

OCEANVIEWS UPDATES

March, 2026 - published February 27, 2026

ADMINISTRATION MEMOS

OceanView Regular Front Office Hours

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

New & Incoming Residents

Robert Morang	2/12	C25
Diane & Earl Wester	mid March	18 Monarch
David & Judy Kelly	mid March	5204
Jean Locey	3/12-13	HTL 1A
Gano Haine	3/16-18	135 LAD
Sarah & Robert James	late March	C100

Staff Away

Talya Corsetti	2/25-3/2
Dustin Bonk	3/18-22

Staff News

We are pleased to welcome **Diane McDowell** to the Activities Department—she will start at the beginning of March!

Thank You!

Dan Cheever & Sue Stasiowski for their program on Rounding Cape Horn; to the members of the **Save Democracy Group** for inviting **Clara Porter** to speak about the ICE Raids in Maine; **Michael Beaudoin** for coordinating xc ski days at Twin Brook and Pineland.

Suzanne Federer Celebration

A celebration of the life of Suzanne Federer will be held at 11:00 on Saturday April 4 at the Allen Avenue Unitarian-Universalist Church, 524 Allen Avenue, Portland. All her many friends at OceanView are invited. The service will be followed by a light lunch "catered" by her two daughters.

The celebration will also be Zoomed at:

<https://us06web.zoom.us/j/8482225294?pwd=EoGKaYMSdkb97uYlQFgrs5ctsCI6AA.1>

Contributions in her name can be made to Maine Adaptive Sports, 125 Outward Bound Rd., Newry ME 04261 or Hospice of Southern Maine, 390 US Route 1, Scarborough ME 04074.

Notice about CallMultiplier System

We have recently begun using a system call CallMultiplier—this system allows an OceanView staff member to record a voice message and have it sent to residents via phone. We will use this system to

send out messages that need to be more prompt than our regular paper memos. Currently, the calls will come from a number in Oklahoma, we are working to have the calls come from a 207-area code but this is not a guarantee. These messages will be one way, please do not try to call the number back. We do not need to get confirmation that you received the messages that are sent. If you have any questions, please let us know.

License Plate Collection



Maine is transitioning from the chickadee plate to the new pine tree design. If you'd like to recycle your old plates, please drop them off at the front desk. Questions?

Contact Mitchell at

mitchell@oceanviewrc.com

CONSTRUCTION UPDATES

To Stay Informed about Construction:

New Construction Memos are sent regularly to the OceanView & Cumberland Crossing Resident email lists. These are the same lists that receive menus, Calendars & Updates, the monthly E-News, and more. If you have not been receiving emails from OceanView, you may have accidentally unsubscribed from our email list.

If you think that is the case, please contact Dustin at dustin@oceanviewrc.com

For your safety, do not enter the construction zone. Also, please make use of the weekly informational meetings for residents, held at the Main Lodge First Floor Conference Room across from the Reception, we're there Thursdays, from 3-4:00p for questions and concerns.

—Mitchell DeBortoli



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: **Updated team photos** for

(Continued on page 4)

Updates & Special Dining Events in March

Breakfast Buffet Every Saturday

Rotating menu of 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*

Community Supper

at Blueberry Commons Room
“Loaded Baked Potato Bar”
Saturday, February 28, 5:00 pm.

Join your friends and neighbors in the BBC community room. Menu to include: Baked Russet Potatoes with a variety of “gourmet” toppings, green salad, brownies. 1 meal plan point for all meal plan participants (Heritage plan may pay cash price). Call the front desk at 781-4460 to reserve a spot, seating is limited.

Chef’s Soup Challenge

at the Main Lodge Dining Room
Friday March 20th. Five of OceanView’s chefs will enjoy a lively and fun competition to simmer up the “Best Soup”. Samples servings will be scooped out by each competing chef. We round it out with bread and sweets to make it a satisfying lunch event. Donation to OVRAF. *Please sign up—seating limited.*

OceanView Dining Services

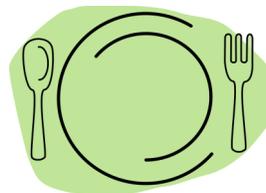
Call OV Front Desk: 207-781-4460

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: All Residents’ Guests; Silver, Bronze, BBC, & Cottage Plans, and No-Plan residents.

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



at The Gazebo Grille

Celebrate St Patrick’s Day with Chef Adam’s Shepherd’s Pie! Tuesday March 17th, while supplies last. We will also be baking Irish Soda Bread and Irish Cream Bundt Cake.



Donations gratefully accepted the mornings of sale days in Blueberry Commons Room
 Upcoming sale dates:
 Fridays, March 13th & 27th

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 first half of 2026 is the OceanView Resident Assistance Fund (OVRAF)

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

Although we have lots of snow here at Cumberland Crossing, we’re looking forward to spring officially starting in a few weeks. No matter what the season, there are always great programs happening at both campuses (and scheduled transportation) for our active residents!

NEW MOVE-INS

Please help us welcome our newest resident, Dody Grier, to 139 Little Acres Drive!

PHASE 2 SALES

There is still a chance to customize a cottage and make it your own, but don’t hesitate as that chance will soon be gone! Call or email TODAY for special details.

MARCH TOURS

We are available for tours! Just send an email to: Gloria Walker at gloria@oceanviewrc.com or call her at 207-781-4460 ext. 150. Likewise, you can reach out to Shireen Shahawy at shireen@oceanviewrc.com or call 207-781-4460 ext. 103.

We would love to show you our beautiful community!

ACTIVITIES/EVENTS Highlights at OceanView

(FMI see pp 12 & 15)

Tues., 3/10, 1:45p **Author Jack Montgomery** —HTL

Wed., 3/25, 10:15p **BSI “Fraud Squad”**— HTL

Request van transport from Transportation for events above.

MARCH ACTIVITIES at Cumberland Crossing

*at Northwind Farm unless indicted *please sign up w/Amy*

Monday, 3/9, 3/3:30pm—*Matinee Movie Monday:

The Full Monty, 1997, R, 91 min. (desc. p 17)

Monday, 3/16, 1:30pm—Cribbage

Monday, 3/16, 3:00pm—*Coffee with Don

Tuesday, 3/10, 10:00am—Men’s Discussion Group

Tuesday, 3/17, 11:00am—St. Patrick’s Day Social

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

Wednesday, 3/11, 10:00am—Doc. Wednesday

Live to Lead, ep. 6, Gloria Steinem (desc. p 17)

Wednesdays, 2:30pm—Stretch & Balance Fitness

Wednesday, 3/18, 11:00am - Book Club

The Memory Palace by Nate DiMeo

Wednesday, 3/25, 3:30pm - CC Speaker Series

Coast of Maine brands with Carlos Quijano (p 16)

Thursdays, 9:45am – Transportation to Thursday

Wellness Clinic hours at OV—pls call for ride

Thursdays, 3/5, 3/19, 10:00am—Stitchers Group

Thursday, 3/19, 4:00p—Women’s Group (loc. TBA)

Thursdays, 4:00pm—Oneness Meditation

w/Anne Dean (anneldean@gmail.com)

Fridays, 11:00am—Yoga with Grace

Fridays, 3:00pm—Tai Chi with Anne Dean

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

(Continued from page 1)

Housekeeping and Maintenance as well as new additions for Transportation and Wellness. You can also see these photos on the wall by the Gazebo Grille.



Please bookmark the Portal on your computer or phone and check it often! The Resident Portal is meant only for current and future residents and members of our Priority Wait List. It is not public on our website, and it is not searchable online.

