, and especially if you want to get on a future meeting agenda.

Tuesday with Nancy Tues., 9/2, 1:00p *BBC



OV Chorus

- Thurs., 9/25, 11:00a-12:30p BBC
Music Binder hand outs—General information and details as needed. Copies of the Fall 2025 Schedule will be included in the Music Binders.

- Mon., 9/29, 11:00a-12:30p BBC

First Chorus Rehearsal, all voices

Chorus will meet twice weekly on Mondays and

Thursdays, 11:00a- 12:30p in BBC.

Questions? Please reach out to Bill Gatchell, Chorus Manager 781-5131.

Bible Fellowship

Tuesdays, 10:00a HTL (9/23 in ML1c)

This is a non-denominational study group led by a rotation of area pastors. Following the New Revised Common Lectionary, we first read and discuss the scriptures that will be used in the upcoming Sunday church services.

We explore and refresh participants Bible knowledge that apply to the wide variety of faith backgrounds, beliefs, and experiences of those attending. Discussion is welcomed and encouraged, though not required. Monthly lectionary readings will be available at the Sign-up Nook or delivered by request. You are encouraged to read each passage prior to the meeting; bring your Bible with you. Questions? Please call Tom Simmonds, 781-0044. The monthly lectionary is available on the OV Portal.

Art for Fun/Dabbler's Group

Tuesdays at 10:00a—ML2

Art for Fun is our resident dabbler's gathering.

No pressure, come and visit while exploring painting or pastels, or in other mediums if they are portable.

Please bring your own art supplies.

Men's Discussion Group

Thursdays at 10:00a HTL

An unscripted discussion on a wide variety of topics of interest among OceanView men from varied backgrounds: businessmen, doctors, professors, soldiers, liberals, conservatives, and men who just want to chat. Please join us!

Women's Discussion Group

Wed., 9/10, 11:00a, HTL

The purpose of The Women's Discussion Group is to engage in civil discourse in order to educate ourselves on subjects of mutual interest, while remembering to

respect and encourage different points of view. All women are invited. Please sign up, and come join us.

Handcrafters Group

Second & Fourth Mondays (9/8, 9/22)

1:00-2:30p CR

The Handcrafters Group means to be inclusive of knitters, crocheters, those who do needle-point, cross-stitch, embroidery, who sew and quilt, spin, or any hand-crafts we have not thought of. If this includes you we hope you will try our group out. We encourage and

(Continued on page 11)



On-Campus Van Service available to select events!

Questions? Call Jim at 781-4460

There is no fee for this service! All we ask is that you be diligent about signing up and cancelling, so that the service can be run efficiently for everyone participating.

COTTAGE RESIDENTS: During construction, as parking is affected, we are asking that you use this van (or walk) to Activities instead of bringing your car to the Lodges Complex.

OV: If you haven't signed up for the van, please call 30 minutes in advance to be picked up: 955-0675.

When you sign up: please do so in the special column or slip marked "ON-CAMPUS VAN"

Pick-ups start approx. 30 minutes before the event starts—please be ready! Return trips will be made when the festivities end.

SEPTEMBER ON-CAMPUS VAN

pick-up time:

- ♦ Thursdays 9:30a Men's Discussion HTL
- ♦ Thu/Fri *see list pg. 17* Movies SR
- 9/3 3:30p Wine & Cheese Birthday—BBC
- 9/4 2:00p Concert Barney Martin—Gazebo
- 9/8 2:30p Community Council—BBC
- 9/10 10:30a Women's Discussion—HTL
- 9/10 1:30p Lecture: Tajikistan—HTL
- 9/12 2:00p Concert: ME Friends of Music HTL
- 9/15 1:30p Opera Maine Serenade—HTL
- 9/17 10:30a Women's Book Group—HTL
- 9/17 3:00p Block Party @ Falmouth House
- 9/19 1:30p Fitness Presentation—HTL
- 9/22 1:30p Jim Bunting Vietnam Lecture—HTL
- 9/23 2:30p Readers Theater Interest—HTL

(Continued from page 10)

inspire each other and sometimes lend a helping hand or a bit of advice while we work on our own projects. Questions? call Donna Knoblock (797-2909).

Game Night

Tuesdays 6:30p CR

Come to the OV Library to socialize and play games! We have a backgammon set, cribbage boards, a deluxe Scrabble board and more in the storage room. Choose a game or bring a favorite, bring your coloring or your crosswords... and play on!

Duplicate Bridge

Fridays at 12:30p CR

In the Card Room of the Library.

If you would like to know more or join in, please contact John Bischof at 781-2391.

Bridge

Mondays at 6:30p CR

Thursdays at 6:30p CR

Saturdays at 1:00p CR

Mahjong

Wednesdays at 1:00p CR

Poker

Thursdays at 1:00p CR

German Conversation Group

Meets 2nd & 4th Wednesdays (9/10, 9/24)

10:00a @FH

OV staff member Lisa Theiler Ertman facilitates a gathering of German-speaking residents. All levels of proficiency are welcome. Speaking or practicing a foreign language is great brain exercise as well as a lot of fun!



Van—Grocery Shopping

Thursdays 9/4, 9/11, 9/18, 9/25

Shaw's @ 9:30a

Hannaford @ 12:45p

Trips to the Falmouth grocery stores usually run 35-45 minutes at the store for basic items pick-up. Personal transportation can be scheduled for other times.

