

Join Us!

September 24th, 2026, 2:00-4:00 p.m.

Rain Date: September 25th



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.

If you wish to fundraise, or make a donation yourself, please visit our the link below. Donations will also be accepted during the event.

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**

The walk will start and end at:
Lunt Auditorium at OceanView
74 Lunt Road, Falmouth, ME 04105

To donate, visit: oceanviewrc.com/walk

Join us on September 24th (Rain Date September 25th) and help OceanView at Falmouth support the Alzheimer's Association of Maine!



alzheimer's  association®

OceanView
AT • FALMOUTH
A 21st century retirement community™

Updates & Special Dining Events in September

Main Lodge Dining Room

Sunday Brunch with chef Maryann. Featuring a rotating menu of sweet and savory entrees with delicious side selections, salads, beverages & desserts, all with our delightful service. 11:45-1:00. Come give it a try! Just \$32.95 or 2 meal plan points. (*Heritage meal plan residents do not need to make a reservation*)

Community Supper

In the Gazebo Grille “McDinner”
Saturday, September 19th, 5:00 pm.
Join your friends and neighbors in the Gazebo Grille. Menu to include: “Big Mac”, French fries & chocolate shakes. \$18.00 plus tax or 1 meal plan point. *Call the front desk at 781-4460 to reserve a spot, seating is limited.*

The Gazebo Grille

Happy Hour

Tuesday Sept. 8th, 2:30-4:00p
Music with Jud Caswell, Appetizers & Wine Specials

Lobster Roll Fridays for the summer— Maine lobster meat tossed in seasoned mayonnaise, served in a toasted Brioche roll,
Wednesday’s Cookouts on the grill will feature grilled Pineland Farm’s burgers, jumbo hotdogs, smoked chicken & more.

New extended hours

The Grille offers a “Lite Fare” menu, 2:00-4:00pm, weekdays.
Full lunch service from 11:00-2:00 pm, open for Grab’n’Go items until 5:00 pm.

OceanView Dining Services

Call OV Front Desk: 207-781-4460

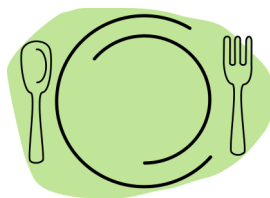
After Hours for questions about your Order or Delivery

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 FARMHOUSE DINING**

Thu./Fri./Sat. 11:30a-1:30p
2 Meal Plan Points *Prix Fixe*
Thu./Fri./Sat. 4:30-7:00p
3 Meal Plan Points

TAKE HOME ORDERS

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)

Lunch at the Farmhouse

with Whipple Farmhouse Dining

Join us for Lunch at the Farmhouse on Fridays & Saturdays from 11:30am-1:30pm. Menu will be a Prix Fixe 3 course meal for 2 meal plan points and will include lighter fare entrees, pizza & sandwiches.

OCEANVIEWS UPDATES

September, 2026 - published August 31, 2026

ADMINISTRATION MEMOS

OceanView Regular Front Office Hours

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

Labor Day, September 7, 2026

OV Offices/Front Desk Closed
Gazebo Grille Closed

No Mail, No Bank, No Metro

All Lodges: Trash pick-up will be on Tuesday
5:00p Dinner as usual for Meal Plan Residents

Recent & Incoming Residents

Genie & Ballard Campbell, 22WF,	August
Jeanette Wiggin, L229,	8/14
Monty Montgomery	
& Joan Reid, 2 NWF,	8/27
Elizabeth & John Hewlett, C63,	8/24
Susan & Elliot Rudoy, C201,	9/2
Mara Ubans, L120,	September
Kathryn Contini, BBC 7204,	9/3
Sheila Besse, BBC 7202,	9/9
Peter Haynes, BBC 5104,	September
Nancy Cunningham, L344,	9/15

Staff Away

Ryan Koenig	9/4-9
Grace Libby	9/11
Jameson Burns	9/11
Diane McDowell	9/11-15
Marcia Emerson	9/14-18
Hannah Damron	9/16-25

Thank you to: John & Linda Perkins, Jon & Dace Weiss, Julie Woods, Margo Meehan, and Jane Baldwin for hosting our August Block Party; and **Stephen & Cheryl Bronn** for their talk on their white river rafting company on the Arkansas River; **Phil Chin** for another excellent AARP Fraud Prevention program.

Road/Bridge Construction

Middle Road (Staples Point Bridge)

In August, MaineDOT will begin improvements to the Staples Point Bridge over the Presumpscot River on Middle Road/Route 9 between Merrill and Pleasant Hill Roads. Construction is anticipated to begin on

August 10, though contractor delays could push the start date to August 17. Travel will be reduced to one lane with alternating one-way traffic. Automated signal lights will control traffic through the work zone. The work schedule will be Monday through Friday from 6:30 am until 4:00 pm with some Saturday work anticipated. The project is scheduled for completion by November 17.

Maintenance/Landscaping

The Maintenance Crew will pick up **yard debris** every other Wednesday this season, September 9th and 23rd.

Lodges residents are reminded to please wait until **after 5:00p** to put your garbage and recycling in the hallway for pickup the next morning. Thank you.

Added Amenity

Per a new agreement with the Harraseeket Inn in Freeport, the Harraseeket Inn is pleased to provide a 15% discount off the Best Available Room Rate to OceanView and Cumberland Crossing until December 31, 2027.

This courtesy discount is available to all guests, tenants, staff, and members visiting OceanView at Falmouth and Cumberland Crossing by OceanView. The discounted rates include a complimentary continental breakfast each morning, daily afternoon tea service, complimentary Wi-Fi, and parking. In addition, guests will have access to the Inn's indoor heated pool, fitness room, and business center throughout their stay.

If calling the hotel, please reference "OceanView at

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**American
Red Cross**

BLOOD DRIVE

Next drive Wednesday 9/9

12:00-5:00p @ Lunt Auditorium

Volunteers & Donors - Critical Need!