The link to the Portal is:

www.oceanviewrc.com/portal/

—Dustin Bonk

COVID-19 COMMUNITY UPDATE

We've had 11 resident and one staff cases on campus in January. 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

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.

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.

Caregivers' Support Group

Wed., 2/4, 1:00p—HTL

Wed., 2/18, 10:00a—BBC

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.

Grief Support Group

Tues., 2/24, 1:00p—HTL

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



Grief comes in many forms, shapes, and sizes. Let's gather to express our grief, support one another, and lift ourselves up. With all grief, there is loss. In this group we mourn the loss but look to heal, grow, and move forward.

Garret Cole's Parkinson's Fitness & Support

Thursdays, 11:00a at Falmouth House

Open to all OV & CC Residents

Van—Parkinson's Discussion Group

Tues., 3/10, 10:30-11:30a Departure 9:45a**

Valhalla Recreation Center, Cumberland

Join our Parkinson's Discussion Group to connect with other people who share similar interests,

challenges and hopes. This will be a gathering of people with common experiences or concerns who can provide each other with encouragement, comfort, and advice. Presented by Cumberland Active Living

We will strive to:

*Talk about your feelings and receive confirmation that there are others dealing with the same challenges

*Compare common symptoms and ways that each person has handled the symptoms

*Discuss issues that are unique to care partners and family members of people with Parkinson's disease

**OceanView will send a van to this gathering on the second Tuesday of the month as we look to find a facilitator who can come to OV. Please sign up.

Podiatrist—Dr. Rybka

We are waiting to find out when Dr., Rybka will be able to reschedule after having to cancel his 2/11 visit.

Hearing Aid Appts

Wed., 3/11, by appointment

Ron Trufant has sold Falmouth Hearing Aids to Miracle Ear, and this has changed his schedule.

His next OceanView visit will be on Wednesday March 11th. Call 207-406-2920 for appointment.



(Continued on page 5)

Balance Screenings

Thu., 3/12 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. *Please 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

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 bring quarters. For patrons of Bath Savings other services can be performed, as well. **Bath Savings has removed the ATM machine** from the Main Lodge because of low usage.



OCEANVIEW RESIDENT ASSISTANCE FUND

RAF Special Campaign

The Resident Assistance Fund is continuing its special campaign to raise \$500,000 for residents in need by asking the members of the OV community to consider pledging a sum from their OV Entrance Fees. By asking OV to return the Entrance Fee to their heirs minus the amount they have pledged necessitates no changes in wills and no lawyer's fees--no costs to you. Maggie Philbrick was tasked by the Board of the RAF to begin this campaign in the fall of 2024, and she has given updates and answered questions at the monthly Community Council meetings. The Board encourages residents to consider what they might do for this campaign and be ready with their answers when Maggie writes or calls.

OV LIBRARY COMMITTEE

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

From the New Bookshelf

NONFICTION In *Women and Power*, respected classicist, Mary Beard, turns her attention to misogyny from the earliest times to the present. This slim volume consists of two lectures, and is an opportunity to hear, as it were, her views. One of two political books is *Profiles in Ignorance* by Andy Borowitz which a member of our committee called “very funny but sad.” The other is *The Accidental President* by A. J. Baime about the presidency of Harry Truman. Truman faced tough decisions about the use of the atomic bomb, Potsdam Conference, Nazi surrender, United Nations, and Cold War. *No Common Ground* covers the history of the raising and then pulling down Confederate statues. Turning now to our own non-Confederate state, in **MAINE** collection you will find 2 volumes, *A Countryman's Journal* and *A*

Countryman's Farewell by Roy Barrette. *Journal* is short pieces on various topics, ala E. B. White, related to life on his coastal farm; *Farewell* is musing on the past prompted by his advanced age. We're offering two **OVAuth** books by CC resident, Faith Fuller Wilcox. *Hope is a Bright Star* relates the tragic illness and death of Wilcox's teenage daughter. Through poetry, *Facing Into The Wind* reflects on Wilcox's loss, how writing assuaged her grief and might help others living with loss.

FICTION Novels by notable authors include *The Laguna* by Barbara Kingsolver, *Winter Soldier* by Daniel Mason, *A Single Thread* by Tracy Chevalier, *The Night in Twisted River* by John Irving, and *What We Can Know* by Ian McEwan. **LGPR** offers *Shadow Ticket* by Thomas Pynchon and *Standing In the Shadows* by Peter Robinson. Also available, *Persuasion*, by that **most noted** author, Jane Austen. Community Read coming up on Thursday, March 12th!

Barbara Briggs for the Library Committee

COMMUNITY COUNCIL REFLECTIONS

Nancy Wanderer, President

At our February Community Council meeting, Cathy McDowell announced the formation of a nominating committee to seek a new Community Council president. Nine years ago, when I first served as

(Continued from page 5)

Community Council president, the by-laws were amended to include term limits for Community Council officers. In the past, officers had served until they either died or realized they could no longer do the job. Now, term limits allow people to serve for a maximum of two one-year, consecutive terms before stepping down to give someone else an opportunity to do the job.

Three years ago, after I had served two one-year terms, the Community Council voted to allow me to serve one additional one-year term, so we wouldn't be electing three new officers at the same time. I was delighted to serve that additional year and would be happy to continue serving as Community Council president for life, but that is not allowed under the by-laws.

As you can probably tell, I have loved serving as president of the Community Council. Here are some of the aspects of the job that have been particularly enjoyable. I love gathering with all of you once a month to learn about everything that is happening on campus. Seeing all your faces and hearing your constructive comments and suggestions makes conducting the monthly meetings a pleasure.

The other thing I like best about the job is the opportunity to work with Diane Kibbin and other members of OceanView management and staff to make improvements on campus. Many of the ideas I have passed along have come from the engaged residents who have come to "Tuesdays with Nancy" to share their thoughts and a few laughs along the way. I have also enjoyed writing my "Community Council Reflections" column every month. Having this opportunity to share my thoughts and encouragement has been pure joy. There are some other responsibilities associated with the job, too, like reviewing the Community Council Minutes before they are distributed and writing welcome letters to new residents. Overall, though, everything about the job has to do with keeping communication open and clear, both among residents and between residents and staff.

Every past president has done the job in her or his own way. The only true requirements are moderating the monthly Council meeting and overseeing the work of the secretary and treasurer. I was the first president to write a monthly "Reflections" column or hold informal monthly meetings with residents. Future presidents may think of other creative ways to foster good will and serve the community.

Please think about whether you would like to nominate yourself or someone else to be our next Community Council president. You can contact me or nominating committee chair, Cathy McDowell, if you would like to discuss the job in more detail. I look forward to hearing

who is nominated at our March Council meeting. Whoever it is, I promise to be available to that person as a sounding board or to provide any help or moral support she or he may need. Please consider who should take on this important role for the next few years. It's a great way to get to know everyone and make a difference in our community.

FITNESS NOTES

Now Open: Infrared Sauna at Oceanview

We're excited to introduce our new **infrared sauna**, now available to residents in the Hager Fitness Pavilion. Unlike traditional saunas that heat the air around you, infrared saunas use gentle radiant heat to warm the body directly, creating a comfortable, relaxing experience at lower temperatures. Regular use of an infrared sauna may help support **muscle relaxation, joint comfort, circulation, stress reduction, and post-exercise recovery**. Many people also enjoy the calming, quiet time it provides as part of an overall wellness routine.

If you're interested in trying the infrared sauna, **please call or stop by the Fitness Department**. The Fitness staff will be happy to provide **instruction, safety guidance, and answer any questions** before you get started. We look forward to helping you enjoy this new wellness offering!



