OceanViews Updates

NOVEMBER 2026 – PUBLISHED ON 10/30/26

Administration Memos

OceanView Regular Front Office Hours
Monday-Friday 8:30a-5:00p
Saturday & Sunday 10:00a-2:00p

Thanksgiving 11/26/26
OV Front Desk & Offices Closed
Gazebo Grille Closed
No Mail, No Bank, No Metro
Regular Grocery Trips will go on Wednesday 11/25
Lodges Residents—Trash pick-up on Friday
12:00p Thanksgiving Dinner for Meal Plan Residents, RSVP to join

Recent & Incoming Residents

Cynthia Murray Beliveau., B3102, 10/8
Barbara & Nick Fowler, C58, 10/26
Jill & Larry Katz, B5104, 10/27
Amanda & Brad Hunter, 24 Marion, 10/30
Sylvaine Richter van de Haterd, 84 LAD, 10/30
Peter Haynes, B5402, 11/3
Sharon & Jon Hellstedt, B5103, 11/16

Staff Away

Grace Minkin	11/3
Jameson Burns	11/5
Marcia Emerson	11/5-9
Ryan Koenig	11/27

Thank you to: Nancy Gordon for sharing her expertise on Medicare changes for 2027 in Women's Discussion and the broader meeting.
To everyone who dropped off handmade or new mittens, hats, scarves and other warm wear for the *Falmouth Food Pantry* to distribute to the families they assist; the incredible Neighbor-to-Neighbor Voter Services Team members who helped OV residents prepare for the 2026 primary and midterm elections: **Elaine Ayer, Arlyss Becker, Meg Flack, Pixie Kubeck, Andrea McCall, Sandra McElwaine, Judith Moll, Mary Beth Morris, Maggie Philbrick, Susan Pines, Katie Porter, Lee Robbins, Susan Sanders, Nancy Struve, Nancy Wanderer, Judy Wilson,** and **Bonnie Yelverton**; **Arlyss Becker** and **Jim Bunting,** with **Christine Bradbury**, for their wonderful program on artist, architect & environmentalist Maya Lin and the Vietnam Memorial.



November 9-20, the Activity Room (Art Room) on the 2nd floor of the Main Lodge will be closed for renovations, including new flooring and updates in the kitchen area. Reopening November 23rd.

As we gallop merrily towards the holiday season, a gentle reminder from the resident handbook that because of the high risk of fire danger…, OceanView management cannot allow live Christmas trees or wreaths in the Main Lodge, Hilltop Lodge, Main Lodge Expansion, Blueberry Commons or Pavilion Apartments, however, you may have artificial decorations. Please remember candles are prohibited on OceanView property.

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 on Thursdays, from 3-4:00p for questions and concerns. —Mitchell DeBortoli

Special Dining Events & Catering

November 2026

COMMUNITY SUPPER – Sat., 11/21, 5:00p
Deluxe Grilled Cheese
Join your friends and neighbors in the Gazebo Grille. Deluxe grilled cheese sandwiches, tomato bisque, fruit salad, and more! $18.00 plus tax or 1 meal plan point. *Call the front desk at 207-781-4460 to reserve a spot, seating is limited.*

PIE SALE – Pumpkin, Pecan and Apple; pre-order at Gazebo Grille for pick-up on Tues., 11/24.

FOOD FORUM **NEW LOCATION**
Tues., 11/24, 11:15am HTL

THANKSGIVING DAY – Noon meal; Roast Turkey with Stuffing or Glazed Honey-Orange Salmon. Anyone with guests needs to make a reservation with ML front desk; anyone not on a Gold or Heritage plan also needs to RSVP

MAIN LODGE DINING ROOM
• Dinner Service Monday through Friday, First seating 4:30–5:30 pm or second seating after 5:30 pm.
• Saturday Breakfast Buffet, 8:00–9:15 am — A rotating menu of all your favorites: bacon, omelets, fresh-baked pastries, fruit & yogurt parfaits, and bottomless coffee. 2 meal plan points or $23.75 for non-meal-plan participants.
• Sunday Brunch, 11:45 am–1:00 pm — A rotating menu of sweet and savory entrées, delicious sides, salads, beverages, and desserts, served with our full attention. $32.95 or 2 meal plan points.

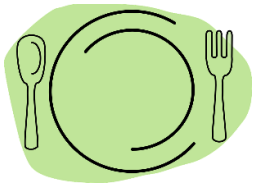
WHIPPLE FARM RESTAURANT
• Lunch at Whipple Farm — Fridays & Saturdays, Friday & Saturday, 11:30 am–1:30 pm.
A prix fixe, three-course meal for 2 meal plan points, featuring lighter fare, entrees, salads and sandwiches.

SPECIAL HARVEST MENU
NOVEMBER 27-28
• Dinner — Thursday through Saturday evenings, Thursday – Saturday, 4:30–7:00 pm.
Chef Michelle offers a curated menu of fresh and distinctive dishes that change seasonally.

• Reservations may be made through the resident portal or by calling the front desk at 781-4460.
• Van Transportation to Whipple Farm or Main Lodge is available at no cost for dinner, Monday–Friday, with two days' advance notice. Call the transportation office: 207-781-4460 x109 to arrange.
• Whipple Farm is wheelchair accessible via the ramp on the deck.

THE GAZEBO GRILLE
• Full lunch service runs 11:00 am–2:00 pm, with our Lite Fare menu available 2:00–4:00 pm, Monday–Friday. Grab n' Go items are available until 5:00 pm. Wine and beer available for purchase on premises.