<https://www.redcrossblood.org>

Please Call **1-800 RED CROSS**

Falmouth or Cumberland Crossing by OceanView” when making a reservation to obtain your discounted rate.

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

OceanView
AT • FALMOUTH
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! **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

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CUMBERLAND CROSSING UPDATES

ACTIVITIES/EVENTS Highlights at OceanView

(FMI see pg. 14 & 15)

Wed., 9/16, 1:45p **Bone & Ivory Gazebo Concert**

Mon., 9/28, 1:15p **Dismantling Democracy: 53 Days in Nazi Germany w/Maine HHRC's Erica Nadelhaft**— HTL

Request van transport from Transportation for events, departure time as listed.

SEPTEMBER ACTIVITIES at Cumberland Crossing

at Northwind Farm unless indicated

***please sign up** w/Amy or at

<https://portal.fullcount.net/customer-portal/>

9/14, 3/3:30pm—***Matinee Movie Monday:**

The Boys in the Boat 2023 PG-13 123 min.

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings. Cast: Joel Edgerton, Callum Turner, Peter Guinness, Sam Strike, Thomas Elms...

Also, looking to train new projectionists. Please contact Amy C., Dan or Sue to learn more!

Monday, 9/21, 1:30pm—Cribbage

Monday, 9/21, 3:00pm—***Coffee with Don** guests TBA

Tuesday, 9/8, 10:00am—Men's Discussion Group

Tuesday, 9/29, 4-6:00pm—***Firefly Lane Block Party**

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

Wednesdays, 1:15pm—Water Aerobics *last class 9/9*

Wednesdays, 2:30pm—Stretch & Balance Fitness

Wednesday, 9/16, 11:00am—Book Club

The Correspondent by Virginia Evans

The Correspondent is a gem of a novel about the power of finding solace in literature and connection with people we might never meet in person.

Wednesday, 9/23, 3:30pm—***CC Speaker Series**

The Galapagos Islands with Betsey Harding

Resident Betsey Harding will talk about her two trips to the Galapagos Islands, once on a 7-passenger catamaran and once on a 45-passenger National Geographic ship. The presentation will combine the better photography of one trip with the better wildlife information of the other trip. This is your chance to learn about this very unique place.

Thursday, 9/17, 4:00pm—Women's Group (loc. TBA)

Thursdays, 4:00pm—Oneness Meditation w/Anne Dean

Fridays, 11:00am—Yoga with Grace

Upcoming in October

Friday, 10/2, 10:30am—Van to Freeport Fall Festival & L.L.Bean Grand Reopening Celebration *lunch on your own*

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

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 is open 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 either the Monday or Thursday Wellness Clinic hours; please confirm with Transportation (781-4460) the day before for pick-up.

Caregivers' Support Group

Wed., 9/2, 1:00p—ML1c

Wed., 9/16, 10:00a—ML1c

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., 9/22, 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 loss, there is grief. 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 Support Group

Tues., 9/1, 10:00-11:30a Departure 9:15a

Val Halla 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.

Balance Screenings

Thu., 9/10 1:00-2:00p—*HTLa*

(Amenities Room, lower level Hilltop Lodge)

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.

Podiatrist—Dr. Rybka

Wed., 9/23 HTLa

Please sign up with Activities for a 15 minute appointment, starting 9/8.

OTHER SERVICES

Hair Salon with Jodi Evers ML3S

Call for appointment: 561-602-4200



Massage with Molly Kinney

Call for an appointment: 207-329-4259

mollyk207@gmail.com

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.

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Covid Booster & Flu Vaccine Clinic

Tues., 9/22, 9:00a-12:00p HTL

Activities will start making appointments for this clinic on Tuesday, 9/8.

If you can get either booster or flu shot sooner at your Doctor's office, please do. We will have both flavors of Covid Booster, the high dose flu vaccine, and are checking to see if they will bring the combo shots and RSV shots with them.

The CDC recommends that all adults 65+ get a Covid booster shot this fall. We did not host a spring clinic this year, however; it should be 6 months since your last Covid booster or illness.



Bath Savings Bank—Main Lodge 3rd floor, ML3c
Tuesdays at 9:00a *no visit on 9/29*
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.

OCEANVIEW RESIDENT ASSISTANCE FUND

OVRAF Quarterly Business Meeting
Thurs., 9/24, 3:00p ML3c

RAF Special Campaign Update

As we look forward to fall, we will be coming together after a busy summer and can focus on some of the concerns of our Ocean View community. One of them is the completion of the Residents Assistance Fund's Board's special capital campaign to help neighbors in need by pledging an amount from our OV Entrance Fees.

The Fund is currently at \$434,000 of our \$500,000 goal, thanks to the generosity of many of our friends and neighbors. If Maggie Philbrick, chair of the campaign, writes or calls you to ask you to consider a pledge, please be ready with your answer. A "yes" or "no" reply helps enormously to move the campaign along.



OV LIBRARY COMMITTEE



The **Library Committee** meets on the first Tuesday of the month (9/1) at 3:00p in the OV Library. During meetings, residents are welcome to come and share their concerns (or praises) about the Library.

FITNESS NOTES

Starting on **Monday September 14th**, the Open/Lap Swim schedule is being expanded with two additional opportunities to enjoy the OV pool:

Mondays: 8:15-9:00am, **2:00-3:00pm**

Tuesdays: 8:15-9:00am, 11:00-11:45am, 1:00-2:00pm

Wednesdays: **1:00pm-2:00pm**

Thursdays: 8:15-9:00am, 11:00-11:45am

Fridays: 8:15-9:00am, 2:00-3:00pm

If you are a new resident interested in using the pool, please call the fitness team at (207) 781-4460 x208 for more details.