Van—Walmart

A change to the departure time has been made to accommodate when the pharmacy is closed, so residents can easily pick up their Rx. (you can also ask to go to the Falmouth Memorial Library instead, please note it when you sign up)

Tuesdays @ **1:00p**: 9/2, 9/16, 9/30

Van—Trader Joe's —OR— Whole Foods

Tues., 9/23, 1:30p

SEPTEMBER MEANS HATS AND MITTENS AND SCARVES



Cooler weather will soon be here and so we begin collecting warm hats, mittens and scarves for the Falmouth Food Pantry.

Your donation of knitted or newly purchased items can be left in the box near Activities. Items for children of all ages are most needed. And if you would like some free yarn to use, check out the big bin in ML2. All this yarn was donated to Handcrafters and you are welcome to help yourself. Questions? call Donna Knoblock.

Note: This van will concierge to either store. Please mark your preference when you sign up so that the driver will know how many are going to each place: there is not time for you to visit both stores on one trip. The van drops off at Whole Foods first, then goes to Trader Joe's. Departing from Trader Joe's when shoppers are finished, they will pick up at Whole Foods on the way home. *There are seats to wait at Whole Foods.*

PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!

AARP Fraud Alert Show w/ Phil & Pam

Thurs., 9/11, 10:00a Zoom

An AARP Fraud Watch monthly update program with (OV resident) Phil Chin and Pam Partridge. To learn more about the program and register: <https://states.aarp.org/maine/aarp-maine-fraud-watch-a-virtual-monthly-scam-awareness-with-local-fraud-fighters>



Resident Photo Wall Photos with Activities

If you have not had a picture taken for our resident gallery wall, please call/email Activities. Retakes are also available at any time by calling to schedule. Call 207-781-4460 & ask for Activities.

ACTIVITIES—NEW

For any in-person activities, please sign-up at the Nook by the Activities Office, or call/email (marcia@oceanviewrc.com). Signing up in advance allows us to efficiently plan set up of seating, refreshments and van needs. Thank you.

(Continued on page 12)

UNE-IGEP Informational Meeting with Joe Wolfberg

Tues., 9/2, 2:00p HTL

The University of New England's Interdisciplinary Geriatric Education Program (IGEP) is looking for **Elder Teacher volunteers.**

Elder Teachers are people 65 or older who will have a direct, positive impact on our future generation of medical providers by sharing their time and wisdom with UNE student healthcare students. You will meet with students on the mornings of September 26th and October 3rd. Please sign up with Activities.



Wine & Cheese Party—September Birthdays

Wed., 9/3, 4:00p, BBC

Join us for our monthly wine and cheese party and help celebrate those with September birthdays! All residents are invited to attend this monthly gathering—**please sign up. If you are a cottage resident, sign up in the righthand column and let us know if you need a ride or are walking to the event.**

Singer/Songwriters of the 1970's Concert with Barney Martin

Thurs., 9/4, 2:30p, outside at the Gazebo
(rain location—HTL)

Bring your lawn chairs if you have them and join us for a wonderful concert with local legend Barney Martin. (we'll have our lawn chairs available, too) Barney Martin has been entertaining audiences in Maine, New England, the Maritimes and Europe for over forty years. As a founding member of the comedy troupe The Maine Hysterical Society and the band Coos Canyon, his talent has brought joy to many people. He currently is performing a solo acoustical act performing the songs of the seventies including James Taylor, Jim Croce, John Denver, Dan Fogelberg and many others. He also has gathered an all star band performing a tribute to the music of James Taylor. He is looking forward to performing at Ocean View.

Van—Poetry Book launch at Longfellow Books Purchase by Don Colburn

Thurs., 9/4, 5:15p need 6 to send a van

"Purchase," the title of Don Colburn's new poetry collection, is one of his favorite words, for its less common meaning of "firm hold" or "traction." As the opening poem suggests, the poems here try to find "a momentary grip on the world before it slips free and

you start over." In this sense, purchase is a form of worldly attention, a way to bear witness. "For in the world we jostle," as John Keats wrote in a letter to a friend in 1818. And our world is by turns troublesome, cantankerous, bewildering and beautiful. *Purchase* is Colburn's sixth collection, including one full-length book and five shorter chapbooks; all six won or placed in national manuscript competitions. *Purchase* came in third out of 461 entries in the Finishing Line Press contest. A retired newspaper reporter for *The Washington Post* and other papers, he was a finalist for the Pulitzer Prize in feature writing. He has come to see poetry and journalism as complementary ways of truth-seeking and trying to make sense of a troublesome world. His writing honors also include the Discovery/*The Nation* Award, the Ruth Stone Poetry Prize and residencies at MacDowell and Yaddo. These new poems are prompted by ordinary and extraordinary experience: seasonal changes, jury duty, George Floyd's murder, history recalled, a painter's work, a journeyman pitcher's one perfect game, mass shootings far and near, an oddly named bird, a mug of coffee on an unremarkable morning, a solar eclipse, Thanksgiving in a time of war. And throughout, the difficult necessity of finding right words.

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Downbeat; S'forzando Sfz! Concert Series "Schubert and Schumann" Classical Piano Concert

Mon., 9/8, 1:00p, HTL

Bay Chamber/Camden Soloist and Faculty

Artist, Marlene McCarthy, returns for an encore "Downbeat; S'forzando Sfz! Concert", performing the classical works *Piano Sonata in B-flat major* by Franz Schubert and also *Kreisleriana* (subtitled *Fantasies for Piano*) by Robert Schumann. Last summer Ms. McCarthy performed a piano recital for a delighted Sfz! audience, having then just completed doctoral studies at the highly regarded New York State Conservatory at Stony Brook University on Long Island. After a decade-long teaching career in NYC and now officially holder of a DMA, Marlene has returned to her home state to continue her work as an educator, performer, and collaborator.