Fitness Presentation: Understanding Parkinson's Disease and Exercise

Wed., 3/18, 2:00p HTL

Join the OceanView Fitness Team for an informative presentation on Parkinson's disease. We'll cover how it is diagnosed, common treatment options, early signs to watch for, and the role of nutrition and exercise in managing symptoms. This session is not just for those living with Parkinson's — it's also for family members, friends, and caregivers who want to learn how to recognize early signs and support their loved ones. Discover how safe, consistent movement and healthy lifestyle choices can help maintain strength, balance, and overall well-being.

Laughter Yoga *please sign up at the nook*

Mon., 3/23, 11:00a HTL

Class with Chris Chapman, Certified Laughter Yoga Leader. Here is a wonderful website that explains what Laughter Yoga is as well as its history of how the practice began." www.laughteryoga.org

Oneness Meditation with Anne Dean at OceanView and at Cumberland Crossing Tuesdays at 11:00a in the Screening Room (SR)

(Continued on page 7)

(Continued from page 6)

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.”

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.

Zoomed Classes

On the Lifestyle 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-XsFMrFjXc5IgKa6mPQItNre2QZ9K>



THEATER & TICKETED EVENTS

Vans—PSO Sunday

“Morihiro Conducts”

Northern Folktales: Copland & Sibelius

Sun., 3/1, 1:30p Merrill Auditorium

Tickets \$113-29 Call Porttix to order

X van seats remaining

Morihiro Nakahara, Guest Conductor

TAKASHI YOSHIMATSU *Ode to Birds and Rainbow*

COPLAND *Suite from The Tender Land*

SIBELIUS *Symphony No. 5 in E-flat Major*

Van—Portland Ovarions

Kinky Boots

Thurs., 3/5, 6:00p Merrill Auditorium

Tickets: \$55-144 *4 van seats remaining*

Everybody say “Yeah!” and let *Kinky Boots* lift your spirits to high-heeled heights! Winner of every Best Musical award, including the Tony®, Grammy®, and London’s Olivier Award, *Kinky Boots* captivates and entertains audiences around the world with a Tony®-winning score by Cyndi Lauper, book by four-time Tony Award®-winner Harvey Fierstein, and original direction and Tony®-winning choreography by Jerry Mitchell.

Vans—Good Theater

Lend Me a Soprano

Sat., 3/7, 1:00p Stevens Square Theater, Portland

Tickets \$45 *7 van seats remaining*

It’s 1934, and chaos erupts at the Cleveland Grand Opera Company when soprano Elena Firenzi’s late arrival and her jealous husband’s outburst threaten the show. Can Manager Lucille Wiley and her determined assistant Jo save the day? Based on Ken Ludwig’s Tony Award-winning *Lend Me A Tenor*, this madcap comedy featuring ladies in the leading roles is “guaranteed to leave audiences teary-eyed with laughter.” - Broadway World

Van* (tentative)- The Great Cross-Country Race

Sun., 3/8, 1:00p

Royal River Community Players

THE PLAYHOUSE - 305 US Route 1, Yarmouth, ME

Tickets: \$20 general admission *need 6 to send a van

<https://www.royalrivercommunityplayers.com/>

This English play is a joyful romp featuring animals with human traits. During Sports Day, no one dares race the speedy hare except the slow tortoise. The hare gets sidetracked by picnics, poachers, and spying on couples, even ending up on a clothesline. *Featuring OV resident Phil Chin.*

Van—PSO Pops

Star Wars: The Empire Strikes Back in Concert

Sun., 3/15, 12:00p Merrill Auditorium

Tickets \$113-29 Call Porttix to order

1 van seat remaining

Travel to a galaxy far, far away and experience the continuation of Luke Skywalker’s epic journey. After the destruction of the Death Star, Darth Vader pursues Luke Skywalker, who is studying the ways of the Force with Jedi Master Yoda. Experience the critically acclaimed second installment of the original Star Wars trilogy, as *The Empire Strikes Back* is projected on the big screen at Merrill Auditorium, with John Williams’ iconic score performed live by your Portland Symphony Orchestra.

(Continued on page 8)

(Continued from page 7)

**Van* - Midcoast Symphony Orchestra
III: Ambition and Destiny**

Sun., 3/22, 1:15p

Orion Performing Arts Center, Topsham

\$27 in advance; \$30 at the door **need 6 to send a van*
Jinwook Park, Guest Conductor

Program:

Carl Maria von Weber: "Oberon" Overture

Ludwig van Beethoven: Piano Concerto No. 4

-- featuring Morgan Lee, piano soloist

Pyotr Ilyich Tchaikovsky: Symphony No. 4

We have some complimentary tickets available; if we don't have enough signed up for the van, we can still offer tickets to use if you drive yourselves.

**Van* - FOKO/Bach Birthday Bash
with James Kennerley, Portland Municipal
Organist**

Sun., 3/22, 1:30p Merrill Auditorium

Tickets: \$19-48 porttix.com **need 6 to send a van*

Join us for our annual tribute to the "grandfather of classical music," Johann Sebastian Bach—led by Portland's Municipal Organist, internationally recognized scholar, and master interpreter James Kennerley. As the composer who wrote more music for the organ than any other, Bach's work is both foundational and endlessly inspiring. In this illuminating and captivating performance, Kennerley brings Bach's music to life in ways that are at once timeless and refreshingly new. With inventive interpretations and fascinating insights into Bach's life, legacy, and influence, he invites audiences to experience this iconic composer not just as a historical figure, but as a living force in music today. Whether you are a lifelong admirer or new to Bach, this is an unforgettable opportunity to hear his genius with fresh ears.

Looking for tickets for a Merrill Auditorium or greater Portland event? **Be sure to start at**

Porttix!

**Don't overpay at
a 3rd party site**



Porttix is open Mon-Fri 11:00a-3:00p and 90 minutes before shows. 207-842-0800, bookmark <https://www.porttix.com/>

Tickets for **PSO, Portland Ovarions, Opera Maine, the Kotschmar Organ**, and even some area companies such as **Portland Ballet** at Westbrook Performing Arts Center and **Portland Conservatory of Music**, use Porttix as their trusted ticket partner.

**Van—PSO Tuesday Classical
Brahms Double Concerto**

3/31, 6:30p Merrill Auditorium

Tickets \$113-29

Call Porttix to order

Vans are full

Eckart Preu, Music Director

Charles Dimmick, Concertmaster

Brent Selby, Principal Cello

ELENA KATS-CHERNIN: Big Rhapsody

BRAHMS: Double Concerto in A Minor for Violin and Violoncello

WEBER: Overture and March from Turandot

HINDEMITH: Symphonic Metamorphosis

UPCOMING TICKETED EVENTS

Sign up sheets are out on the Blue Clipboard; the following are all ticketed through Porttix (please see page 8 for contact info); **if you are signed up, these vans will be going so be sure to order your tickets now for best seat selection.**

Van—Portland Ovarions

The Academy of St. Martin in the Fields Wind Ensemble

Tues., 4/21, 6:00p Merrill Auditorium

Tickets: \$30-75 *3 van seats remaining*

Van—Portland Ovarions

Meredith Wilson's The Music Man

Thurs., 5/14, 6:00p Merrill Auditorium

Tickets: \$55-125 *7 van seats remaining*

SeaDogs Baseball series 2026

It's time to start thinking about our 9-inning vacations. More info soon.

ONGOING/REPEAT ACTIVITIES

OceanView Chorus

Mon., 3/2, 11:00a BBC

Rehearsals are scheduled for Mondays and Thursdays from 11:00 to 12:30 with the Spring concerts on May 13 & 15. Chorus is open to all residents, there are no auditions required, so please join us and enjoy making music together.