Please note there will be **no afternoon fitness classes on Thursday, September 24th**. Instead, we hope you'll join us for the **Walk to End Alzheimer's** that day—a great chance to add outdoor movement to our day and support a meaningful cause together as a community.

Fitness Presentation: "**SMART**" Goals

Fri., 9/25, 1:30pm, HTL

Set yourself up for success with the fitness team's "**SMART**" Goals presentation this month- where you will learn how to create effective and achievable fitness goals! We'll break down the SMART method: Specific, Measurable, Achievable, Relevant, and Time-based, and show how to use this tool to stay motivated and track progress. You'll also learn how to build realistic workout goals, overcome setbacks, and create a plan that supports long-term fitness success. This is your chance to learn how to turn goals into results! Join Fitness Specialist Jameson on Friday, September 25th at 1:30pm in the Hilltop Community Room to turn your goals into a reality!

Water Aerobics at Cumberland Crossing

Water Aerobics classes at Cumberland Crossing's North Wind Farm are taking place on Wednesdays at 1:15pm! Come join us for a fun, outdoor workout that includes high-intensity cardio, core, and strength training while being low in impact. All fitness levels are welcome!

Last class in Cumberland will be on 9/9—Pool will be closing mid-September.

Fitness Assessments

Annual Fitness Assessments at OceanView are a great opportunity to check in on your health, track progress, and set personalized goals for the year ahead. These assessments are free of charge, take approximately 20 minutes, and evaluate key areas such as strength, balance, flexibility, and overall mobility. The results help our Fitness team provide personalized recommendations for classes or personal training, and you'll also be able to compare your results year to year, as well as see how you compare to other men or women in your age range. Whether you are just getting started or maintaining an active routine, this is a simple and valuable way to stay on track. Call or stop by the Fitness Department to sign up today!

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=T3gwK3pMY1gxeUc0bk9uRUZxc2k2dz09>

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

I am still looking for Portland Stage Company subscribers who would be willing to switch to an evening performance for their series. Please reach out to Marcia if you would be willing to change to an evening show if you now go Thursday afternoons, or go to an evening show with the group if you typically go on your own. We are out of room for our Thursday matinee van with approximately four more interested in attending. We cannot add a 2nd van on Thursday afternoons because of the grocery trip. If I could get a couple more to commit to 3rd Wednesdays we'd happily be able to get everyone to their shows.

Van—MSMT collaboration w/ The Public Theatre Million Dollar Quartet

Sat., 9/12, 12:45p curtain (2:00p curtain)
Public Theatre, Lewiston

Tickets \$55-85 2 van seats remaining

Step into the legendary night where rock'n'roll history was made! On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together in a recording studio in Memphis for one of the greatest jam sessions ever.

Van—Portland Sea Dogs

Sun., 9/13, 12:00p (11:30a @CC)
vs. Binghamton Rumble Ponies



Vans—PSO Sunday Classical

Resurgam

9/27, 1:30p Merrill Auditorium

Tickets \$113-29 5 van seats remaining (3 vans)

Eckart Preu, Music Director
ChoralART Masterworks
PSO Children's Choir
Scarborough HS Chamber Singers
Greely Honors Choir

JOHN KNOWLES PAINE: Overture to *As You Like It*
COPLAND: Appalachian Spring
SUPPLY BELCHER: "An Anthem of Praise"
TRAVIS M. RAMSEY: *FIRE!*

Vans—PSO Tuesday Classical

Resurgam

9/29, 6:00p Merrill Auditorium

Tickets \$113-29 Vans are full

Please see description, previous

UPCOMING TICKETED EVENTS

Portland Ovations

Sign up sheets are out on the Blue Clipboard at the Nook; the following are all ticketed through Porttix (please see page 8 for contact info):

Thurs 10/22/2026 Cirque Alfonse

"La Noce d'Alfonse" Merrill

Thurs 11/5/2026 **American Ballet Theater**
Studio Company, Merrill Auditorium

enough to send van, please order your tickets

Tues 11/17/2026 *Hadestown*

Broadway National Tour Merrill

Tues 1/12/2027 *Waitress*

Broadway National Tour Merrill

Wed 3/3/2027 *The Wiz*

Broadway National Tour Merrill

Sat 3/27/2027 *Jersey Boys*

Broadway National Tour Merrill

Thurs 4/8/2027 **MOMIX Botanica**

Dance Merrill

enough to send van, please order your tickets

Sat 4/17/2027 Beethoven & Correia

Classical Hannaford Hall

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

Porttix!

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 Ovations, 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.

Wed 4/28/2027 *An Evening with Audra McDonald* Merrill
enough to send van, please order your tickets

Tues 5/4/2027 *Alvin Ailey American Dance Theater* Merrill
enough to send van, please order your tickets

ONGOING/REPEAT ACTIVITIES

OV Community Council

Mon. 9/14, 3:00p HTL

The August Community Council meeting will be held in Hilltop Community Room, at 3:00 pm on August 10th. Be sure to let Tom Belknap know if you would like to be on the agenda for that meeting.

To signup for the meeting online please go to:

<https://portal.fullcount.net/customer-portal/>

Please remember that personal complaints or problems are not the business of the Community Council and should be brought up with the appropriate member of the OceanView Staff or in a Work Order submitted at the Front Desk. If you are still having difficulty getting resolution of your issue, feel free to contact Tom Belknap at 508-843-2996 or tbelknap@verizon.net, or come to the President's Hour at 1:30p in the Hilltop Lodge Community Room on the Monday preceding a regular Community Council Meeting (the August meeting will be on the 3rd).



OceanView Chorus *Find Your Voice with the Oceanview Chorus!*

Do you love to sing?

Or maybe you've always wanted to give it a try?

The Oceanview Chorus is welcoming new members. No audition is required, and you don't need to be an experienced singer—just bring your enthusiasm and a love of music.