CATERING
• From cocktail parties to four-course dinners and everything in between, our friendly Dining Service staff is here to do all the work, allowing you to fully enjoy your memorable occasion with family and friends. Please contact Stefano for more information. Stefano@oceanviewrc.com



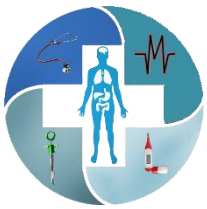
GENERAL INFORMATION
• Online Reservations are available for Main Lodge and Whipple Farm dining rooms through the resident portal: https://oceanviewrc.com/portal/

Dining Room Reservation Policy
Reservations are required at the Main Lodge Dining Room for Silver, Bronze, BBC, and Cottage meal plan participants. Heritage and Gold plan residents are always welcome to join as walk-ins. We ask that everyone reserve ahead when bringing guests. Please call the front desk by 12:00 pm on the day you plan to join us — or by noon on Saturday for Sunday Brunch.
We're happy to provide a takeaway box for leftovers. If you'd prefer to bring your own reusable container from home, that's welcome too — just note it will be washed again in our kitchen before use. Brown bags may be reused for recycling; if you accumulate more than you need, please drop them at the Art Room on the Main Lodge 2nd floor.

We look forward to seeing you at any of our dining venues on campus!

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: **A look inside Evergreen Commons.** We have two video tours available from Building C, the first building completed in this construction project. These videos are of two unfurnished units (one with a den, one without) before new residents moved in.
The new **Resident Welcome Video** is complete and linked on the Portal. This video is a resource to welcome new residents and help them acclimate to their new home at OceanView. Thank you to Portland-based Herman Mantis videographers for capturing such great footage and thank you to our team of resident volunteers for their assistance!
The **Resident Bio Books** are updated for fall on the Portal as well.
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



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 a 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 transportation 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., 11/4, 1:00p—ML1c
Wed., 11/18, 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., 11/24, 1:00p—*ML1c
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., 11/3, 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.

Other Services

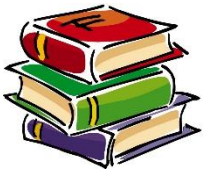
Hair Salon with Jodi Evers ML3s (salon)
Call for appointment: 561-602-4200

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.

Bath Savings Bank—Main Lodge 3rd floor, ML3c
Tuesdays at 9:00a
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.

OV Library Committee



The **Library Committee** meets on the first Tuesday of the month (11/3) 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

The committee added two novels with a Southern setting to the **FICTION** collection: *The Calamity Club* by Kathryn Stockett and *Kin* by Tayari James. Three thrillers, *The Keeper* by Tana French, *Looking Glass Sound* by Catriona Ward and *Under the Falls* by Richard Russo are awaiting your perusal. If you liked Elizabeth Letts' Ride *of Her Life*, you might try her latest book, *Fallen for France* which like *Ride* features a beloved horse. With *Country Life,* Daniel Mason, whose earlier novels consider serious topics, presents a playful and silly sendup of California academics who relocate to rural Vermont. *Country Life* is an **LGPR** edition.
American history and culture revealed through biography and personal experience are the hallmarks of these three titles in **NONFICTION.** Amanda Vaill's *The Schuyler Sisters* offers a view of the Revolution through the eyes of two women intimate with the famous figures and events that shaped our founding. Norah O'Donnell in *We the Women: the Hidden Heroes Who Shaped America*, pays homage to many women. In our own time, *Keeping Our Nation's Promise: 9/11 and the Stories That Still Shape Us,* compiles in their own words the memories of that day by public figures. Bringing us to the present is Maggie Haberman and Jonathan Swan's *Regime Change: Inside the Imperial Presidency of Donald Trump.* Our **MAINE COLLECTION** is newly graced by *Maine Artist's Garden Journal* by writer and illustrator Loretta Krupinski. The plants and pictures are quintessentially Maine. Though it is a Young Adult book, we have added *Lizzie Bright and the Buckminster Bog* by Gary Schmidt to our library because of its historical importance. In the early 20th century, a group of former slaves built a community on Malaga Island in Casco Bay. Schmidt's Newbery Honor novel tells the tragic story of their removal through the eyes of a young boy and girl.

- Barbara Briggs for the OV Library Committee

Fitness Notes



Dive into our open/lap swim times Monday through Friday! Whether you want to swim laps, water walk, or use weights - we have a supervised time that fits your routine.

- 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.

Fitness Presentation:
Go With the Flow: The Cardiopulmonary System and Exercise
Fri., 11/27, 2:00p HTL
What is the relationship between the cardiopulmonary system and exercise, and how can exercise function as a primary intervention for cardiovascular disease? Many of us know from experience that exercise- whether it's doing squats or swimming laps- causes our heart rate to rise and our breathing to increase. This presentation will reveal how these immediate responses become

long-term adaptations in the heart and lungs, and therefore lower our risk of disease. Join Fitness Specialist Grace Minkin on Friday, November 27th at 2:00pm in Hilltop to take a deeper dive into how the heart and lungs work together to aid exercise performance, what guidelines to follow to reap the most health benefits, and more!

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.

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!



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

Looking for tickets for a Merrill Auditorium or greater Portland area event?
Be sure to start at **Porttix!**
Don't overpay at a 3rd party site
Porttix is open Mon-Fri 11:00a-3:00p & 90 minutes before shows. 207-842-0800, bookmark https://www.porttix.com/
Tickets for PSO, Portland Ovations, Opera Maine, the Kotzschmar Organ, and a growing number of area groups use Porttix as their trusted ticket partner.

Van—American Ballet Theater Studio Company Portland Ovations
Thurs, 11/5, 6:00p
Tickets: 35-65 *one van seat remaining*
Ballet at its most breathtaking.
Experience the grace, athleticism, and artistry of the latest generation of extraordinary ballet dancers and choreographers with American Ballet Theatre (ABT) Studio Company. Each season, these remarkable dancers share a vibrant mix of classical and neoclassical works alongside bold new pieces commissioned from leading today's most exciting contemporary choreographers, offering a dynamic display of artistry and innovation to captivate both ballet devotées and first-time audiences alike. Featuring rising ballet artists from around the world, ABT Studio is a direct bridge to careers at the luminary American Ballet Theatre and other major companies where ABT Studio alum shine as soloists and principal dancers.