Questions? Please reach out to Bill Gatchell, Chorus Manager 207-781-5131, or email

wmgatchell@gmail.com *Please note new email address. If no answer, please leave a voice message on the phone.*

(Continued on page 9)

(Continued from page 8)

OV Community Council

Mon. 3/9, 3:00p BBC

Please email President Nancy Wanderer at wanders8899@gmail.com or call 207-837-4738 with your comments and concerns, and especially if you want to get on a future meeting agenda.

Tuesday with Nancy Tues., 3/3, 1:00p HTL

Handcrafters Group

Second & Fourth Mondays (3/9, 3/23)

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 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).

Bible Fellowship

Tuesdays, 10:00a HTL

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 applies 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.

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!

German Conversation Group

Meets 2nd & 4th Wednesdays

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!

(Continued on page 10)



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.

MARCH OV ON-CAMPUS VAN pick-up time:

- ◆ Thursdays 9:30a Men's Discussion HTL
- ◆ Thu/Fri Movies SR *see list pg. 16*
- ◆ Mon/Thu 10:30a Chorus BBC
- 3/2 12:00p Kindergartener's Visit—HTL
- 3/4 3:30p Wine & Cheese Birthday—BBC
- 3/9 2:30p Community Council—BBC
- 3/10 2:00p Jack Montgomery Book Talk—HTL
- 3/11 10:30a Women's Discussion Group—HTL
- 3/11 3:00p Retirement Party—HTL
- 3/18 10:30a Women's Book Group—HTL
- 3/24 2:30p Falmouth Schools Jazz Bands—Lunt
- 3/25 10:30a Bath Savings Fraud Squad—HTL
- 3/31 1:30p Around Cape Horn Talk—HTL

(Continued from page 9)

Women's Discussion Group

Wed., 3/11, 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.

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!

AARP Fraud Alert Show w/ Phil & Pam

Thurs., 3/12, 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/monthly-fraud-watch>

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

Van—Grocery Shopping

Thursdays 3/5, 12, 19, 26

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

Tuesdays, 1:00p: 3/3, 3/17

You can also ask to go to the Falmouth Memorial Library or your Route 1 banking institution instead, please note it when you sign up.

Van—Trader Joe's –OR– Whole Foods

Tues., 3/24, 1:30p

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.*



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.

Cross Country Skiing

Hello Resident Skiers & Snowshoers!

OV's trails have been groomed for XC skiing— if you use those trails to walk/walk your dog/ snowshoe, please keep to one side of the tracks.

We had successful trips to Twin Brook and Pineland in February. Let's see if our luck holds for some additional trips in March.

We are working with OV Resident Michael Beaudoin to find additional dates to travel on the van



for XC skiing and snowshoeing Please contact Mike: If you'd like to be added to an email list to receive notices about planned van transport or carpooling to places like Pineland,

Riverside Golf Course, Payson Park in Portland and Twin Brook Rec in Cumberland.

If you are looking for a place to purchase reasonably priced ski gear, such as Gear-Hub.

He would be pleased to meet with all or any who are interested, to work out details if you feel this is a viable group activity: Michael Beaudoin, OV C37, mbeaudoin@une.edu, 207-781-4954



(Continued on page 11)

Kindergarteners Visit

Mon., 3/2, 12:30-1:15p HTL

Join in as students from Falmouth Elementary School visit us for some educational adventures—this year we are getting Kindergarteners! Three classes of students will rotate opportunity to visit throughout the school year. Reading together, playing games, just a great opportunity to spend some time with some young people—*please sign up.*

Readers Theater Group

Mon., 3/2, 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 an audience understand the story. This "performance of the voice" does not require memorization. At this time, the group will be gathering monthly to read plays and other materials out loud together for themselves, with no planned performances.



National "Slam the Scam" Day Thursday, March 5th

This is being brought to you by the Social Security Administration and its Office of the Inspector General

On March 5, 2026, as part of National Consumer Protection Week, the Social Security Administration (SSA) and its Office of the Inspector General (OIG) lead National Slam the Scam Day. Take part using tools from SSA and the Federal Trade Commission (FTC) to recognize imposters – including Social Security-related scams – and stop scammers from stealing your money and personal information.

Help Us Slam the Scam!

1. Learn about common tactics and how to recognize the signs. For example:

An unexpected problem or offer of a prize or government benefit increase.

Pressure to act immediately.

Request for unusual payments like cryptocurrency, gift cards, gold bars, cash, or wire transfers, even with the promise of keeping your money safe.

2. Spread the word. Visit ssa.gov/scam for more information that could help you and others stay safe.

3. Report suspicious activity. Report Social Security-related issues to SSA OIG (oig.ssa.gov/report) and other concerns to the FTC (reportfraud.ftc.gov).

Help Us Slam the Scam!

<https://www.ssa.gov/scam/>

Wine & Cheese Party—March Birthdays

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

Join us for our monthly wine and cheese party and help celebrate those with March birthdays!

All residents are invited to attend this monthly gathering—*please sign up.* **If you are a cottage resident, sign up in the right-hand column and let us know if you need a ride or are walking to the event. Lodges residents please use the left column.**

Downbeat; S'forzando Sfz! Concert Series

The INVOKE String Quartet

Fri., 3/6, 1:00p, Lunt Auditorium

An unconventional string quartet will make an appearance at Lunt Auditorium on Friday, March 6 @ 1:00pm for a "Downbeat; S'forzando Sfz!"

audience; INVOKE is the group's name. An AI-inquiry labels the group as a genre-bending, multi-instrumental string quartet.....that has been described as "not classical...but not not classical". The distinctive ensemble (which delights surprising

audiences with unexpected stuff) specializes in dodging strict genre classifications by seamlessly weaving together American traditions, including bluegrass, Appalachian fiddle tunes, jazz, and minimalism. The Lunt audience will have a New Musical Experience with these four top-quality classically-trained Texas-based musicians, who at various times will switch from playing their

violins, viola and cello..., adding/substituting banjo, mandolin and vocals--- creating sounds definitely unique to a string quartet. The group will brush'up numbers to be performed at three week-end gigs presented in the Portland Chamber Music Festival's annual "Winter Warmer" series (tix at \$50/per...., and higher). Sit-in, be-surprised, and have FUN! --- This

One Will Be Talked About!! 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], 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.]

Economic Forecast with Sean Martin

Fri., 3/6, 3:00p HTL

Sean Martin, Vice President of Bath Savings Trust, will be at OceanView to discuss the economy and how

(Continued from page 11)

we should be investing in 2026. Sean is the astute manager of the OceanView Resident Assistance Fund, and is very knowledgeable about investment markets and financial matters. There will be ample time to get your questions answered by this monetary expert. All are welcome to attend—*please sign up.*

Neighbor-to-Neighbor Voter Services Are Available!

Democracy is not a spectator sport!

Help make democracy work by ensuring you can vote in the June 9th primary election that will determine the candidates in the November general election for federal offices and for State and County offices.

How: 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 to register.

Apply for Ongoing Absentee Ballot Status for anyone who is disabled or age 65 or older by the election date

When: Monday, March 9th – immediately following Community Council

Where: Hilltop Community Room



PLEASE SIGN UP FOR ACTIVITIES & WEAR YOUR NAMETAG!