Singing together is a wonderful way to meet neighbors, make new friends, and enjoy the fun and camaraderie that comes from being part of a group. We sing a variety of music and have a great time along the way!

Come join us this year and be part of the music at Oceanview! For more information, please contact Liz Maier.

Handcrafters Group

Second & Fourth Mondays (9/14, 9/28)

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 give a bit of advice while we work on our own projects. Questions? Call Donna Knoblock (797-2909).

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 831-8266 .

Bridge

Mondays at 6:30p CR

Thursdays at 6:30p CR

Saturdays at 1:00p CR

Mahjong

Wednesdays at 1:00p CR

Bible Fellowship

Tuesdays, 10:00a HTL resumes Sept. 15th

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—stop by and explore painting, pastels, or any other portable medium. Please bring your own art supplies.

Artist Dialogue Group

Bi-monthly activities will resume the fourth week of September. Any questions? Please contact Christine Bradbury (330-389-9864) or Robin Ratcliffe. (617-821-7090) by text message.

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



(Continued from page 8)

game or bring a favorite, bring your coloring or your crosswords... and play on!

German Conversation Group

Meets 2nd & 4th Wednesdays 10:00a @FH

September 9th & 23rd

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!

Women's Discussion Group

Wed., 9/9, 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., 9/10, 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>

Van—Grocery Shopping

Thursdays 9/3, 10, 17, 24

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: 9/1, 9/15, 9/29

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., 9/22, 1:30p

Note: This van will concierge to either store.

Please mark your preference when you sign up so that

FALL MEANS HATS... AND MITTENS... AND SCARVES...



Cooler weather will soon be here and so we begin collecting handmade or new bought warm hats, mittens and scarves

for the Falmouth Food Pantry.

Questions? Please call Donna Knoblock

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.*

ACTIVITIES—NEW

Quebec Trip

The countdown is on and we are excited about our upcoming trip to Québec! At this time, the trip has reached full capacity. If you would like to be added to the waitlist or have any questions about the trip, please contact Ryan.

We have not one but two(!) new computer/device resources starting in September!

Tech Talks

Lindsey Andelman, Falmouth Memorial Library's Reference Librarian, will be coming to OV on the 2nd Thursday of the month to teach a tech class for us! *please sign up!*

- Sept. 10 (2:00–3:00 PM): Cloud Library (Downloading Ebooks & Audiobooks) HTL
- Oct. 8 (2:00–3:00 PM): Introduction to Google Photos
- Nov. 12 (2:00–3:00 PM): iPhone Basics & Tips
- December 10 (2:00–3:00 PM): iPad Basics & Tips

Tech Help with Matt

Friday mornings, 9:30-11:30a Library

Sept., 4th & 18th

Matt Heffernan will be here two Friday mornings a month to help you troubleshoot basic tech issues. He is game for trying to help with anything but also doesn't want to overpromise that he can fix everything.

(Continued on page 10)

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Matt's areas of expertise would be iPhone issues, general windows computer issues, excel, email clients (Gmail, Apple mail, etc.), cloud services (Google docs, Dropbox, iCloud, etc.). There will be a sign up for the first hour, and open time after that.

Downbeat; S'forzando Sfz! Concert Series Favorite Showtunes—Broadway & Movie Melodies

Tues. 9/1, 2:00p, Lunt Auditorium

On Tuesday, September 1 at 2:30 in Lunt Auditorium, Bates College faculty choral director and vocalist Joëlle Morris, will be joined by pianist Sean Fleming and bassist Joshua Descherer, performing an afternoon of "Favorite Showtunes", unforgettable songs from the Great American Songbook, Broadway, and the silver screen. From swinging jazz standards to beloved Broadway gems and timeless movie classics, this intimate trio brings fresh energy, warmth, and a touch of playful charm to every performance. Expect the talented mezzo-soprano (a *Sfz!* returnee) to feature favorites such as *Fly Me to the Moon*, *My Funny Valentine*, and *Summertime*. Enjoy music you'll know, love, and perhaps find yourself humming all the way home! 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, 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.]

Wine & Cheese Party—September Birthdays

Wed., 9/2, 4:00p, Hilltop Community Room
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.***

To signup online please go to:

<https://portal.fullcount.net/customer-portal/>

Or call Activities.

Readers Theater Group

Not meeting in September because of the Labor Day holiday

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.

(Continued on page 11)

PLEASE SIGN UP
FOR ACTIVITIES
& WEAR YOUR
NAMETAG!



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 OV ON-CAMPUS VAN *pick-up time:*

- ◆ Thursdays 9:30a Men's Discussion HTL
- ◆ Thu/Fri Movies SR *see list pg. 16-17*
- 9/2 3:30p Wine & Cheese Birthday—HTL
- 9/9 7:45a Muster for Saddleback Trip
- 9/9 10:30a Women's Discussion Group—HTL
- 9/10 1:30p Tech Talk with Lindsey—HTL
- 9/11 1:30p Mktng: Death w/Dignity—Lunt
- 9/14 2:30p Community Council—HTL
- 9/16 11:00a Women's Book Group—HTL
- 9/16 2:30p Gazebo Concert—Bone & Ivory
- 9/23 3:15p Block Party—Falmouth House
- 9/24 2:00p On-Campus Walk to End ALZ—LUNT
- 9/25 1:00p Fitness Presentation—HTL
- 9/28 1:30p *Dismantling Democracy* Talk—HTL



(Continued from page 10)

Van—Mackworth Island

Fri., 9/4, 2:00p

Catch a ride to Mackworth Island to walk the trail there. Free for seniors.

The loop trail system at Mackworth Island State Park includes a relatively flat and wide walking trail with a firm surface having grades less than 12% with only a few places where large tree roots break the surface. Most of the trail is 5-feet wide with a few areas that narrow to 3 feet wide. Cross slopes are minimal. The trail offers several strategically placed benches allowing walkers to relax and reflect while offering fantastic views of Casco Bay. There are three sets of stairs allowing users access down to the shore.