Van*—*Mamma Mia!*
Sun., 11/8, 1:15p Falmouth High School
Tickets $10-20 **tentative, need 6 to send a van*
https://cur8.com/schedule/item/39855/380922?event=139762&date=380922&action=buy
The Theatre Company at Falmouth High School presents *Mamma Mia!* "Set on a Greek island paradise, a story of love, friendship, and identity is cleverly told through the timeless songs of ABBA."

Vans—PSO Tuesday Classical
Midori Plays Shostakovich
Tues., 11/10, 6:00p Merrill Auditorium
Tickets: $113-29 *all vans are full*
Eckart Preu, Music Director
Midori, Violin
RACHMANINOFF: The Isle of the Dead
LUTOSLAWSKI: Concerto for Orchestra
SHOSTAKOVICH: Violin Concerto No. 1

Van*—Classical Uprising / Oratorio Chorale
Christmas Oratorio
Sun., 11/15, 12:45p **tentative, need 6 to send van*

Cathedral Church St. Luke, 143 State St. Portland "The *Christmas Oratorio* is pure joy — triumphant brass, dancing rhythms, melodies so bright they seem to carry their own light. But Bach being Bach, there is tenderness here too: intimate arias, moments of quiet wonder, music that doesn't just celebrate the season but seems to breathe it. The Oratorio Chorale gathers all six parts into one magical 75-minute evening. It's dark out there. Let Bach light things up." *Departure time includes Pre-Concert lecture at 1:45p.*
***Tickets**: We are eligible for $30 tickets in advance ($5 off advance purchase price). Need 6 by 11/9; checks made out to "Classical Uprising" to Activities (leave at Front Desk or put in our hands, please do not leave checks in our unsecure door basket). Thank you.*

Van* - Portland Ovations
Hadestown **Broadway Tour**
Tues., 11/17, 6:00p **tentative, need 6 to send van*
Tickets $59-145 Merrill Auditorium
Welcome to HADESTOWN, where a song can change your fate. Winner of eight 2019 Tony Awards® including Best Musical and the 2020 Grammy® Award for Best Musical Theater Album, this acclaimed new show from celebrated singer-songwriter Anaïs Mitchell and innovative director Rachel Chavkin (*Natasha, Pierre & The Great Comet of 1812*) is a love story for today… and always. Intertwining two mythic tales — that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone — HADESTOWN is a haunting and hopeful theatrical experience that grabs you and never lets go.

Van—Portland Stage Company ***Rooted***
Thurs., 11/19, 1:00p Forest Ave., Portland
Tickets $30-77 *1 van is full*
What happens when you go viral? Emery discovers she's cultivating more than just plants with her video posts. As true believers flock to her, the chaos grows. A play about what we know, where we put our faith, and the seeds we sow. Playwright Deborah Zoe Laufer

Vans—Good Theater ***Conversations with Mother***
Sat., 11/21, 1:00p Stevens Square Theater, Portland Tickets $45 *5 van seats remaining*
A funny and deeply relatable portrait of a mother and son who can't quite agree on anything except how much they need each other, Conversations with Mother spans five decades of love, tension, and honest conversations. Through humor and heart, it captures the beautifully messy reality of family and the ties that shape us for life.

Van—PSO Pops ***America the Beautiful***
Sun., 11/22, 1:30p Merrill Auditorium
Tickets $99-29 *5 van seats available*
Byron Stripling, guest conductor & trumpet
Experience a musical journey that captures the heart and soul of the nation through its rich tapestry of sound. This exhilarating concert experience showcases the evolution of American music, from spirituals and gospel tunes that lifted spirits to the rhythms of ragtime and the heartfelt passion of the blues. Stripling's charismatic trumpet and vocals, along with the incredible talents of the dynamic keyboardist Bobby Floyd, lead the audience through the birth of jazz, the soulful grooves of R&B, and all the vibrant genres that define the American soundscape.

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 5 for contact info):

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 Auditorium
enough to send van, please order your tickets
Wed 4/28/2027 *An Evening with Audra McDonald* Merrill Auditorium
enough to send van, please order your tickets
Tues 5/4/2027 Alvin Ailey American Dance Theater Merrill Auditorium
enough to send van, please order your tickets

Holiday programs:
Sign up sheets are on the Blue Clipboard for

ChoralART's *Christmas at the Cathedral*
Sun., 12/6, Van at 1:15p for 2:30p Curtain

PSO's *Magic of Christmas*
Sat., 12/12, Van at 1:00p for 2:00p Curtain

***Christmas with Kennerley* with special guests**
Tues., 12/22, Van at 6:00p for 7:00p Curtain

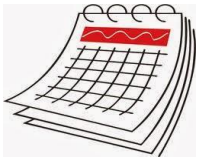


Activities at Cumberland Crossing

at Northwind Farm unless indicted please sign up w/#Amy or at

**https://portal.fullcount.net/customer-portal/*
11/9, 3/3:30pm—*Matinee Movie Monday:
Pressure 2026 PG-13 100 minutes
In the tense 72 hours before D-Day, General Dwight D. Eisenhower and Captain James Stagg face an impossible choice--launch the most dangerous seaborne invasion in history or risk losing the war altogether. *Cast: Andrew Scott, Brendan Fraser, Kerry Condon, Chris Messina, Damian Lewis*
Also, looking to train new projectionists. Please contact Amy C., Dan or Sue to learn more!
Monday, 11/16, 1:30 pm—Cribbage
Monday, 11/16, 3:00 pm—*Coffee with Don
Guest speakers TBA
Tuesdays, 1-3 pm - Mahjongg (80 LAD)
Tuesday, 11/10, 10:00am—Men's Discussion Group
Wednesdays, 9:30-11am—Office Hours with Amy
Wednesdays, 2:30 pm—Stretch & Balance Fitness
Wednesdays, 3: 30 pm—Beginner Tai Chi
Wednesday, 11/18, 11:00 am—Book Club
Theo of Golden by Allen Levi
Thursday, 11/12, 4-6:00 pm—Women's Group (TBA)
Thursdays, 4:00 pm—Meditation w/Anne Dean
Fridays, 11:00 am—Yoga with Grace