This event is resident sponsored by the "Downbeat; S'forzando Sfz! Music Series" group; resident music lovers who support classical music performances. While the group is assisted by OceanView Activities with scheduling of room use and on-campus Transportation [please make reservations with Transportation well in advance if you need a ride, and expect the program to extend to 75 minutes or so], the members of the Sfz! group itself financially support their own content. All residents

(Continued on page 13)

are welcome to join "*S'forzando Sfz!*" and attend its concerts. For information about participating or signing up for these concerts, contact Sue or Hank Schmitt. [Sue: ragtimersue@gmail.com; Hank: kingpenguinpops@gmail.com; both 619-7334.]

Voting Is Not a Spectator Sport!

Next OV Neighbor-to-Neighbor Voter Registration Opportunity

When and Where:

- Monday, Sept. 8 – immediately following
Community Council - HTL

- Monday, Sept. 15 – 11:30 am to 12:30 pm - BBC

- Monday, Sept. 22 – 11:30 am to 12:30 pm - BBC

- Monday, Sept. 29 – 11:30 am to 12:30 pm - HTL

What: Trained OV volunteers will be available to help their OV neighbors...

- Update your voter registration, if needed, e.g., you have a new Maine address since you last voted.

- Register to vote, if needed, e.g., you are a new Maine resident.

*Please bring your Maine driver's license or Maine state ID.

Why: Help make democracy work by ensuring you can vote in the Nov. 4, 2025, General Election!



Would You Like to Automatically Receive an Absentee Ballot for Each Maine Election?

Apply for Ongoing Absentee Ballot Status!

- Who: Maine state election law provides that a voter who will be at least 65 years of age by the next election (Nov. 4, 2025) or who self-identifies as having a disability may apply for ongoing absentee voter status.

- What: A Maine voter who applies and qualifies will automatically receive an absentee ballot for statewide, municipal, and any other election for which the voter is eligible to vote. That voter will no longer need to submit an absentee ballot request for each election. An absentee ballot will automatically be mailed to the voter.

- How: Neighbor-to-Neighbor volunteers will be available in HTL with applications for OceanView registered voters to complete if they are interested in automatically receiving an absentee ballot before each election.

- Note: If they would prefer, voters may complete a one-time absentee ballot request for the Nov. 4 election. These will also be available.

PLEASE SIGN UP
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LOCATION CODES:

BBC—Commons Room in Blueberry Commons

CC—Cumberland Crossing

CR—Card Room behind Library

DR—Dining Room, Main Lodge

FH—Falmouth House

FS—Fitness Studio - Hilltop

GG—Gazebo Grille

GR—Game Room

HFP—Hager Fitness Pavilion

HTL—Community Room in Hilltop Lodge

HTLa—Hilltop Amenities

Room, lower level

LIB—Library on ML2

LUNT—Lunt Auditorium

ML1c—Main Lodge 1st Floor Conference Room

ML2—Main Lodge Activity Room, 2nd Floor

ML3c—Main Lodge Conference Room, 3rd floor

ML3S—Main Lodge Salon, 3rd floor

NW—Northwind Farm CC

SR—Screening Room

WF—Whipple Farm

WO—Wellness Office ML3

Artists' Dialogue Group

Tues., 9/9 at 2:00p, ML2 (the activity room across from the library)

Planning for fall and winter occasions.

We will brain storm for new and fresh ideas.

We will spread responsibilities for actions and assignments or committees to make things happen.

We will discuss ideas for reaching out to new residents. Questions or additions to agenda?

Call Arlyss Becker at 207 266 9423

Women's Discussion Group

Wed., 9/10, 11:00a, HTL

Gender Identity. What's all the fuss?? Deciphering LGBTQAI+. Bring your questions. Our discussion will be led by a speaker from Equality Maine.

Discovering Tajikistan with Peter Kleinman

Wed., 9/10, 2:00p, HTL

An encore presentation of Peter's July CC Speaker Series program. "In 2018 I was invited by Boulder's Sister City organization to join them on a three week trip to Tajikistan. [Discussing] the nature of adventuresome travel and why we do it despite the discomforts. I was especially interested in the different culture, the extraordinary scenery, and my introduction to the Aga Khan and Ismaeli Islam. It was also a living introduction to the march of very old civilizations dating back to Alexander the Great and the emergence of the silk road. Marco Polo, Genghis Khan, and Tamerlane are featured."

Concert—Maine Friends of Music Anything Goes

Fri., 9/12, 2:30p HTL

“Our 2025 tour offers an "Anything Goes" program of various favorites from the 18th Century to the present that we enjoy and which we are sure you will, too.”

The ensemble consists of Sean Fleming, piano and harpsichord; Mary Sullivan, soprano; Linda Brunner, flute; and David DeBolt, bassoon.

Van—Falmouth Land Trust/Falmouth Trails Walk

Mon. 9/15, 10:00a Location: Falmouth Community Park Conservation Area (19 Winn Rd, Falmouth)

Guided walks through various Falmouth Trails throughout the summer.

Join Falmouth Land Trust staff for a guided walk through the Community Park meadow. Asters and other fall wildflowers should be in bloom! The trail is a mowed grass path through the fields, so there will be no roots or rocks. This walk will be out in the open, so sun protection is recommended. This walk should last about an hour.