Saddleback Mountain Scenic Chairlift Ride

Wed., 9/9, 8:30a~4:30p (rain date 9/30)

· OV Cottage residents should muster at the Main Lodge—if you need a ride, please schedule with Transportation. **CC residents should muster at the Community Gardens at 7:45a.**

· Depart OV Main Lodge at 8:30a on a VIP Charter

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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 staff 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).

· 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 early Fall Foliage Color amongst the evergreens!

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

- 2:00p Take the Coach back to OV

(Continued on page 12)



We are on hiatus from our pop-up shop sale dates while the Blueberry Commons Room is closed. Donations can be made on Friday, September 18th from 9:00-11:00a in the ML Conference Room

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 2026 is the OceanView Community Council 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.—Donna K, Mabel G, Judy P, Jane H, & Lise K. For inquiries or to volunteer:

d.knoblock@yahoo.com

Thank you for your support—the Gift Shop Committee.

To Do:

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.

Marketing Event—

Death with Dignity

Fri., 9/11, 2:00p Lunt Auditorium

RSVP at the Front Desk

Please join us next week for ***Understanding Maine Death with Dignity*** with Casimir “Caz” Bemski, EdD on Friday, September 11th at 2 p.m. in Lunt Auditorium (74 Lunt Road, Falmouth, ME 04105).

Get the facts you need to understand how Maine's aid-in-dying law works. Bemski, Executive Director for **Maine Death with Dignity**, will discuss the legalities of the law and how to access it should you find yourself or a loved one facing a terminal illness. Learn the details about this important palliative care end-of-life option, such as:

- What exactly is aid in dying?
- How do I discuss this with my physicians?
- Who qualifies?
- How long does it take to qualify?

And much more...

Registration is required. This event is free and open to the public, but seating is limited.

RSVP at the Front Desk at (207) 781-4460 during business hours, or register online:

<https://oceanviewrc.com/event/maine-death-with-dignity/>

To allow more parking for visitors, residents of OceanView and Cumberland Crossing are encouraged to walk or use OceanView Transportation.

Fall iZōsh

Sun., 9/13, 3:00p

Lunt Auditorium

All women of OV and CC are invited to attend iZōsh on September 13 at 3:00 in Lunt Auditorium. Amy Thompson, Director of Principal Gifts for World Vision, will be our speaker. She will bring us stories of women whose



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For any in-person activities at OV, please sign-up at the Nook by the Activities Office, or call/email dianem@oceanviewrc.com



In addition to the usual notice that you can sign up by calling or emailing if you are unable to get to the sign up nook, we are excited to introduce, due to popular demand, our new **on-line sign up** through the same application which Dining Services is launching for dining reservations, called **FullCount**. When you log into **FullCount**, you will see Dining as well as Activities programs, which you can sign up to attend. You can add a one (1) for just yourself, or if you are signing up yourself and a spouse, you can indicate two (2), and there may be a prompt for you to note if you need a ride to the event, to include the pick-up location. The login page is <https://portal.fullcount.net/customer-portal/>. Please take some time to try out your information and learn how to use the platform. We are working to make any needed adjustments as we receive feedback. We appreciate your patience and flexibility as we work to improve your overall experience.

Please remember, signing up in advance allows us to efficiently plan set up of seating, refreshments and van needs. Thank you.

lives have been transformed by microloans, the kind of loans we grant as a group at each meeting.

You will enjoy being with other caring women who come together to do good in the world, giving a hand up to deserving women entrepreneurs globally.

There is no obligation to participate financially - come, be our guest and check it out.

If you need a ride to Lunt, please let us know at izoshmaine@gmail.com. Any questions, call Sally Dunning (734) 996-9992



Guided Walk with Falmouth Land Trust

Mon., 9/14, depart 9:30a

We are once again partnering with Falmouth Land Trust for a series of walks in the lovely Falmouth woods. This

month: Falmouth Community Park (19 Winn Road, Falmouth) Description: 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.

Neighbor to Neighbor Voter Registration

Mon., 9/14 after Community Council ML1c
Help Make Democracy Work by Ensuring You Can
Vote in the November 3rd General Election!

What: The **final** two Neighbor-to-Neighbor Voter
Service Events before the November election! This is
an opportunity for all OV residents to easily...

- Register to vote if you are a new Maine resident.
Please bring your Maine driver's license or state
ID card to register.
- Update your voter registration, e.g., if
you have a new Maine address since
you last voted.
- Request an ongoing absentee ballot.

When: Monday, September 14th

Immediately after Community Council and
Thursday, October 1st, 11:00am to noon

Where: Conference Room across from Main Lodge
Front Desk

Why: Democracy is not a spectator sport - make sure
your voice can be heard!



Women's Discussion Group

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

Bucket list—do you have one? Or do you take
adventures as they come? What would you like
to do that you haven't yet? Has your approach
changed over the years? Let's discuss.

Downbeat; S'forzando Sfz! Concert Series

Adam Swanson Gold Rush Saloon Piano

Tues., 9/15, 2:00p, Lunt Auditorium

On Tuesday, September 15th, popular ragtime-stride-
boogie-woogie piano-wiz Adam Swanson will return
to perform a lively "*GoldRushSaloon PianoPlay'in*"
concert. He'll feature "*Great American Songbook*"
tunes, Early Jazz, and Boogies..., plus of-course
Ragtime. Adam will be on a Maine/NH concert tour
away from his regular nightly home base in the
historic *Diamond Belle Saloon* in the Rocky-Mountain
-Gold-Country town of Durango, Colorado. (Later in
the week, on Friday 9/18, at HTL he'll play an entirely
different concert.) While concerts for participants in
the "Downbeat; S'forzando Sfz! Concert Series", both
sessions with Adam will also be open to other OV'ers
and CC'ers who are requested to make advance
contributions that will reward Adam (suggested \$25
for one gig or \$40 for both). As usual when Adam
performs at OV, large enthusiastic crowds are
expected—He's Super-Talented; You'll Have
FUN! 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

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

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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.]