Ongoing/Repeat Activities



OV Community Council
Mon. 11/9, 3:00p HTL
The November Community Council meeting will be held in Hilltop Community Room, at 3:00 pm on November 9th. Be sure to let Tom Belknap know if you would like to be on the agenda for that meeting. To sign up 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 (11/2).

OceanView Chorus
Mondays & Thursdays, 11:00a-12:30p LUNT
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! Transportation available! For more information, please contact Liz Maier.

Handcrafters Group
Second & Fourth Mondays (11/9, 11/23)
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 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, 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
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 list 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.

Artists' Dialogue Group
Bi-monthly activities for those who want to see and discuss art. 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 game or bring a favorite, bring your coloring or your crosswords… and play on!

German Conversation Group
Meets 2nd & 4th Wednesdays 10:00a @FH
November 11th only this month
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., 11/9, 11:00a, HTL
The purpose of The Women's Discussion Group is to engage in civil discourse 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 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., 11/12, 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

Van—Grocery Shopping
Thursdays 11/5, 12, 19
>>Wednesday 11/25
Shaw's @ 9:30a
Hannaford @ 12:45p



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

Van—Walmart
Tuesdays, 1:00p: 11/3, 11/17
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., 11/24, 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.*



Activities—New

ATTENTION RESIDENT ARTISTS!
A small committee of residents is rearranging and rehanging the art in the first-floor hallways.
A major feature of the installation is a section of art by OV residents. We want to greatly expand this section, and we know there are many talented artists in both of our communities.
If you have an art piece that you can donate/loan, please contact Judy Parkhill.
judyparkhill@gmail.com or 508 479 5879

Elementary Schoolchildren Visits – 4th Graders
Mon., 11/2, 12:30-1:15p HTL
Join in as students from Falmouth Elementary School visit us for some educational adventures—this year we are getting we will have 4th & 5th graders, alternating. Reading together, playing games… just a great opportunity to spend some time with some young people. *Please sign up*.

Readers Theater Group
Mon., 11/2, 3:00p, Hilltop Community Room
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.



IN-PERSON VOTING ON ELECTION DAY, NOV. 3, 2026
WHERE: Falmouth High School - 74 Woodville Road - Falmouth, ME 04105
HOURS: 7 am to 8 pm

OV VANS TO THE POLLS: At 10 am and 3 pm – sign-up sheet in the nook.
CUMBERLAND POLLING STATION is at the Cumberland Town Hall Council Chambers, from 6:00 am to 8:00 pm
Your ***Neighbor-to-Neighbor Voter Services Team*** applauds all **residents** who will or who have already voted in the Nov. 3rd midterm election. Your vote – your voice – makes democracy work!



On-Campus Van Service available to select vents! Questions? Call Jim at 207-781-4460
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.

NOVEMBER OV ON-CAMPUS VAN
pick-up time:

¨ Thursdays 9:30a Men's Discussion HTL
¨ Thu/Fri Movies SR see list pg. 16-17
11/3 2:30p The Hip Connection Talk—HTL
11/4 3:30p Wine & Cheese Birthday—HTL
11/6 2:30p WISE Zambia Talk—HTL
11/9 2:30p Community Council—HTL
11/10 1:30p Marketing: Estate Planning—Lunt
11/11 11:00a Women's Book Group—HTL
11/12 1:30p Tech Talk with Lindsey—HTL
11/18 1:30p New Resident Welcome Gathering—HTL
11/24 2:30p Bill Maxwell/Dolly Parton—HTL
11/27 1:30p Fitness Presentation—HTL

The Hip Connection: How Your Hips Affect Your Knees, Back & Walking
Tues., 11/3, 3:00p HTL
Learn how hip mobility and strength influence your knees, back, balance, and everyday movement.

We'll explore simple ways to keep your hips moving and strong to help you walk comfortably, stay active, and maintain your independence.

Anna Riley, SPT, and Meaghan Madden, DPT
We will dive into gait mechanics and potential impacts poor hip mobility can have on gait to ensure it is therapy-related - with Fox Rehab.

Wine & Cheese Party—November Birthdays
Wed., 11/4, 4:00p, Hilltop Community Room
Join us for our monthly wine and cheese party and help celebrate those with November birthdays! All residents are invited to attend this monthly gathering—***please sign up.***
To sign up online please go to:
https://portal.fullcount.net/customer-portal/
Or call Activities.

Save Democracy Group
Thurs., 11/5, 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.