Poetry Reading Group

Mon., 9/15, 1:00p, *BBC

Join us as we gather to share poetry out loud, either our own or our favorites. We'll be by the fireplace - check around the corner.

Opera Maine Serenade with tenor Maxwell Levy

Mon., 9/15, 2:00p HTL

Brought to us by our partnership with OperaMaine:

Maxwell Levy, tenor, is a graduate of opera and musical theater studies at London's Royal Academy of Music and previously received an M.A. in Vocal Arts from Juilliard, studying with the esteemed, late Marlena Malas. Previous performance highlights include Hermann (The Queen of Spades) with the Glimmerglass Festival; Tamino (Die Zauberflöte) with Royal Academy Opera; the Opera Box Ghost (The Ghosts of Versailles) at the Opéra Royal du Château de Versailles; and Emmanuel in the European premiere of Blitzstein's No For an Answer Off-West End at The Arcola Theatre For his performances as Hermann, Opera Today wrote, “Mr. Levy is that rare, somewhat dark voiced tenor who not only has the stentorian delivery needed to fill any hall, but also the ability to scale it back with gorgeous results, as he imbues his vocalization with immense heart and feeling...I can predict you will hear much, much, more of tenor



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Maxwell Levy...I think the response is: More, please.” Mr. Levy received a B.A. in politics, philosophy and economics from the University of Pennsylvania, and is currently the Assistant Manager of Payroll at the Metropolitan Opera. He continues freelance performing on operatic, musical theater, and concert stages around the world.



OV & The Environment

Mon., 9/15, 3:00p

This lecture series provides an opportunity to hear experts on a large variety of topics about the environment, and to discuss these topics.

September 15, 3 pm in HTL. Bea Johnson of www.EcoMaine.org will give us her **Recycling101** talk, setting it in the broader spectrum of how to dispose of things by Reducing, Reusing, Recycling, Composting/ Digestion, Waste to Energy, leaving only a small amount to go to a landfill. You may bring items you are unsure about how to recycle.

Future meetings (third Mondays at 3 pm in HTL) **October 20. Allen Ewing-Merrill**, Executive Director, The **BTS Center** www.thebtscenter.org, will

look at **climate change and creation protection** through the eyes of religious leaders. BTS is the organizational successor to the former Bangor Theological Seminary, focused on cultivating and nurturing "spiritual leadership for a climate-changed world," with application beyond the religious community.

November 17. Dan Marks, Falmouth Wastewater Superintendent, will tell us about the Falmouth Wastewater facility falmouthme.org/wastewater-department, which is located right below us near Tidewater Farm. He will also discuss the problems with sludge containing PFAS chemicals that have polluted Maine farmlands, and the new threat of micro and nano plastic particles that we learned about in the film **Plastic People** on Earth Day.

We are planning a fieldtrip to the wastewater facility. More on that later.

Contact : bknoblock@maine.rr.com / bonnie.yelverton@gmail.com

Cumberland Crossing Monthly Coffee with Don

Mon., 9/15, 3:00p Northwind Farm

Guest Presenters TBD *please sign up with Amy*

Downbeat; S'forzando Sfz! Concert Series Flute - Piano Duets

Tues., 9/16, 2:00p, Lunt Auditorium

Currently engaged in a three-country concert tour in Europe, Florida-based Flutist Linda Bento-Rei and

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Bostonian Pianist Vytas Baksys, at a "Downbeat; *S'forzando Sfz!* Concert" will reprise late-summer concerts underway in Greece, Italy and Latvia. The featured work will be the *Sonata in G minor*, by Carl Philip Emanuel Bach. Well familiar to *Sfz!* audiences, Vytas has just completed his 37th consecutive Tanglewood Season (!). Linda, a former PSO'er, is now a resident of Florida's West Coast, very active doing chamber and symphony concerts (and likely familiar to some OV'ers & CC'ers who winter in Venice, Sarasota or Naples). This event is resident

Art in Bloom at OV!

September 19th-21st



Attention: Flower Arrangers/Designers Wanted!

OceanView's 5th Annual "Art in Bloom"

Friday - Sunday, September 19-21

Mabel Gerquest, Arlyss Becker and Didi Washburn have organized OV's Fifth Annual Art in Bloom. Beginning on Friday 9/19, OV will be displaying up to 15 floral arrangements inspired this year by an accompanied Classic Book (instead of a painting)! Join us in BBC Commons Room where 15 tables will be set up showing the floral arrangements with a Classic Book of their choice, where visitors will pick up a handout and a ballot to vote for their favorite display! Displays will be on view throughout the day on Saturday, with last ballots collected by noon on Sunday. The winners will be announced that day at a wrap up reception at 1:30p, all in BBC.

Floral Arrangers—Please Join Us!

We have space for up to 15 displays. Please call or email Activities (207-781-4460) to sign up for a spot. Deadline for sign up is Mon., 9/15! For more info, please contact Mabel Gerquest.

sponsored by the "Downbeat; *S'forzando Sfz!* Music Series" group; resident music lovers who support classical music performances. While the group is assisted by OceanView Activities with scheduling of room use and on-campus Transportation [please make reservations with Transportation well in advance if you need a ride], the members of the *Sfz!* group itself financially support their own content. All residents are welcome to join "*S'forzando Sfz!*" and attend its concerts. For information about participating or signing up for these concerts, contact Sue or Hank Schmitt. [Sue: ragtimersue@gmail.com; Hank: kingpenguinpops@gmail.com; both 619-7334.]