LOCATION CODES:	
BBC—Commons Room in Blueberry Commons	Room, lower level
CC—Cumberland Crossing	LIB—Library on ML2
CR—Card Room behind Library	LUNT—Lunt Auditorium
DR—Dining Room, Main Lodge	ML1c—Main Lodge 1st Floor Conference Room
FH—Falmouth House	ML2—Main Lodge Activity Room, 2nd Floor
FS—Fitness Studio - Hilltop	ML3c—Main Lodge Conference Room, 3rd floor
GG—Gazebo Grille	ML3S—Main Lodge Salon, 3rd floor
GR—Game Room	NW—Northwind Farm CC
HFP—Hager Fitness Pavilion	SR—Screening Room
HTL—Community Room in Hilltop Lodge	WF—Whipple Farm
HTLa—Hilltop Amenities	WO—Wellness Office ML3

demand to be preserved, and to witness how art, empathy, and place intersect.

Women's Discussion Group

Wed., 3/11, 11:00a, HTL

“Some luck lies in not getting what you thought you wanted but getting what you have, which once you have it you may be smart enough to see is what you would have wanted had you known.” — Garrison Keillor, Lake Wobegon USA

This month much will be made of “the luck of the Irish” as many people celebrate St. Patrick’s Day. Join us to share stories about good—or not so good—luck and the role luck has played in our lives.

Dawn Wheeler Retirement Celebration

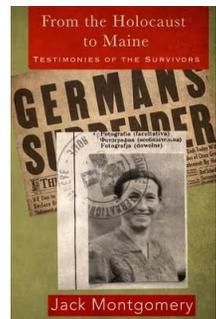
Wed., 3/11, 3:30-5:00p

Please stop by to help us mark a remarkable 31-year career at OceanView.

Dawn started at OceanView as the first full-time Administrative Support person in 1995, when the campus was all trees, with only the Main Lodge and Cottages 1-20. Reception with 2 phone lines; dining & transportation requests, work orders, etc. all on paper; clerical support for Director, Marketing, Activities, Wellness, and the Owner all on paper with no computers. She created the first Marketing Contact database from boxes of paper files.

Dawn created the first consistently-published resident "Notes", which evolved into separate Resident Updates and the OceanViews Newsletter, which is used for Marketing, which she relinquishes to

Rescheduled from January



From the Holocaust to Maine: Testimonies of the Survivors Author Talk with Jack Montgomery

Tues, 3/10, 2:30p HTL

Join us for a program honoring memory, resilience, and community: Jack Montgomery — Maine lawyer turned photographer and the originator of the Maine Jewish Museum/Temple Etz Chaim

acclaimed *Soul Survivors* exhibition — will present his new book, *From the Holocaust to Maine: Testimonies of the Survivors.*

Through poignant portraits and firsthand narratives, this beautifully illustrated volume brings to light the lives of Holocaust survivors who rebuilt their lives in Maine.

The event will include:

A presentation by Jack Montgomery on the genesis of *Soul Survivors* and the book’s journey.

The opportunity to purchase signed copies of the book
A powerful opportunity to engage with stories that

(Continued on page 13)

OV and the Environment

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



March 16, 3 PM HTL: Rebecca Dugan, Falmouth Land Trust, will talk about the latest developments in the FLT, and then a colleague will tell us all about the spring wildflowers we can look forward to in the FLT woods.

Future scheduled meetings (third Mondays at 3 pm in HTL)

April 20, tbd

May 18, Matthew Kearns, son of OV's Tom Kearns, will talk about work with providing renewable energy to meet datacenter demand, and about working under the current government in DC.

June 15, Roger Wheeler, Friends of Sebago Lake, will continue to report on research on the effect of large dams on climate.

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

PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!

(Continued from page 12)

Marketing in 2014. Also helps with newspaper ads and accounts payable.

In 1999 the then Activities Director took a leave of absence and Dawn moved into that position to cover; a temp was hired for the Front Desk. The previous Activities Director does not return.

At the time many of our activities were held in the 2nd Floor Activities room (commonly the Art Room now); the Wine & Cheese party was held in the 'Garden Room' (now part of the Gazebo Grille), and Welcome events and larger activities were held in the ML Dining Room.

Dawn continues to create the monthly notes, plan the Anniversary Party, the OceanViews newsletter; now she's adding move-in visits, plan/facilitate activities, drive van, resident photos, work with drivers, and admin support for resident groups. Dawn purchased a large flat screen television for a space now occupied by the Salon/Conference Room) and developed a movie schedule.

2004-2007 Hilltop Lodge is built, first ML expansion. Hiring vendors to offer classes in first fitness space; a full-time driver;

By 2008 OceanView is at 155 residents in cottages and apartments. Dawn created the Screening Room in HTL

2010 hired first Fitness Assistant, 20 hrs fitness, 20 hrs Activities

2011/12 ML Expansion #2, Library expansion, Gazebo Grille; first full-time Activities Assistant hired (Marcia)

2013 first of the Blueberry Commons buildings opened, Lunt Auditorium and Legacy Memory Care 2014 full-time Transportation Coordinator hired; 2015 hired Kate Foley to revamp Fitness program and build a team...

Dawn has seen our community through all of it's growth, and her remarkable impact on OceanView cannot be overstated. Congratulations on a wonderful career.

Community Read: *Persuasion* by Jane Austen with Austin scholar Ingrid Graff
Thurs., 3/12, 2:30p HTL

In celebration of Jane Austen's 250th birthday, Ingrid Graff, Jane Austen scholar, will be giving a talk entitled "*Persuading Anne to Speak: Finding*



Voice in Jane Austen's Last Novel". Please join us—even if you haven't read the novel. Graff will explore the themes in this book around society, privilege and the complexity of relationships. **All are welcome.**

Ingrid Graff was born in England and then moved to the US with her husband, Walter. She has a BA in English from Bangor University in North Wales and MA in Library Science from the University of Rhode Island.

Now retired, Ingrid worked as a school librarian in Gorham, NH from 2000-2010. She has also been a lecturer for the NH Humanities Council and Elderhostel as well as an adjunct faculty for the College for Life Long Learning. In addition, she been a presenter on Jane Austen to the Jane Austen Society of North America.

Ingrid has received the William L. Dunfey Award for Excellence in the Humanities and she was chosen as the School Librarian of the Year in NH in 2007.

Resident Potluck Dinner

Sat., 3/14, BBC

4:45-5:30p Appetizers/Cocktail Hour

5:30p Dinner

Sign-up sheets are out now—please indicate how many will attend and what type of item you will bring to share. Don't cook? A bottle of wine or something from the store is always welcome. Have a question? Call John Bischof (207-781-2391) for ideas/

(Continued on page 14)

(Continued from page 13)

answers. Don't hesitate! Sign up! It's fun!
John is also looking for some additional volunteers to help facilitate this event, perhaps there are some new folks who are interested. Please call John, above.

Poetry Reading Group

Mon., 3/16, 1:00p, HTL
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.

OV & the Environment

Mon., 3/16, 3:00p HTL See p. 13 for description

Cumberland Crossing Monthly Coffee with Don

Mon., 3/16, 3:00p Northwind Farm
Guests Speakers TBD; CCCA to follow
Space is limited—please sign up with Amy.

Irish Music Concert with Dan Possumato

Mon., 3/16, 6:30p, HTL
Get a musical head start on Saint Patrick's Day!



Dan Possumato has been playing music, mostly traditional Irish, for a good many years in Europe, the continental USA, Alaska and Canada.

He is ever grateful to the many musicians on both sides of the Atlantic with whom he has played and recorded. He really enjoys the music he plays, and he hopes you will, too!



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!

The 2026 reading schedule is available in the OV Library and in the Signup Nook. See you there!

Questions? Marta Bent at 781-2912.