Downbeat; *S'forzando Sfz!* Concert Series
Oboe & Cello Concert
Fri., 11/6, 1:00p, Lunt Auditorium
On Friday afternoon, November 6 (1:00 at Lunt), the Portland Symphony's Principal Oboist, Amanda Hardy, will perform a ***"Sfz!"*** concert, along with prominent PSO cellist William Rounds -he's also a longtime regular with the Boston Pops. It was at a previous ***"Sfz!"*** concert several years ago that the popular duo first began performing together using *"The Heartland Duo"* name. (Why did they select that name? Now longtime Boston residents after earning graduate-conservatory degrees, Amanda is from Iowa; while Bill heralds from South Dakota - and "Yes", he still rides horses on visits back home, but NOT while playing his cello!). 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]

WISE Zambia Talk with Joanne Bollinger
Fri., 11/6, 3:00p HTL
WISE Zambia: A Maine-born Education Nonprofit Making an Outsized Impact in Rural Zambia
Why does an 80-year-old Maine woman travel around the US and Canada in her campervan sharing the story of a Maine-born nonprofit providing education in a remote corner of Zambia? After 11 visits, while admittedly no expert, Joanne Bollinger has developed a deep love for the country, its people, foodways, and a partial understanding of its cultural traditions, especially those of the Western Province. Her presentation will include a bit of Zambia's history, more about current conditions, why the mission of WISE Zambia matters, how the organization works and has grown -- its serious challenges and impressive results -- with stories, photos and videos that inspire.

Van—Annual Veteran's Day Program at Falmouth High School
Mon., 11/9, 12:30p *(program at 1:15p)*
"The event includes performances from our school band and chorus and a variety of themed readings. The concert typically lasts 45 minutes to an hour and includes time for attendees to mingle with students after the concert and enjoy light bites."

Van – Colby College Museum of Art Artists' Dialogue Group
Tues., 11/10, 9:30a
Colby Museum of Art. This visit features *Imagine an Archipelago: Art from Cuba, Guam, the Philippines, Puerto Rico and their Diasporas.*
https://museum.colby.edu/exhibitions/imagining-an-archipelago
A van will depart the Main Lodge at 9:30 a.m. and pick up individuals around the campus before heading to the museum. We will have lunch in Waterville (TBD) before returning to OceanView. Sign up at the Nook by the Activities Office.

Marketing Event—*Estate Planning Essentials*
Tues., 11/10, 2:00p Lunt Auditorium
RSVP at the Front Desk or at link (below)
Please join us for Estate Planning Essentials with Abigail "Abby" King Diggins, attorney at law at LeBlanc Diggins.
About the Presentation:
Planning for the future is important. In this informative presentation, Abby will explore the essential estate planning documents—including Wills, Living Trusts, Powers of Attorney, and Health Care Advance Directives—and explain how each can help protect your interests and ensure your wishes are honored.
Abby will also discuss how to choose the right fiduciaries and how thoughtful planning can help balance the needs of your spouse and children, clarify inheritance intentions, avoid common estate planning pitfalls, and provide peace of mind for you and your loved ones.
Registration is required. This event is free and open to the public, but seating is limited. To register, please fill out the form here: https://oceanviewrc.com/event/estate-planning/ and click submit. You may also call the Front Desk at 207-781-4460 during business hours.



Women's Discussion Group
The election is over; how do we move forward?
Wed., 11/11, 11:00a, HTL
We would like to focus our discussion in November on what we can all do to help our government and our country move forward in a positive direction. This is not about politics but about solutions. What do you think the priorities should be in the next few years? What should our legislators focus on? Can we build more consensus and civility into our national and state discussions?
We hope to conclude the discussion with identifying, as a group, 2-3 priorities that we could send to our legislators for them to consider.

Falmouth House Veterans Day Observance
Wed., 11/11, 1:30p Falmouth House
Please call 207-781-4621 if you wish to attend.

Facts, Truth, and the Rule of Law
Wed., 11/11, 1:30p HTL
Tom Allen and Len Freeman, aided by Attorney Peter Murray, invite you to continue our exploration of the Rule of Law. Only a short while ago the topic was something only attorneys talked about. Then things changed. Attorney Murray serves on the Steering Committee of Maine Lawyers for the Rule of Law, a nonprofit organization of Maine attorneys and judges founded to stand up to the unprecedented attacks to the Rule of Law seen in the recent past.
A recent forum in Portland, sponsored by Maine Lawyers for the Rule of Law, featured an address by Andrew Weissmann. Mr. Weissmann worked at the Dept. of Justice for most of the past 20 years. He has served as lead prosecutor in Robert Mueller's Special Counsel's Office; Chief of DOJ's Fraud Section; and General Counsel for the FBI. He is co-host of the popular podcast Main Justice and is a frequent contributor to *MS NOW*, *The NY Times*, *The Atlantic*, and *The Washington Post*.
Attorney Murray will present the video of Mr. Weissmann's remarks entitled "Facts, Truth, and the Rule of Law" in which he describes where our justice system has been deficient and proposes five needed structural reforms to fortify our system of checks and balances. Following the video there will be the opportunity for questions. Please join Tom Allen, Len Freeman and Peter Murray as we explore this important subject: Wednesday, 1:30 pm in HTL. *Please sign up.*

Tech Talks with Lindsey
Thurs., 11/12, 2:00p HTL
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!*
- 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
November 13th only
Matt Heffernan will be here two Friday mornings a month to help you troubleshoot basic tech issues. He is happy to try to help with anything but also doesn't want to overpromise that he can fix everything.
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.

You're Invited to Celebrate 40 Years!
Fri., 11/13, 3:30-5:00p, Lunt Auditorium
Join us for a special evening of jazz, dancing, and friendship as we celebrate our 40th anniversary at **"The 40 by OceanView at Falmouth"** on Friday, November 13, at Lunt Auditorium! We're rolling out the ruby and gold for our very own personal jazz club. Dress to celebrate (theme colors of ruby red, gold, & black), bring your dancing spirit, and get ready for an evening filled with good music, great friends, and wonderful memories.
Please sign up.

Marston-Kotzschmar Club Concert
Sun., 11/15, 2:00p HTL
"M-K Club" meets monthly, and since several members live at OceanView and members take turns hosting, we enjoy the benefit of hosting their concerts in our Hilltop Community Room a couple of times a year. This concert will feature duets with resident Ann Sanborn and Barbara Graustein, resident Evelyn Burckle on piano, and more.
Please sign up.