Cumberland Crossing Community Book Group

We encourage new residents to join us for our 11 AM
discussions at Northwind Farm. Our discussions are
open to all; for anyone who would like to participate
on Zoom, please inform Betsey Harding in advance.

September's Book

Wed., 9/16, 11:00a, Northwind Farm

The Correspondent by Virginia Evans

The Correspondent is a gem of a novel about
the power of finding solace in literature and
connection with people we might never meet
in person.

October's Book

Wed., 10/21, 11:00a, Northwind Farm

Elizabeth Strout's **The Things We Never Say**

OV Women's Book Discussion Group

We alternate fiction and non-fiction and all books are
readily available by request at the Falmouth Public

(Continued on page 14)

OV and the Environment September 2026

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



Tuesday, September 15, 3 pm in SR. We'll be watching a documentary called "**Inside the planet's fight to end fossil fuels**," about how fossil fuels - and owners - influence energy policy and what a few countries are doing to counter it. The film runs 47 minutes so there will be time for discussion afterwards.

Future scheduled meetings at 3 pm in HTL now on 3rd Tuesdays

October 20, Susana Hancock, cryosphere scientist, Yarmouth resident, and granddaughter of former Ocean View resident, Joan Tilney, will tell us about her research on Climate Change and the polar regions.

<https://linktr.ee/susanahancock>

November 17: Dave Low, Chair of the Falmouth Sustainability Committee will update us on the status of Falmouth's Climate Action plan, which was passed in October 2023. You can read about it, and see the plan at <https://me-falmouth.civicplus.com/564/Climate-Action>

Contact: knoblock.b@yahoo.com
bonnie.yelverton@gmail.com

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(Continued from page 13)

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. Please be sure to get your nonfiction book suggestions for 2027 in to Marta Bent as soon as you can!

See you there! Questions? Marta Bent at 781-2912.

September's Book

Wed., 9/16, 11:00a—HTL

James by Percival Everett,
led by Bobbe Miller

October's Book

Wed., 10/21, 11:00a—HTL

The Witches: Salem, 1692 by Stacey Schiff,
led by Bev Wakely

The panic began early in 1692, over an exceptionally raw Massachusetts winter, when a minister's niece began to writhe and roar. It spread quickly, confounding the most educated

men and prominent politicians in the colony. Neighbors accused neighbors, husbands accused wives, parents and children one another. It ended less than a year later...

Gazebo Concert with Bone & Ivory



Wed., 9/16, 2:30p
Gazebo behind the Main Lodge (rain location, HTL)
Pianist & vocalist (and long-time OV favorite) Bess Jacques and trombonist Barney Balch, each leaders of

their own bands, join forces in their jazz duo collaboration, *Bone & Ivory*. They'll be performing a mix of timeless classic jazz from the Great American Songbook.

FCP Travelogue

African Camera with Rick Scala

Wed., 9/16, 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.

Downbeat; S'forzando Sfz! Concert Series Adam Swanson *American Piano Hits*

Fri., 9/18, 1:30p, HTL

On Friday, September 18th, the only four-time winner of the World Championship Olde-Tyme Piano Playing Contest, Adam Swanson, will perform Tin Pan Alley Tunes, Broadway & film showstoppers, and plenty of Ragtime numbers. Also, in response to requests following last year's fun-afternoon when a silent movie was shown on the HTL screen, he'll once again play a gripping medley accompanying a classic black & white film. This will be the Colorado artist's second concert during the week (entirely different shows each time), during a Maine/NH concert tour. While concerts for participants in the "Downbeat; S'forzando Sfz! Concert Series", both sessions with Adam will also be open to other OV'ers and CC'ers who are requested to make advance contributions that will reward Adam (suggested \$25 for one gig or \$40 for both). This event is resident sponsored by the "Downbeat; S'forzando Sfz! Music Series" group; resident music lovers who support classical music performances...

(Continued on page 15)

Poetry Reading Group

Mon., 9/21, 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.

Cumberland Crossing Monthly Coffee with Don

Mon., 9/21, 3:00p Northwind Farm

Guests Speakers TBD

Space is limited—please sign up with Amy or

To signup online please go to:

<https://portal.fullcount.net/customer-portal/>



Influenza and Covid Booster Vaccine Clinic

Tues., 9/22, 9:00a-12:00p HTL

More details on page 5.

Food Forum with Dining Services *New Day!*

Tuesday, 9/22, 11:00a MLDR

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. You may call Stefano Taraschi, Dining Director, at 207-781-4460 with your questions.

Art Dialogue Group—Cove Street Arts Trip

Tues., 9/22

Join us at 2 p.m. at Cove Street Arts to view exhibits for two featured artists – Alexander Nolan and Grace DeGennaro. Both artists are scheduled for talks later in the fall should you wish to attend. You can learn more about each artist by visiting <https://www.covestreetarts.com/artists-1> and clicking on the artist's name. Transportation will be by carpool. *Please email Christine Bradbury at bradburyc1414@yahoo.com if you would like to attend.* Note that space is limited for this activity and on a first-come basis.

Protecting Your Finances Against Fraud

Wed., 9/24, 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.

Block Party at Falmouth House

Wed., 9/23, 3:30-5:00p

Celebrate the start of the fall season and with our neighbors at Falmouth House, who are also

celebrating the anniversary of Falmouth House all week. 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!*

Cumberland Crossing Speaker Series

The Galapagos Islands

Wed., 9/23, 3:30 PM, Northwind Farm

Cumberland Crossing resident Betsey Harding will talk about her two trips to the Galapagos Islands, once on a 7-passenger catamaran and once on a 45-passenger National Geographic ship. This is your chance to learn about this very unique place.