OV Women's Book Discussion Group

We alternate fiction and non-fiction and all books are readily available by request at the Falmouth Public Library, most appearing also in Large Print, E-book, Audio Book or Spoken CD. Come and join us for a lively, informative discussion!

Book schedules for 2025 are available in the nook, in the OceanView library and on the Portal. Take a look and join us! Questions? Marta Bent at 781-2912.

September's Book

Wed., 9/17, 11:00a—HTL

The Berry Pickers by Amanda Peters, led by Beverly Wakely

October's Book

Wed., 10/15, 11:00a—HTL

The Wager by David Grann

A page-turning story of shipwreck, survival, and savagery, culminating in a court martial that reveals a shocking truth. The powerful narrative reveals the deeper meaning of the events on the *Wager*, showing that it was not only the captain and crew who ended up on trial, but the very idea of empire.

Cumberland Crossing Community Book Group

Wed., 9/17, 11:00a, Northwind Farm

Dead Wake: The Last Crossing of the Lusitania by Erik Larson, led by Stephen Bronn

From the #1 New York Times bestselling author and master of narrative nonfiction comes the enthralling story of the sinking of the *Lusitania*.

Block Party at Falmouth House

Wed., 9/17, 3:30-5:00p

Our last outdoor party of the summer will be held with our neighbors at Falmouth House. Activities will bring refreshments to be served, so just come and be social. Please be sure to sign up for a ride if you aren't able to walk to FH, as parking is limited. *All are invited—please sign up!*

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FCP Travelogue—*Hiking the Swiss Alps* with Rick Scala

Wed., 9/17, 6:30p, HTL

The Falmouth Community Programs *Travelogue Series* offers the opportunity to explore the beauty and customs of lands both far and near, as presented by guest speakers. Do you have a travel adventure to share? Contact Kim Doyon at FCP, 207-699-5302.

OceanView On-Campus Walk to End Alzheimer's

Thurs., 9/18, 2:00-4:00p Begins & Ends at Lunt Auditorium (rain date Fri., 9/19)

Please see cover of this Updates for more information.

Van—CC Residents to Common Ground Fair

MOFGA's annual celebration of rural living features 1000-plus exhibitors and speakers, and emphasizes vibrant communities, sustainable living and local economies, while highlighting organic agriculture.

Fri., 9/19 – \$20 ticket at entry for age 65+

- Leaving CC at 8:30a meet at Community Garden
- (If van seats become available for OV residents, leaving OV at 8:00a)
- Arrive sometime after 10:00a depending on Fair traffic lines.

Depart 3:00p to be back to CC by 4.30p
(OV by 5:00p)

It can be very hot and dusty at the fair – bring a small refillable water bottle.

Dress in layers, with sturdy walking shoes, hat, sunglasses and sunscreen.

The extensive grounds are mostly-level packed dirt.

You will be grateful for a small backpack, rather than carrying purchases by hand.

For more information:

<https://www.mofga.org/the-fair/>

<https://www.mofga.org/the-fair/schedule/>

Some of the Exhibits you might see:

Exhibition Hall, Poultry Show and Exhibit; Blacksmith Shop & Stoneworkers Guild; Country Kitchen Demonstrations; Health and Healing Booths and Speakers; Herb Tent, Low-Impact Forestry Livestock Barns and Demonstrations; Whole Life Speakers Tent; Reiki & Yoga Tents

Shopping: Country Store; Farmers' Markets; Fine Art and Craft Market; Food; Maine Fiber Farms and Marketplace; Wabanaki Arts Tent

“From the Ground Up” Fitness Presentation

Fri., 9/19, 2:00p HTL

Join Ryan for his presentation “From the Ground Up—Improving Foot Health and Strength”

More info page 7.

Jim Bunting Lecture *the first of two programs Vietnam, the Fall of Saigon*

Mon., 9/22, 2:00p HTL

2025 marks the 50th anniversary of the end of the Vietnam War. OceanView resident Jim Bunting will make a two-part presentation examining the history of this still controversial conflict and America's role in it. The first session covers the period from the end of World War II to the 1963 overthrow and assassination of South Vietnamese ruler Ngo Dinh Diem and, three weeks later, the assassination of President Kennedy. The second session, scheduled for Monday, October 27, examines the war's twelve-year span from the beginning of Lyndon Johnson's presidency to the war's end on April 30, 1975.

In November, we will welcome Ralph White, author of *Getting Out of Saigon: How a 27-Year-Old Banker Saved 113 Vietnamese Civilians*, for a book talk and signing.

Wine Tasting Group

Mon., 9/22, 4:00p BBC

For September we will sample three (3) Rioja red wines from No. Central Spain, made primarily with Tempranillo grapes. We will purchase enough wine for the residents who have signed up by Monday 9/15—please be sure to cancel by 9/18 if you cannot attend. Be sure to bring \$5 per person to help cover the expenses as a *Resident Supported* event.

Cumberland Crossing “Harvest” Block Party

Mon., 9/22, 4:00-6:00p Community Garden

Join us as we celebrate the end of summer with a block party at the Community Gardens. *All are welcome, please sign up with Amy.*

Fall Vaccine Clinic—Both Flu & Covid Booster

Tues., 9/23, 9:00a-12:00p HTL

Make your appointment with Activities starting Tuesday 9/9; for more info please see page 5.

Readers Theater Interest *New Group Forming!*

Tues., 9/23, 3:00p HTL

What is reader's theater?