Poetry Reading Group
Mon., 11/16, 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.

Downbeat; *S'forzando Sfz!* Concert Series
Piano Four-Hands Duo Concert
Mon., 11/16, 6:30p, Hilltop Community Room
Bowdoin's longtime Artist-in-Residence, pianist George Lopez will again return for an encore "*S'forzando* ***Sfz!*** Concert" in HTL on Monday evening, November 16 at 6:30 PM. Like last year, he will be joined by his partner (at the keyboard and in life), Gulimina Mahamuti. Known for displaying amazing playing skills on concert stages, George and Guli - the internationally praised *"DUO-MUNDI"*, spend extensive time traveling through airports-worldwide to perform. Since George's initial *"S'forzando* ***Sfz!*** Concert" two years ago in HTL, *"DUO MUNDI"* has made more than three-dozen appearances, including far-away venues in California, Colorado, Iowa, Minnesota, Nebraska, Illinois, Michigan, Virginia, New York, Mexico, China, Italy, Switzerland, and the *"Five B's"* of Brazil, Belize, Boston, Bennington & Brunswick. Their *"DUO-MUNDI"* concert last year was a ***"Sfz!"*** crowd-favorite; and this year OV'ers & CC'ers can also look forward to solo talents of the proficient Guli; her credentials include being the first Uyghur to earn a Piano Performance PhD in the U.S. Virtual "choreography" will happen at the piano bench as their four hands mesmerize-and-amaze while the pair presses the HTL Steinway to its limits. This promises to be a most memorable performance, as the duo is acclaimed for "creating beautifully synchronized performances that engage both the eye and ear in a dance of emotions".
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]

Cumberland Crossing Monthly Coffee with Don
Mon., 11/16, 3:00p Northwind Farm
Guests Speakers TBD
Space is limited—please sign up with Amy or to sign up online please go to:
https://portal.fullcount.net/customer-portal/



OV + 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.
Tuesday, November 17, 3 pm in HTL, 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**
Future scheduled meetings at 3 pm in HTL on 3rd Tuesdays

We figure you have enough to do in December, but we plan to be back in January, even though we don't have a speaker yet. Thank you for all the good suggestions for our programs in the Spring! We'll be working on finding 6 interesting speakers. We are always looking for ideas.
Contact: knoblock.b@yahoo.com
bonnie.yelverton@gmail.com

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 via Zoom, please inform Betsey Harding in advance.

November's Book
Wed., 11/18, 11:00a, Northwind Farm
Theo of Golden by Allen Levi

Theo of Golden is the endearing story of a curious old man who quietly moves into a southern city and, for reasons unknown to anyone but himself, undertakes a campaign of anonymous generosity.

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!
VOTE for next year's book selections! Get your ballot in the nook and vote for the books you want to read and discuss in 2027! All are welcome! Return your ballot to Marta Bent, to Activities or at the November meeting. The 2027 calendar will be available at our December meeting - see you there! Questions? Marta Bent at 781-2912.

November's Book
Wed., 11/18, 11:00a—HTL
The Great Gatsby by F. Scott Fitzgerald, led by Pixie Kubeck
December's Book
Wed., 12/16, 11:00a—HTL
History Matters by David McCullough, led by Ethel Carmolli

In this posthumous collection of thought-provoking essays—many published here for the first time—Pulitzer Prize–winning historian and bestselling author David McCullough affirms the value of history, how we can be guided by its lessons, and the enduring legacy of American ideals.

OV New Residents Introduction Gathering



Wed. 11/18, 2:00p HTL
Please join us as we gather to welcome and introduce newcomers to the OceanView community. Invitations to speak will go out to new residents, RSVP. Any resident can sign up to attend the program to welcome newcomers. Refreshments will be served.



The View from Abroad: An Evening with Jackie Northam
Wed., 11/18, Lunt Aud.
A reception begins at **5:30 p.m.**, followed by the program at **6:00 p.m.** The event is **free and open to the public; registration is required due to limited seating**. Register at: https://bit.ly/4df2Xbm
NPR foreign affairs correspondent Jackie Northam's career path has led her through areas of open conflict and geopolitical upheaval across Europe, Asia, and Africa. The World Affairs Council of Maine and the Camden Conference will present An Evening with Jackie Northam on Wednesday**, November 18** at the **Lunt Auditorium**, hosted by OceanView at Falmouth, 74 Lunt Rd., Falmouth, Maine.
Northam's decades-long career as a foreign correspondent for NPR took her through more than a decade of postings overseas, reporting from the front lines of some of the era's defining conflicts. In recent years, her reporting has focused on the intersection of foreign policy and global economics, offering audiences a distinctive lens on how power and money shape world events.
Northam will be interviewed onstage by Christopher E. Barr, President of the World Affairs Council of Maine, followed by audience questions. Barr served on the professional staff of the Senate Foreign Relations Committee and brings over a decade of experience at the intersections of U.S. foreign policy, Congress, and the Middle East and North Africa.

No FCP Travelogue this month
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.