On Campus Walk to End Alzheimer's

Thurs., 9/24, 2-4:00p Lunt (rain date Fri. 9/25)

Now is the time to get out, get moving and join the Alzheimer's Association Walk to End Alzheimer's®, the world's largest fundraiser to fight the disease. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action. OceanView hosts its own walk here on our campus for both residents and staff, beginning and ending at Lunt Auditorium.

Choose a walk length and donation amount that's right for you. Bring your donation with you or pledge online at the link listed on page 3. Help keep the momentum going in our community.

OV Writers Group

Thurs., 9/24, 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., 9/24, 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.

Fitness Presentation

"SMART" Goals with Jameson

Fri., 9/25, 2:00p HTL

Please see page 5 for description

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Dismantling Democracy

Mon., 9/28, 2:00-3:30p HTL

Dismantling Democracy: 53 Days in Nazi Germany explores the critical weeks following Hitler's appointment as chancellor in 1933, when the Nazi Party legally and systematically dismantled the democratic foundations of the Weimar Republic. Grounded in primary sources and historical context, the program offers an opportunity to learn about this pivotal moment in history—one that reminds us how quickly democratic institutions can erode. With Maine Holocaust and Human Rights Center's Education Coordinator Erica Nadelhaft.

Wine Tasting Group

Mon., 9/28, 4:00p HTL

Monthly wine tasting will resume in September on the 4th Monday at 4 PM in Hilltop Lodge Community Room. We will sample some lesser-known whites from Italy, such as Greco di Tufo, Orvieto, Vermentino. We will purchase enough wine for the residents who have signed up by Monday 9/21—please to cancel by 9/21 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., 9/29, 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 9/25 for this tasty activity.*

Cumberland Crossing Block Party at Firefly Lane

Tues., 9/29, 4:00-6:00p

Celebrate the fall season with our neighbors on Firefly Lane. Activities will bring refreshments to be served, so join us and be social. *All are invited—please sign up!*

UPCOMING IN OCTOBER

Cumberland Crossing

Van—L.L.Bean's Grand Re-opening & Fall Festival

Friday, 10/2 10:30 AM

Departure from the Community Garden
Enjoy a day in Freeport for the L.L.Bean Fall Festival and celebration of the grand re-opening of the Flagship store! Browse unique New England artists and makers, explore the shops, and enjoy all that

Freeport has to offer. Lunch on your own. Residents will agree on a return time. *Please sign up*

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 Diane, Amy or Marcia in Activities if you would like to learn how.

At Cumberland Crossing—Northwind Farm

Matinee Movie Monday

Mon., 9/14, 3:30p door at 3:00p

The Boys in the Boat

2023 PG-13 124 minutes

Set at the height of the Great Depression, the film tells the true story of the University of Washington's crew team during the 1936 season. (Spoiler alert: remember something amazing which happened in 1936?). Directed by George

Clooney and introducing several young actors who later became stars, the film follows a freshman, Joe Ranz, abandoned by his family and homeless. Because crew offered bunks in the boathouse and free meals, Ranz tried out for the team. Succeeding in a sport typically filled with elite prep school graduates who'd rowed in their prep schools, against all odds Ranz made the team. The ensuing story of that team's grit, determination, teamwork and perseverance proved that "good people, working together, can accomplish wondrous things."

Join us for excitement and inspiration on Monday, September 14 for "Boys in the Boat."

Doors open at 3pm for snacks, showtime promptly at 3:30p. Sign up at <https://portal.fullcount.net/customer-portal/> or with Amy at amyC@oceanviewrc.com

Opera, Dance & Theater on Film

Screening Room

Tues., 9/8 – 6:30p ***An Evening with Ailey***

2010 NR 108 min. Dance

An Evening with the Alvin Ailey American Dance Theater, featuring *Divining*, *Revelations*, *The Stack*

(Continued on page 17)



Up, and Cry. Since their beginnings at the YMHA on upper Fifth Avenue at the edge of Harlem, the Alvin Ailey Dance Theatre has managed to renew itself countless times, blending aspects of American cultural heritage with the disciplined work of classical ballet and modern dance.

Quick Reference List

Wed., 9/2 – 6:30p **9 to 5** 1980 Comedy
Thurs., 9/3 – 2:30p **Marie Antoinette** 2006 Drama
Sat., 9/5 – 6:30p **The Christophers** 2025 Dark C
Sun., 9/6 – 6:30p Resident Movie TBA
Wed., 9/9 – 6:30p **Ticket to Paradise** '22 Comedy
Thurs., 9/10 – 2:30p **UnBroken** 2025 Doc
Sat., 9/12 – 6:30p **The Founder** 2016 Drama
Sun., 9/13 – 6:30p Resident Movie TBA
Thurs., 9/17 – 2:30p **A Dog's Purpose** 2017 Adv.
Sat., 9/19 – 6:30p **Ever After: A Cinderella Story**
1998 Comedy Romance
Sun., 9/20 – 6:30p Resident Movie TBA
Wed., 9/23 – 6:30p **The Three Musketeers**
1992 Drama
Sat., 9/26 – 6:30p **I'm Still Here**
2024 Foreign w/subtitles
Sun., 9/27 – 6:30p Resident Movie TBA
Wed., 9/30 – 6:30p **Mr. Holland's Opus**
1995 Classic

Wed., 9/2 – 6:30p 9 to 5
1980 PG 109 min Comedy
Three secretaries turn the tables on their obnoxious boss. **Cast:** Jane Fonda, Lily Tomlin, Dolly Parton, Dabney Coleman