March's Book

Wed., 3/18, 11:00a—HTL

The Frozen River, by Ariel Lawhon, led by Cindy Estes

April's Book

Wed., 4/15, 11:00a—HTL

At Home: A Short History of Private Life

by Bill Bryson, led by Nancy Bennett
A tour of his rural English parsonage showing how each room has changed function.

Cumberland Crossing Community Book Group

Wed., 3/18, 11:00a, Northwind Farm
We encourage new residents to join us for our 11 AM discussions at Northwind Farm, which are also offered on Zoom.

March's Book

The Memory Palace: True Short Stories of the Past by Nate DiMeo

FCP Travelogue

North Atlantic Azores with OV Resident Eunice Wilcox

Wed., 3/18, 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

OV Writers Group

Thurs., 3/19, 1:00-2:30p 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.

OV Chefs Annual Soup Challenge

Fri., 3/20 12:00p MLDR
A favorite annual event with proceeds to benefit the OVRAF with a \$5 minimum donation. OV chefs will prepare their favorite recipe, you will vote for your favorite. The winning recipe will appear on our dinner menu and at The Gazebo Grille. We will round out the tastings with assorted rolls and breads & fresh baked cookies for dessert.
Please sign up—space is limited.



Downbeat; S'forzando Sfz! Concert Series

Fantasy + Folklore Classical Music Concert
Fri. 3/20, 2:00p, Lunt Auditorium
USM/Osher School of Music String-Faculty Head, violinist Rob Lehmann, and Bates College Faculty Collaborative Pianist Chiharu Naruse will return to Lunt (this time together!) as a "Downbeat; S'forzando Sfz! Concert Series" duo. In a wide-ranging program, this high-quality pair will bring together composers from across the globe, offering a rich mix of styles, sounds, and traditions. Romantic elegance meets

(Continued on page 15)

(Continued from page 14)

modern boldness. Intimate moments sit beside dramatic flair. Be ready to hear a concert about connection—across cultures, through time, and between performer and listener. A highlight work will be Edvard Grieg's *Sonata No.3*. Their program will also be performed at separate Bates and USM/Osher concerts. 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.]

**Michael Perry Travelogue
Out & About Maine Day Trips**

Fri., 3/20 6:30p, HTL

Join Freeport's Michael Perry for a collection of scenic road trips in Southern and Central Maine. Unique library buildings, historic schools and churches, brilliant flowers, and so much more.



We will travel together to enjoy the crashing surf of Pemaquid Point and the seaside splendor of Two Lights in Cape Elizabeth. We will venture up to the artistic wonders of the Swift River and Coos Canyon in Byron passing on the way the birthplace of Senator Ed Muskie. Another trip will take us up to the Sandy River and the college town of Farmington, then south to the Portland area to visit the hometown of crooner Rudy Vallee.

Settle in and let Michael do the driving via beautiful pictures to some of your favorite places, and perhaps to some venues brand new to you!

Wine Tasting Group

Mon., 3/23, 4:00p BBC

March wine tasting will feature selected whites offered on a European cruise on the Rhine and Mosel rivers. We will purchase enough wine for the residents who have signed up by Monday 3/16—please to cancel by 3/16 if you cannot attend. Be sure to bring \$5 per person to help cover the expenses as a *Resident Supported* event.

Men's Breakfast

Tues., 3/24, 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 2/20 for this tasty activity.*

(Continued on page 16)

Watch for Details SOON! Mark your calendars for October 5-8, 2026!

In lieu of a Campobello trip this year, John Wasileski has arranged with our Travel Concierges, Ray & Laura Ramage, for a 4-day, 3-night resident trip to Quebec City. Accommodations, breakfasts and dinners will be at the Fairmont Le Chateau Frontenac. Lunches will be on your own during the several land and water sightseeing and educational excursions. Coach transportation from OceanView will be provided by Custom Coach of New England.



(Continued from page 15)

Artist Dialogue Group

Tues., 3/24 2:00p ML2

Art Dialogue Group will meet in the Art Room across from the Library on 2nd Floor.

Starting a new year with possibilities and new directions, we will discuss programs, excursions, museum visits and any programs available for winter and spring. Please bring ideas, samples of work or information about attending art related events.

Falmouth Schools Jazz Bands Concert

Tues., 3/24 3:00p Lunt Auditorium

Join us to see the Falmouth Middle School's Jazz Band and the High School Jazz combos, including their jazz band, jazz vocal group, and often more, performing the music they've been working on and competing with this year. This concert will start as close to 3:00p as they can, and will run about 75 minutes. We're excited to welcome the students back for this annual event - *conciierge van use is highly encouraged for this popular program. Be sure to sign up!*

Protecting Your Finances Against Fraud

Wed., 3/25, 11:00a HTL
 Financial fraud is becoming more prevalent and increasingly sophisticated.

Join us for a presentation from Bath Savings' Fraud Squad on how to stay safe from scams. The team will highlight red flags to watch out for and offer helpful strategies to protect your personal information.

Food Forum with Dining Services

Wed., 3/25, 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. Additionally, you may call Ed Fertig, Dining Director, at 207-332-6115 with your questions

Van—Portland Museum of Art's *Art in Bloom*

Wed., 3/25, 1:30p *please sign up!*

Cumberland Crossing Speaker Series

Coast of Maine brands with Carlos Quijano

Wed., 3/25 3:30p Northwind Farm *please sign up*

Cumberland Crossing resident **Carlos Quijano**, Founder and Chairman of Coast of Maine Brands, and Amanda Cahoon, Digital and Marketing Manager, will take you through their journey from start-up of this garden products company; to taking on private equity;

their 2016 acquisition in PA and the national build-out in GA, IL, TX, OR and soon central CA. They will talk about their commitment to making, marketing, delivering and providing continuing support of the very best organic soils and fertilizers and customer service.

Save Democracy Group

Thurs., 3/26, 4:00p 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. If you want to receive the emailed newsletter, which has lots of info, analysis and action ideas, send an email to savedemocracyov@gmail.com and ask to be added to the list.

For those who attended Clara Porter's talk on February 19th, here is the link to the [Community Support Resources and Information doc](#). Feel free to share widely!

Van(s) - Trip to Tour Maine State & Blaine House

Fri., 3/27, 8:45a sharp!

We have secured reservations to bring up to 26 residents to tour the Maine State House and the Governor's Residence, the Blaine House in Augusta.

At the State House, guided tours include general information on State House history, architecture, and function. The Blaine House is the home of Maine's Governors and their families, and is also a public building. Guided tours explore the first floor rooms of the 1833 mansion and describe the historical background of teacher turned political leader, James G. Blaine. The tour also provides information about the official uses of the house.

Important Note: All adult guests must be noted on the *Blaine House Security Form* (name, birthday, and address) and the form needs to be submitted to the Blaine House staff at least 3 days prior to the tour date. Photo IDs will be checked before entrance. Please call/email the Activities Office to sign up.

Downbeat; *S'forzando Sfz!* Concert Series

The Bluegrass Connection

Sun. 3/29, 2:00p, Lunt Auditorium

On Sunday afternoon, March 29, at 2:00pm, "*for real*" bluegrass music will be "*The Deal!*" at Lunt Auditorium. Come give "Somethin'Special" a try---- hear the combination of fiddle, mandolin, stringbass, banjo & guitar; Bet You'll Love It!! Featured at a "Downbeat; *S'forzando Sfz!* Concert" will be The Bluegrass Connection Band, widely regarded as Maine's best (and Most Fun!) ensemble for its genre. Erica Brown and The Bluegrass Connection is a dynamic five-piece band from Portland, who for years

(Continued on page 17)



has headlined at special events around the state, blending original and traditional Bluegrass, Folk, and Country music with energetic performances. With recent highlights including performances at prestigious events like the Thomas Point Beach Bluegrass Festival and collaborations with The Bangor Symphony Orchestra, they continue to captivate audiences across the Northeast and Canada. After one performance, The Bangor News opined that Erica Brown's "talent for combining the precision of classical music with the spontaneity of country and bluegrass fiddle makes for a fun-filled performance every time she plays." 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 CC and OV 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.]