Pop-up Sale and Donations can be made on
Friday, November 20th from 1:00-3:00p
in Hilltop Lodge Community 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
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

Vans - Gardens Aglow
Thurs., 11/19, 3:00p-8:30p



Cost: $30 to be billed to resident, includes ticket to event, van ride and a boxed meal. *If you sign up and fail to cancel, your account may be charged, as we have to reserve in advance.*
Magic Awaits! We are sending up to 2 vans to Coastal Maine Botanical Gardens annual Gardens Aglow event. "We invite you to Gather in Maine for this year's Gardens Aglow. Join us on a glowing journey through Maine traditions, sparkling landscapes, and natural connections that bring us together. Along the way, discover everything from maple tapping, mushroom foraging, the industrious activities of seed-dispersing ants, pollinators, and our coastal ways of life." The Gardens Aglow route is approximately 1 mile of beautifully lighted pathways through our central garden areas, and [we] will have between one and a half to two hours at Gardens Aglow."
We will bring boxed meals with us to eat on the ride home—please note your sandwich preference on the sign-up sheet. The Garden's café is open with hot cocoa and other snack options for purchase.
The Gift Shop is open as well, if you want to shop.
Accessibility Note: "Gardens Aglow is an outdoor walking event. Keep in mind that weather conditions vary greatly along the Maine coast and Gardens Aglow is primarily an outdoor event. Dress in layers and be aware of the risks of snowy and icy weather. Pathways in the central gardens are all ADA compliant, and ramps are available anywhere there are stairs. CMBG supplies wheelchairs (free) and scooter rentals on a first-come, first-served basis." We hope to have planned our visit before any real snow has fallen and may cancel the trip if travel is hazardous.

Van – Maine Mall Trip
Mon., 11/23, 1:00p Drop-off, Pick-up
Please indicate on the signup sheet where you would like to be dropped off.

Wine Tasting Group
Mon., 11/23, 4:00p HTL
We will be sampling Viognier, a lesser known, but increasingly popular white varietal. We will purchase enough wine for the residents who have signed up by Monday, November 16the - please cancel by 11/16 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., 11/24, 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 11/20 for this tasty activity.*

Food Forum with Dining Services
Tues., 11/24, 11:15a HTL
Discussion with Director of Dining regarding cuisine and service for those who participate 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, 207-781-4460, with your questions.



Bill Maxwell Lecture Series
Topic: *Dolly Parton*
Tues., 10/24, 3:00p HTL
American singer-songwriter, actress, philanthropist, and businesswoman.
Bill Maxwell, a life-long learner and educator, has been presenting on various topics of interest in senior communities, and we are thrilled he is coming to OceanView. Living bi-coastally, sharing his time between California and Cape Elizabeth, we are excited to have Bill on our calendar when he's in Maine.

Eric Berube of The Bath Savings' Fraud Squad came to present a talk about online safety. Eric focused on technology and discussed the many ways that scammers try to trick you into giving up your information or money. He recommended using password managers as they help you generate strong passwords and store them safely. With password managers, you do not have to remember the passwords or be able to type them in when needed. Eric said not to use the same password for everything, and he strongly recommends using multi-factor authentication. This authentication process requires two or more forms of verification to prove your identity before granting access to your account or system. Eric also recommends updating the software on your devices as often as possible as it helps to keep you safer from unwanted scams. He suggests that you be proactive by checking your credit rating annually. Don't be ashamed, and don't panic if you are scammed. Contact your bank, file a police report and be sure to use IdentityTheft.gov as a resource.

Fitness Presentation
Go With the Flow: The Cardiopulmonary System and Exercise
Fri., 11/27, 2:00p HTL
Please see page 5 for description

Michael Perry Travelogue
Exploring Coast to Coast Across the Northern United States
Fri., 11/27, 6:30p HTL
Join Freeport's Michael Perry for an inspiring slide program of his and his wife's 66-day bicycling adventure from Portland, Oregon across the northern border states to Portland, Maine. Discover the beauty and diversity of the land, the friendliness and support of the people met along the way. 4501 miles - 14 states - 83 bananas eaten, and 32 jumbo milkshakes enjoyed! A program of fun, inspiration, and learning about our country and its people!
Along the way we will explore the Columbia River Gorge, hot springs in Idaho, the mountains and prairie of Montana, the colorful Badlands of North Dakota, the origin of the Mississippi River in Minnesota, the rolling green of Wisconsin dairy country, the horse-drawn carriage quiet of Mackinac Island, Amish country in Ohio, the rugged Alleghenies of Pennsylvania and New York's Adirondacks, and home through the autumn splendor of northern New England.

Downbeat; *S'forzando Sfz!* Concert Series
Viola & Piano Concert
Mon. 11/30, 2:30p, HTL
On Monday, November 30 (2:30 at HTL), PSO Violist Sam Kelder will perform classical works by prominent composers Franz Schubert, Robert Schumann, Ludwig van Beethoven and Frédéric Chopin. Associated with other classical ensembles in New England, Sam is also a member of both the New Bedford Symphony and the Cape Cod Chamber Orchestra. It was from the latter group, he asked co-member Dr. April Sun, an accomplished pianist, to accompany him at HTL. ***Sfz!*** regulars may recall her performing earlier, part of a chamber trio at an August 2025 concert at OV. Sam, a Texan, earned advanced music degrees from Mannes the New School for Music in NYC, also at Boston University. Originally from Montana, April's impressive conservatory journey happened far from home, at the Cleveland Institute of Music. She is a

co-founder of the Meadowlark Piano Trio in Boston. 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]

OV Writers Group
Wed., 10/25, 1:30-3:00p HTL
Welcoming OV writers and would-be writers who are willing to share ongoing efforts in finding the right words for writing reminiscences, stories, poetry, or essays. Part of our meeting is actively writing to a prompt, and the other part is sharing our writings with the group without criticism. As we have time to reflect on past experiences and adventures, writing can be a most satisfying activity.