Readers Theater is a style of theater in which the actors present dramatic readings of narrative material without costumes, props, scenery, or special lighting. Actors use only their scripts and vocal expression to help the audience understand the story. This "performance of the voice" does not require memorization.

The formation of this group would ideally gather monthly (or more) to read plays out loud together. Please sign up and attend to learn more.



Food Forum with Dining Services

Wed., 9/24, 11:00a BBC

Discussion with Director of Dining regarding cuisine and service for those who partake in any aspect of Dining Services. Also, **Demystify Your Dining Plan**—come with your questions and learn how to get the most out of your meal plan.

Cumberland Crossing Resident Speaker Series *Providing help and hope for Russian orphans with Sam & Betsey Harding*

Wed., 9/24, 3:30p – Northwind Farm

Join us for an inspiring presentation by Betsey and Sam as they share the extraordinary story of how a retirement adventure became a life-changing mission. What began as a short volunteer stint in a remote Russian orphanage turned into years of dedicated work to improve the lives of vulnerable children. From rebuilding a crumbling facility to creating lasting educational programs and even founding a Russian nonprofit, the Hardings forged deep cross-cultural connections and helped bring hope to dozens of orphans. Their efforts were so impactful that they were later honored as special guests at the city's 1,000th anniversary celebration. Come hear their remarkable tale of compassion, resilience, and civic engagement. *All are welcome, please sign up with Amy.*

PLEASE SIGN UP
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Scenic Chairlift Ride up Saddleback Mountain

FREE for up to 38 residents!

Thu., September 25, 8:30a~4:30p

Sign Up by WEDNESDAY, SEPTEMBER 10th Deadline!

- OV Cottage and CC residents will be picked up and returned.
- Depart OV Main Lodge at 8:30a on a VIP Charter Coach with restroom.
- Arrive at Rangeley ~11:00a.
- Take a chairlift ride to the top – enjoy the view! 4-person lift benches have a bar that drops down in front of you to hold on to.
- Two OV Fitness Team members will be there to assist you off the lift at both ends (the bench will be stopped each time, but there is a ramp down from the lift).
- This trip involves walking on uneven, rocky ground.
- This trip is not recommended for those who use walkers or wheelchairs – those devices cannot be taken on the lift.
- If you are bothered by heights, we do not



recommend this trip.

- A buffet lunch will be served at **The Nest**: Soup, Salad, Sandwiches, a Sweet and Beverages.

Perched atop the Rangeley Quad side of the mountain at **3,620' in elevation** and tucked into the trees, **The Nest** is Saddleback's latest on-mountain dining experience. One side of the restaurant is made entirely of glass, offering sweeping views of Rangeley and Mooselookmeguntic Lakes, providing guests the opportunity to appreciate nature's beauty from a comfortable indoor sanctuary. The building is designed to be environmentally conscious in the heart of a boreal forest, with a living roof covered in hay-scented ferns and native lowbush blueberries. Locally sourced materials included pine boards stained with linseed oil and pine tar used for the siding. In addition, the facility is built on posts instead of a poured foundation to minimize disruption of the watershed. Restrooms are available.

- You'll have 2 hours at the top (including lunch), to hike or wander or just sit and enjoy the view. We may even see some Fall Foliage Color amongst the evergreens!

- ~1:30p Return downhill on the chairlift to the base.

~2:00p Take the Coach back to OV

To Do:

Sign up by the 9/10 deadline!

Dress in several layers with a warm wind-breaking layer outermost. Gloves and a hat that covers your ears are a good idea. You may bring a walking stick. Sturdy walking shoes with treads are important. You may wish to bring: sunscreen, sunglasses, binoculars, camera, small sketchbook. ***Do NOT use these on the lift.*** If you drop something it's gone forever!

Please bring only a small backpack or bag that you can easily hold in your lap when on the lift. BYO Snacks for the coach ride.

OV Writers Group

Thurs., 9/25, *1:30-3:00p HTL

Welcoming OV writers and would-be writers who are willing to share ongoing efforts in finding the right words for writing reminiscences, stories, poetry, or essays. Part of our meeting is actively writing to a prompt, and the other part is sharing our writings with the group without criticism. As we have time to reflect on past experiences and adventures, writing can be a most satisfying activity.

Save Democracy Group

Thurs., 9/25, 3:00p HTL

SAVE DEMOCRACY is a group of women who assemble every month to discuss and implement plans for supporting local, state and National pro-democracy efforts.

Downbeat; S'forzando Sfz! Concert Series

The Hyperion Trumpet Society Ensemble

Sun., 9/28, 2:30p, HTL

A year ago after being blown-away by "The Hyperions", an "Sfz!" audience unanimously responded to their delightfully varied concert with calls to "Come-Back-Again!!" Well, that's set to happen! The entertaining Ensemble features some of the best trumpeters in Maine. Its half-dozen members include players from a variety of professions, all graduates of music schools across the country. In addition to frequent solo performances, members have performed with the Portland, Bangor, Cambridge, and Midcoast Symphony Orchestras, Symphony New Hampshire, the Apollo Ensemble of Boston, the Philadelphia Brass Quintet, the Mainstreet Brass Quintet, the Colby College Orchestra and many other musical organizations throughout Maine and the Northeast. "Sfz!" supporters who were at last year's event will recall extra fun when two OV'ers who play trumpet in separate local amateur bands "Sat-In" for several numbers by the Ensemble; Don't bet against that happening again at the upcoming concert! This event is resident sponsored by the "Downbeat; S'forzando Sfz! Music Series" group; resident music lovers who support classical music performances. While the group is assisted by OceanView Activities with scheduling of room use and on-campus Transportation [please make reservations with Transportation well in advance if you need a ride, and expect the program to extend to 75 minutes or so], the members of the Sfz! group itself financially support their own content. All residents are welcome to join "S'forzando Sfz!" and attend its concerts. For information about participating or

signing up for these concerts, contact Sue or Hank Schmitt. [Sue: ragtimersue@gmail.com; Hank: kingpenguinpops@gmail.com; both 619-7334.]