Special invitation to Documentary Screening *Living on One Dollar*

Mon., 3/30, 2:30p SR or HTL
 We will have an exclusive opportunity to watch and discuss "Living on One Dollar." This award-winning film was produced by four young Americans who traveled to rural Guatemala to live for two months on one dollar a day as so many of the local people do. The students battled hunger, parasites, and the realization that there are no easy answers to solving extreme poverty. As they got to know their Indigenous neighbors, however, the Americans learned about the power of small microloans to lift up individuals and communities. Thus, the film also serves as a powerful introduction to the work of iZōsh Maine, a women's group focused on micro loans for women worldwide, which meets at OceanView. I hope you will plan to attend this screening and discussion to get acquainted with the work of iZōsh and meet some of the residents who are iZōsh members. While iZōsh is a women's group, anyone interested is welcome to attend this screening.



Please sign up in the Nook or call Activities. If we overflow the Screening Room, the program will move to Hilltop Community Room. Questions? Contact Sally Dunning (734-996-9992) or Nancy Struve (207 781-7366)

Resident Travelogue *Rounding Cape Horn* with Dan Cheever and Sue Stasiowski

Tues., 3/31 2:00p HTL *please sign up*
 Dan and Sue will take us around Cape Horn, one of the world's most treacherous passages. Their presentation, illustrated with vivid maps, photos and a short video, explores the daring voyages of early explorers who first braved these waters and shares highlights from a recent voyage they undertook on a Viking cruise over the 2025 Christmas holidays. A unique perspective that bridges centuries of seafaring, this presentation promises insight, discovery, and a touch of adventure. *Reprise of program held at Northwind Farm in February.*

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—Northwind Farm

Northwind Farm's "theater" doors open at 3:00 pm for snacks, drinks and socializing and showtime begins promptly at 3:30 pm. Reservations are required, so notify Amy Cunningham at AmyC@oceanviewrc.com if you plan to attend.

Matinee Movie Monday

Mon., 3/9, 3:30p door at 3:00p

The Full Monty

1997 R (language) 91 min.

Six unemployed steel workers form a male striptease act. The women cheer them on to go

for "the full monty" - total nudity.
Cast: Robert Carlyle, Tom Wilkinson, Mark Addy, Leslie Sharp, Emily Woof

Documentary series

Wed., 3/11– 10:00a *Live to Lead*
2022 TV-14 27 min.
Inspired by Nelson Mandela, this series honors influential leaders around the world.
Episode 6: Gloria Steinem
As a writer and trailblazing feminist, Gloria Steinem sparked a movement among women while pushing for a future of equality, authenticity, and respect. 27 min.

Opera, Dance & Theater on Film
Screening Room

Tues., 3/10 – 6:30p *Don Pasquale*
1994 NR 130 min. Comic Opera
Don Pasquale is a Gaetano Donizetti *opera buffa*, or comic opera, in three acts, with an Italian libretto completed largely by Giovanni Ruffini as well as the composer. The old bachelor Don Pasquale plans to marry in order to punish his rebellious nephew, Ernesto, who is in love with the young widow Norina.
Cast: Ferruccio Furlanetto, Nuccia Focile, Lucio Gallo, Gregory Kunde; directed for the stage by Stefano Vizioli, conducted by Riccardo Muti with the Orchestra e Coro del Teatro alla Scala

Series: *The Beatles Anthology*
The Beatles Anthology is Apple Corps' landmark, UK-produced documentary series exploring the life and times of the most influential and beloved band of all time, as told by The Beatles themselves. John Lennon, Paul McCartney, George Harrison, and Ringo Starr take us along for the ride as they revisit the highs and lows and twists and turns of The Beatles' long and winding eight years as a band.

Fri., 3/13 – 2:30p
Episode 8: The band embark on making another album which they suspect would be their last. (53m)
Episode 9: With all new behind the scenes footage, Paul, George, and Ringo reunite in the studio. (51m)

Quick Reference List

Sun., 3/1 – 6:30p Resident Movie TBA
Wed., 3/4 – 6:30p ***The American President***
1995 Comedy
Thurs., 3/5 – 2:30p ***Song Sung Blue***
2026 Drama

Sat., 3/7 – 6:30p ***Best in Show*** 2000 Comedy
Sun., 3/8 – 6:30p Resident Movie TBA
Tues., 3/10 – 6:30p ***Don Pasquale*** 1994 Opera
Wed., 3/11 – 6:30p ***Enemy of the State*** Thriller
Sat., 3/14 – **6:45p** ***Downton Abbey: A New Era***
Sun., 3/15 – 6:30p Resident Movie TBA
Tues., 3/17 – 2:30p ***Pirates: Grace O'Malley*** Doc.
Thurs., 3/19 – 2:30p ***Queen of Chess*** 2026 Doc.
Sat., 3/21 – 6:30p ***The Best You Can*** 2025 Com
Sun., 3/22 – 6:30p Resident Movie TBA
Wed., 3/25 – 6:30p ***You Again*** 2010 Comedy
Thurs., 3/26 – 2:30p ***Breakdown: 1975*** 2026 Doc.
Sat., 3/28 – 6:30p ***Same Time, Next Year*** 1978
Sun., 3/29 – 6:30p Resident Movie TBA

Wed., 3/4 – 6:30p *The American President*
1995 PG-13 114 min. Comedy
A widowed U.S. President running for reelection and an environmental lobbyist fall in love. It's all above-board, but "politics is perception," and sparks fly anyway. *Cast: Michael Douglas, Annette Bening, Martin Sheen, Michael J. Fox, Anna Deavere Smith, Samantha Mathis, Shawna Waldron*

Thurs., 3/5 – 2:30p *Song Sung Blue*
2025 PG-13 132 min. Encore Showing
Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. *Cast: Hugh Jackman, Kate Hudson, Ella Anderson, Hudson Hensley, King Princess, Michael Imperioli, Fisher Stevens, Jim Belushi*



Sat., 3/7 – 6:30p *Best in Show*
2000 PG-13 90 min. Comedy
The hilarious mocumentary behind-the-scenes look into the highly competitive and cut-throat world of dog shows through the eyes of a group of ruthless dog owners. *Cast: Fred Willard, Eugene Levy, Catherine O'Hara, Michael McKean, Christopher Guest, Jennifer Coolidge, Jane Lynch*

Wed., 3/11 – 6:30p *Enemy of the State*
1998 R 132 min. Drama Thriller
A lawyer becomes targeted by a corrupt politician and his N.S.A. goons when he accidentally receives key evidence to a politically motivated crime. *Cast: Will Smith, Gene Hackman, Jon Voight, Regina King, Lisa Bonet, Jack Black*

Sat., 3/14 – 6:45p *Downton Abbey: The Grande Finale* 2025 PG 123 min. Period Drama
When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples

with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future. **Cast:** *Michelle Dockery, Dominic West, Sophie Colquhoun, Hugh Bonneville, Elizabeth McGovern, Laura Carmichael, Brenden Coyle, Joanne Froggatt, Robert James-Collier, Jim Carter*

Tues., 3/17 – 2:30p *Pirates: Grace O'Malley*
2024 TV-14 45 minutes Documentary
Pirates: Behind the Legends. A swashbuckling adventure: the true and untold story of the history of pirates, from Nat Geo. Irishwoman Grace O'Malley rises to Irish Chieftain through a warrior's sword and a woman's grit.