Thurs., 9/3 – 2:30p **Marie Antoinette**
2006 PG-13 123 min. Drama *rescheduled*
The retelling of France's iconic but ill-fated queen, Marie Antoinette. From her betrothal and marriage to Louis XVI at 14 to her reign as queen at 19 and to the end of her reign as queen, and ultimately the fall of Versailles. **Cast:** Kirsten Dunst, Jason Schwartzman, Rip Torn, Steve Coogan, Judy Davis, Sebastian Armesto, Marianne Faithfull; **Director:** Sofia Coppola

Sat., 9/5 – 6:30p The Christophers
2024 R 100 min. Dark Comedy
The children of a once famous artist hire a forger to complete some unfinished, long ago abandoned canvases so they'll have an inheritance when he dies. **Cast:** Ian McKellen, Michaela Coel, Jessica Gunning, James Corden

Wed., 9/9 – 6:30p Ticket to Paradise
2022 PG-13 104 min Comedy
A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago. **Cast:** George Clooney, Sean Lynch, Julia Roberts, Arielle Carver-O'Neill

Thurs., 9/10 – 2:30p UnBroken
2023 NR 97 min. Documentary
UnBroken is the miraculous true story of the only known family of seven Jewish siblings to survive Nazi Germany together — hidden for two years by strangers brave enough to risk everything.

Sat., 9/12 – 6:30p The Founder
2016 PG-13 115 min. Drama
The story of Ray Kroc, a salesman who turned two brothers' innovative fast-food eatery, McDonald's, into the biggest restaurant business in the world, with a combination of ambition, persistence, and ruthlessness. **Cast:** Michael Keaton, Nick Offerman, John Carroll Lynch, Linda Cardellini, B.J. Novak, Laura Dern

Thurs., 9/17 – 2:30p A Dog's Purpose
2017 PG 100 min. Animal Adventure
A dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with Ethan. **Cast:** Josh Gad, Dennis Quaid, Peggy Lipton, KJ Apa, Juliet Rylance, Luke Kirby

Sat., 9/19 – 6:30p Ever After: A Cinderella Story
1998 PG-13 122 min. Costume
The Brothers Grimm arrive at the home of a wealthy Grande Dame who speaks of the many legends surrounding the fable of the cinder girl before telling the "true" story of her ancestor. **Cast:** Drew Barrymore, Anjelica Huston, Dougray Scott, Patrick Godfrey, Megan Dodds, Melanie Lynskey

Wed., 9/23 – 6:30p The Three Musketeers
1993 PG 105 min. Action/Adventure
France, 1625. Young d'Artagnan heads to Paris to join the Musketeers, but the evil cardinal has disbanded them. d'Artagnan meets Athos, Porthos, and Aramis, three rogue musketeers, and joins them on their quest to save the king and country. **Cast:** Charlie Sheen, Kiefer Sutherland, Chris O'Donnell, Oliver Platt, Tim Curry



Sat., 9/26 – 6:30p *I'm Still Here*

2024 PG-13 137 min. Foreign: Portuguese
with English subtitles

A woman married to a former politician during the military dictatorship in Brazil is forced to reinvent herself and chart a new course for her family after a violent and arbitrary act. **Cast:** *Fernanda Torres, Fernanda Montenegro, Selton Mello, Valentina Herszage, Maria Manoella, Bárbara Luz*

Marcia says, “*I'm Still Here* is comparable to *The Secret Agent*, which won Best International Film this year at the Oscars. However, this film is a bit shorter, with a PG-13 rather than R rating (less ‘grindhouse’ gore and language). A better fit for us, I hope.”

Wed., 9/30 – 6:30p *Mr. Holland's Opus*

1985 PG 144 min. Drama

A frustrated composer finds fulfillment as a high school music teacher. **Cast:** *Richard Dreyfuss, Glenn Headly, Jay Thomas, Olympia Dukakis, William H. Macy, Alicia Witt, Terrance Howard, Damon Whitaker*



SEPTEMBER 2026 BIRTHDAYS

1 Molly McDuffie, 53 LAD
1 Dixon Riley, 131 LAD
2 Linda Lewis, L240
2 Nancy Gregory, C30
3 Sheri Fistal, 55 LAD
3 Jonas Klein, 19 WF
3 Robin Ratcliffe, 31 Marion
5 Tom Kirkpatrick, 82 LAD
5 Mike Ryan, L110
6 Andrea Gathany, 2 Monarch
6 Bobbe Miller, L103
7 Carlos Quijano, 29 LAD
8 Alice Belknap, 2 Weathervane
8 Eileen Crowley, 77 LAD
9 Henry Rhoads, 1 WF
10 Lise Wellehan, B5203
10 Sue Comstock, L221
10 Steve Pinto, 44 WF
11 Michael Beaudoin, C37
11 Carole Slayton, 7 Mallard
11 Pam Strayer, HTL 1D
12 Nancy Struve, 29 WF
13 John German, 21 WF
13 Judy Parkhill, B5401
13 Donald Ferro, C202
14 Andrea McCall, C44
15 Ave Glasstetter, 7 Monarch
15 Jean Leslie, 3 Honeysuckle
15 Charles Sawyer, 58 LAD
17 Pat Ledlie, 35 WF
17 Stephen Jenks, 45 WF
19 Joan Teare, C41
20 Carolyn Davis, B7303
20 Rick McDetriss, 140 LAD
21 Nancy Cline, C33
21 Kathryn Contini, B7204
22 Mary Brown, 3 Homestead
22 Susan Sanders, C56
23 Jeanette Wiggin, 24 Marion
24 Alice Bredenberg, 4 Elementary
25 Ken Gordon, FP 201
25 Dolores Rimkunas, C57
25 Susan Saltonstall, 138 LAD
25 Hank Schmitt, L353
26 Ann Levy, 38 Marion
26 Joan Winters, 3 Mallard
26 Margo Meehan, C104
27 Nina Scribner, 4 Ivy
28 Janet Greene, 1 Periwinkle
28 Sarah James, C100
30 Joan Davies, 2 Scholar
30 Debbie Carr, 32 Marion