Men's Breakfast

Tues., 9/30, 8:30a DR

Breakfast Buffet and Men's Fellowship. OV Chefs will be cooking up fresh omelets, crispy bacon, delicious pancakes or French Toast with Maine maple syrup, and more. *Please sign up by Friday 9/26 for this tasty activity.*

Fitness Hike to Pratt's Brook

Tues., 9/30, 12:45p

More information on page 7.

SCREENING ROOM

Welcome to the Screening Room! With full capacity to seat attendees in our 36 seat theater, we have returned to single showings of most films in the Screening Room; showing newer or anticipated popular films twice. *Please be sure to sign up for movies at the sign-up nook.*



We want you! Do you enjoy coming to the movies? Are you technically inclined? Can you manage your TV remote at home, switching from cable to your DVD or Blu-ray player, or locating streaming services? In just a few short steps we can teach you how to run the movies in the Screening Room—key to having our night and weekend films up and running. Please talk to Amy or Marcia in Activities if you would like to learn how.

At Cumberland Crossing—Documentary Short

Wed., 9/10, 10:00a Northwind Farm

Celia Thaxter's Island Garden

2018 NR 29m

This is the story of the nineteenth century Isles of Shoals poet, author, and artist and the unique garden she created on Maine's Appledore Island, and the garden's establishment in the twentieth century.

Friday Series—Lost Treasures of Rome

National Geographic

Archaeologists unearth lost Roman treasures in this immersive new series.

Fri., 9/5, 2:30p *last two episodes!*

5. Secrets of Rome's Great Wall (45m)

6. Pompeii's Lost Twin: Herculaneum (45m)

Opera, Dance & Theater on Film

Tues., 9/9 – 6:30p *Ingmar Bergman's The Magic Flute* 1975 NR 135 minutes Opera/Dance on Film
In Swedish with optional English subtitles
Ingmar Bergman puts his indelible stamp on Mozart's exquisite opera in this sublime rendering of one of the composer's best-loved works: a celebration of love, forgiveness, and the brotherhood of man. *The Magic Flute* stars Josef Köstlinger as Tamino, the young man determined to rescue a beautiful princess from the clutches of parental evil. **Cast:** *Ulrik Cold, Josef Köstlinger, Irma Urrila, Håkan Hagegård, Elisabeth Erikson, Britt-Marie Arhun*

Quick Reference List

Wed., 9/3 – 6:30p *The Land of Steady Habits*
Fri., 9/5 – 2:30p *Lost Treasures of Rome, 5 & 6*
Sat., 9/6 – 6:30p *Dead Poets Society* Drama
Sun., 9/7 – 6:30p Resident Movie TBA
Tues., 9/9 – 6:30p *Bergman's The Magic Flute*
Wed., 9/10 – 6:30p *The Thursday Murder Club*
Thurs., 9/11 – 2:30p *Sunday Best* Documentary
Sat., 9/13 – 6:30p *Hello Dolly* Musical/Classics
Sun., 9/14 – 6:30p Resident Movie TBA
Sat., 9/20 – 6:30p *My Oxford Year*
Romance
Sun., 9/21 – 6:30p Resident Movie TBA
Wed., 9/24 – 6:30p *The Laundromat*
Drama
Thurs., 9/25 – 2:30p *Swiss Family Robinson*
Fri., 9/26 – 2:30p *The Penguin Lessons*
2025 Encore Showing
Sat., 9/27 – 6:30p *The Amateur* Action
Sun., 9/28 – 6:30p Resident Movie TBA

Wed., 9/3 – 6:30p *The Land of Steady Habits*
2018 TV-MA 98 min. Drama
After leaving his wife and his job to find happiness, Anders begins a clumsy, heartbreaking quest to reassemble the pieces of his fractured life. **Cast:** *Ben Mendelsohn, Edie Falco, Connie Britton, Thomas Mann, Bill Camp, Elizabeth Marvel, Charlie Tahan, Michael Gaston, Josh Pais*

Sat., 9/6 – 6:30p *Dead Poets Society*
1989 PG 128 min. Drama
Maverick teacher John Keating returns in 1959 to the prestigious New England boys' boarding school where he was once a star student, using poetry to embolden his pupils to new heights of self-expression.
Cast: *Robin Williams, Robert Sean Leonard, Ethan Hawke, Josh Charles, Gale Hansen, Dylan Kussman, Kurtwood Smith*

Wed., 9/10 – 6:30p *Thursday Murder Club*
2025 PG-13 120 min. Comedy/Thriller
A group of senior sleuths passionate about solving cold cases get plunged into a real-life murder mystery in this comic crime caper based on the novel. **Cast:** *Helen Mirren, Pierce Brosnan, Ben Kingsley, Celia Imrie, Naomi Ackie, Daniel Mays, Henry Lloyd-Hughes, Tom Ellis, Jonathan Pryce, Paul Freeman, Geoff Bell, Richard E. Grant, Ingrid Oliver*

Thurs., 9/11 – 2:30p *Sunday Best*
2025 TV-14 80 min. Documentary
Ed Sullivan broke barriers by booking black artists on his Sunday night variety show. This documentary spotlights the TV pioneer's legacy of equality.