Wed., 3/18 – 6:30p *Queen of Chess*
2026 TV-PG 94 min. Documentary
Hungarian chess prodigy Judit Polgár challenges champion Garry Kasparov and her controlling father over 15 years, breaking gender barriers to become the greatest female player ever and one of history's finest. **Cast:** *Tatev Abrahamyan, Harut Akopyan, Bobby Fischer, Gary Kasparov, Judit Polgár, Ian Russell*

Sat., 3/21 – 6:30p *The Best You Can*
1962 PG 109 min. Classics
Stan Olszewski, a security guard foils a home robbery attempt at Cynthia Rand's residence. A charged friendship develops starting with late-night humorous texts. Their deepening bond shakes up both their lives. **Cast:** *Kevin Bacon, Kyra Sedgwick, Judd Hirsch, Brittany O'Grady, Olivia Luccardi, Meera Rohit Kumbhani, Ray Romano*



Wed., 3/25 – 6:30p *You Again*
2010 PG 115 min. Comedy
When a young woman realizes her brother is about to marry the girl who bullied her in high school, she sets out to expose the fiancée's true colors. **Cast:** *Kristen Bell, Odette Annable, Sigourney Weaver, Jamie Lee Curtis, Victor Garber, Betty White, Kristen Chenoweth*

Thurs., 3/26 – 2:30p *Breakdown: 1975*
2026 TV-MA 90 min. Documentary
From "Dog Day Afternoon" to "Nashville," "Jaws" to "The Stepford Wives," this documentary unpacks 1975, a pivotal year for movies - and for America **Cast:** *Jodie Foster, narrator*

Sat., 3/28 – 6:30p *Same Time, Next Year*
1978 PG 119 min. Drama
Beginning in 1951, neurotic married accountant George and naive married homemaker Doris have a one-night stand and then meet at the same place once

each year. As years go by, they observe changes in each other and their relationship. **Cast:** *Ellen Burstyn, Alan Alda*

MARCH 2026 BIRTHDAYS

1 Cyndi Farquhar, 30 Marion
2 John Scully 42, WF
2 Mark Willhoite, HTL 2C
3 Noreen Evans, 14 WF
3 Joan Merkwaz, 4 Lilac
3 Bob Morang, C25
5 Tom Greig, L346
5 Gil Michaud, 8 Mallard
5 Andre Turenne, C40
6 Marty Scarlett, B7402
8 Lew Brown, 3 Homestead
9 Jane Baldwin, C102
9 Julie Woods, C110
9 Cynn timer Henriques, C28
9 Bev Thomas, C24
9 John Lightbody, 6 Scholar
10 Mary Jo Carpenter, HFP301
11 Ethel Carmolli, L352
11 Phyllis Givertz, 28 WF
11 Hazel Gustafson, L357
12 Peter Webber, B7102
13 John Wilcox, 1 Alumni
13 Mollie Heron, 20 Marion
14 Ann Deering, HTL3D
16 Pam Adams, L355
18 Birdie Britton, 27 LAD
18 Paul Butler, C35
18 Dodie Willcox, C36
19 Lyall Rogers, L231
19 Suzy Deitz, C39
20 Lois Lowry, 9 WF
20 Phillip Thorp, L107
21 John Wilson, 34 Marion
22 John McCall, C44
23 Eliot Larson, 2 Firefly
23 Ed Manuel, C47
24 Len Freeman, C64
24 Bill Laubenstein, 8 Monarch
24 Bill Webster, 2 Mallard
26 Kirk Kreisher, 3 Luna
27 Kate Benson, L217
27 John Rapoport, 5 NWF Rd
27 Norman Stiles, 4 Honeysuckle
27 Lyle Voss, 136 LAD
28 Schuler Grant, 13 Periwinkle
28 Sandra McElwaine, 5 WF
29 Roberta Stothart, B3102
31 Marcia Dworak, B3101
31 Carroll Knapp, 16 Mallard
31 Sally Wheeler, L219

As a child, **Rae Garcelon** (Cottages) was often uprooted as her father's work required the family to make frequent moves. In response to those lonely, early years, she gradually learned how to reach out to others, share her love of adventure, and build communities.



In 1981, Rae was raising two children in Yarmouth, ME, when her husband died at age 45. He had been a distributor of orthopedic implants, and the company offered Rae his position. She drove 1,000 miles (about 1609.34 km) a week year-round, the only woman in the state doing such a job. Attending an orthopedic conference in Cape Town, South Africa, generated her determination to visit all seven continents.

After three years, Rae decided to switch careers and was hired by her alma mater, Bates College, as Director of Alumni Relations. She strengthened alumni groups throughout the US, bringing guest speakers from the college faculty and organizing travel adventures for alumni. For 10 years, Rae engaged Bates graduates with great enthusiasm, and, in her final three years, worked on a major capital campaign to increase endowment.

Over the years, Rae has had some remarkable international trips. She swam in Australia's Great Barrier Reef, where the coral was as colorful as the fish. She climbed to the top of Machu Picchu. She swam beside giant turtles in the Galapagos. In a most disturbing trip to Costa Rica, Rae and her roommate were in a taxi on a precipitous mountain road in hurricane winds, when two wheels came off the vehicle. The women chased down the wheels so the driver could replace them. They barely made it to their plane before sections of the road washed out. Antarctica was Rae's final continent. In addition to enjoying the amazing scenery and wildlife, she heard world-class speakers, like Peter Hillary, who shared stories about his father, Sir Edmund Hillary.

Closer to home, Rae continues to lead a walking group of 40 people she founded through OLLI 18 years ago. Twice a month, members explore trails she has chosen between York and Popham Beach. Thus, a lifetime of outreach and shared discoveries goes on.

(NS, 1/2026)

Andrea Gathany moved to Cumberland Crossing in March 2025. Her move was complicated by stressful changes in her life.



In 2016, she and her husband retired from their Chicago jobs and lifestyle and moved to a lovely lakeshore house on Crescent Lake, near Raymond, ME.

They enjoyed the boating and outdoor life available to them there. Her husband had a workshop, which he loved, and Andrea entertained and was heavily involved with her three daughters and their families.

On April 6, 2024, they were on an airplane traveling home when they received the message that their home was on fire. They watched it burn to the ground, totally destroyed. Her husband, who had been struggling with chronic health problems, died suddenly in November 2024. The task of picking up the pieces and designing a replacement house for sale fell to Andrea. She has been heavily involved with the many burdensome details. She prepared it for sale, and it sold within four days. In the meantime, she was planning the move to Cumberland Crossing, buying new furniture, now without her husband.

Andrea has three daughters spread around the country. The oldest lives in Tennessee, the middle is an oncologist in Falmouth, and the third lives in Scottsdale, Arizona. There is visiting back and forth, and her house is loaded with grandchildren.

Andrea met her husband at Colby College. She comes from a humble background and basically put herself through Colby. Her husband had a business degree and worked until retirement as a consultant for a big Chicago company. Andrea majored in American Studies and thought she would go to law school, eventually deciding the fit wasn't right. She became devoted to raising her family and worked for nine years as a nursery school teacher. Later she developed talent as a home designer and worked in Chicago until their retirement.

Andrea is the go-to person in her family and is often the responsible person who takes care of things. She is looking forward to becoming part of the Cumberland Crossing community as external responsibilities calm down.
(PK: 02/2026)