Sat., 9/13 – 6:30p *Hello Dolly*
1969 PG 147 min. Classics/Musical
Matchmaker Dolly Levi travels to Yonkers to find a partner for "half-a-millionaire" Horace Vandergelder, convincing his niece, his niece's intended, and his two clerks to travel to New York City along the way.
Cast: *Barbra Streisand, Walther Matthau, Michael Crawford, Marianne McAndrew, Danny Lockin, E.J. Peaker, Joyce Ames, Tommy Tune*

Sat., 9/20 – 6:30p *My Oxford Year*
2025 PG-13 112 min. Romance
A driven American grad student falls in love at Oxford in this warm, witty and profound love story based on the bestselling novel. **Cast:** *Sofia Carson, Corey Mylchreest, Dougray Scott, Catherine McCormack, Harry Trevaldwyne, Esmé Kingdom, Nikhil Marmer, Poppy Gilbert*

Wed., 9/24 – 6:30p *The Laundromat*
2019 TV-MA 98 min. Drama
When a widow gets swindled out of insurance money, her search for answers leads to two cunning lawyers in Panama who hide cash for the superrich. **Cast:** *Meryl Streep, Gary Oldman, Antonio Banderas, Sharon Stone, James Cromwell, Jeffrey Wright, Melissa Rauch, Jeff Michalski, Jane Morris, Robert Patrick, David Schwimmer*

Thurs., 9/25 – 2:30p *The Swiss Family Robinson*
1960 PG 127 min. Family Classics
A shipwrecked family uses ingenuity to survive on a deserted island. **Cast:** *John Mills, Dorothy McGuire, James MacArthur, Janet Munro, Sessue Hayakawa, Tommy Kirk*

Fri., 9/26 – 2:30p *The Penguin Lessons*
2025 PG-13 111 min. Encore Showing
Amid the political turmoil of 1970's Argentina, a downcast English teacher finds a new lease on life



when he rescues a stranded penguin. **Cast:** Steve Coogan, Jonathan Pryce, Vivian El Jaber, Bjorn Gustafsson, David Herrero, Alfonsina Carrocio, Micaela Breque

Sat., 9/27 – 6:30p *The Amateur*

2025 PG-13 123 min. Action Thriller
A CIA decoder hunts for his wife's killers, his intelligence serving as his ultimate weapon. **Cast:** Rami Malek, Rachel Brosnahan, Laurence Fishburne, Caitriona Balfe, Joe Bernthal, Michael Stuhlbarg

OUT AND ABOUT

**317 Main (Yarmouth) Community Music Center's
lists of Fall Music Learning Opportunities**

Fall Adult Classes:

<https://317maincommunitymusicschool.opus1.io/w/adult-group-classes>

Musician Groups, English Country Dance, 'Local Vocals', Also classes for individuals

Concerts: <https://317main.org/events/#calendar>

Phone: 207- 846-9559

Hours: Monday - Thursday 9AM - 6PM

Friday 9AM - 2PM



Falmouth Community Programs

Falmouth Community Programs

Fall Brochure is here (paper copy at the Nook)

<https://www.falmouthme.org/parks-and-community-programs>

Cumberland “Active Living 55+” Resources

<https://www.cumberlandmaine.com/activeliving>

SEPTEMBER 2025 BIRTHDAYS

1 Molly McDuffie, 131 LAD
1 Dixon Riley, 121 LAD
2 Linda Lewis, L240
2 Nancy Gregory, C30
3 Sheri Fistal, 55 LAD
3 Jonas Klein, WF19
3 Robin Ratcliffe, 31 Marion
5 Mike Ryan, L110
6 Andrea Gathany, 2 Monarch
6 Bobbe Miller, L103
7 Carlos Quijano, 29 LAD
8 Roberta Weil, FP301
8 Alice Belknap, 2 Weathervane
8 Eileen Crowley, 77 LAD
9 Henry Rhoads, WF1
10 Lise Wellehan, B5203
10 Sue Comstock, L221
10 Steve Pinto, WF44
11 Michael Beaudoin, C37
11 Carole Slayton, 7 Mallard
11 Pam Strayer, HTL1D
12 Nancy Struve, WF29
13 John German, WF21
13 Judy Parkhill, B5401
15 Ave Glasstetter, 7 Monarch
15 Jean Leslie, 3 Honeysuckle
15 Charles Sawyer, 58 LAD
17 Stephen Jenks, WF45
17 Patricia Ledlie, WF35
18 Bob Nofle, 73 LAD
19 Joan Teare, C41
21 Nancy Cline, C33
22 Mary Brown, 3HL
22 Susan Sanders, C56
23 Jeanette Wiggin, 24 Marion
24 Alice Bredenberg, 4 Elementary
25 Ken Gordon, FP201
25 Dolores Rimkunas, C57
25 Susan Saltonstall, 138 LAD
25 Hank Schmitt, L353
26 Ann Levy, 38 Marion
26 Margo Meehan, C104
26 Joan Winters, 3 Mallard
27 Nina Scribner, 4 Ivy
28 Janet Greene, 1 Periwinkle
30 Joan Davies, 2 Scholar
30 Debbie Carr, 32 Marion