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., 11/9, 3:30p *door at 3:00p*
Pressure
2026 PG-13 100 minutes
The phrase 'war movie' brings to mind gruesome, heavy-handed battle scenes. But this Movie Matinee is a short, gripping, tightly paced thriller of a different kind. "Pressure" takes us inside the stress on General Eisenhower in the 72 hours before D-Day when he had to decide whether to launch the invasion of Europe to defeat Hitler. The success or defeat of the Western world depended on the weather forecast, and the best meteorological minds on Ike's team could not agree. Think you've had occasional tough days at work? Nothing like the 72 hours Ike faced. We know how this story ends, but you probably never knew why it ended as it did. "Pressure" is a fascinating, edge-of-the-seat true story with an outstanding script and cast: Andrew Scott, Brendan Fraser, Chris Messina, Damian Lewis and Kerry Condon. Sign up at https://portal.fullcount.net/customer-portal/ or with Amy at amyC@oceanviewrc.com

Quick Reference List



Sun., 11/1 – 6:30p Resident Movie TBA
Wed., 11/4 – 6:30p ***The Big Year*** 2011 Comedy
Thurs., 11/5 – 2:30p ***Monsters, Inc.*** Animated
Sat., 11/7 – 6:30p ***Wicked*** 2024 Musical
Sun., 11/8 – 6:30p Resident Movie TBA
Wed., 11/11 – 6:30p ***Testament of Youth*** Drama
Thurs., 11/12 – 2:30p ***Lionheart*** 2018 Drama
Sat., 11/14 – 6:30p ***Jerry Maguire*** 1996 Drama
Sun., 11/15 – 6:30p Resident Movie TBA
Wed., 11/18 – 6:30p ***The Interpreter*** 2005 Thriller
Thurs., 11/19 – 2:30p ***Good Sam*** 2019 Drama
Sat., 11/21 – 6:30p ***Amsterdam*** 2022 Comedy/Mystery
Sun., 11/22 – 6:30p Resident Movie TBA
Wed., 11/25 – 6:30p ***The Blues Brothers*** 1980 Comedy
Fri., 11/27 – 2:30p ***Liar, Liar*** 1997 Comedy
Sat., 11/29 – 6:30p ***Sleepless in Seatle*** 1993 Romantic Comedy
Sun., 11/30 – 6:30p Resident Movie TBA

Wed., 11/4 – 6:30p ***The Big Year***
2011 PG 102 min Comedy
Two bird enthusiasts try to defeat the cocky, cutthroat world record holder in a year-long bird-spotting competition. ***Cast:*** *Owen Wilson, Jack Black, Steve Martin, John Cleese, Zahf Paroo, Stacey Scowley, Rosamund Pike*

Thurs., 11/5 – 2:30p ***Monsters, Inc.***
2001 G 94 min. Family/Animated
Two monsters whose job is to make human children scream accidentally let a little girl into their world and must now protect her from their own kind to return her home unscathed. ***Cast:*** *Billy Crystal, John Goodman, Steve Buscemi, James Coburn, Jennifer Tilly*

Sat., 11/7 – 6:30p ***Wicked***
2024 PG 161 min. Musical
Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. ***Cast:*** *Cynthia Erivo, Ariana Grande, Jeff Goldblum, Michelle Yeoh, Jonathan Bailey*

Wed., 11/11 – 6:30p ***Testament of Youth***
2014 PG-13 130 min Drama
A British woman recalls coming of age during World War I - a story of young love, the futility of war, and how to make sense of the darkest times. ***Cast:*** *Alicia Vikander, Kit Harrington, Taron Egerton, Colin Morgan, Dominic West, Emily Watson*

Thurs., 11/12 – 2:30p ***Lionheart***
2018 TV-PG 94 min. Comedy
Running a company can be challenging, especially for a female in a male-dominated industry. Looking to prove her worth, Adaeze steps up to the challenge when health issues force her father to take a step back. ***Cast:*** *Genevieve Nnaji, Nkem Owoh, Pete Edochie, Onyeka Onwenu, Kanayo O. Kanayo*

Sat., 11/14 – 6:30p ***Jerry Maguire***
1996 R 139 min. Drama
When a sports agent has a moral epiphany and is fired for expressing it, he decides to put his new philosophy to the test as an independent agent with the only athlete who stays with him and his former colleague. ***Cast:*** *Tom Cruise, Cuba Gooding Jr., Renee Zellweger, Kelly Preston, Jerry O'Connell, Jay Mohr, Bonnie Hunt, Regina King, Jonathan Lipnicki*

Wed., 11/18 – 6:30p ***The Interpreter***
2005 PG-13 128 min. Thriller
A United Nations translator overhears an assassination plot. ***Cast:*** *Nicole Kidman, Sean Penn, Catherine Keener, Jesper Christensen, Yvan Attal, Earl Cameron*

Thurs., 11/19 – 2:30p ***Good Sam***
2019 PG-13 90 min. Drama
When a mysterious good Samaritan leaves $100,000 cash on seemingly random doorsteps, New York City news reporter Kate Bradley sets out to discover the true identity and motive of "Good Sam." ***Cast:*** *Tiya Sircar, Chad Connell, Marco Grazzini, Jesse Camacho, Mark Camacho, Elana Dunkelman, Kelly Hope Taylor*

Sat., 10/17 – 6:30p ***Amsterdam***
2022 R 134 min. Comedy/Mystery
In the 1930s, three friends witness a murder, are framed for it, and uncover one of the most outrageous plots in American history. ***Cast:*** *Christian Bale, Margot Robbie, John David Wahsington, Alessandro Nivola, Andrea Riseborough, Anya Taylor-Joy;* ***Director:*** *David O. Russell*

Wed., 11/25 – 6:30p ***The Blues Brothers***
1980 R 132 min. Comedy
Jake Blues rejoins his brother Elwood after being released from prison, but the duo has just days to reunite their old R&B band and save the Catholic home where the two were raised, outrunning the police as they tear through Illinois. ***Cast:*** *John Belushi, Dan Aykroyd, Cab Calloway, Kathleen Freeman, James Brown, Chaka Kahn, Aretha Franklin, Ray Charles, Carrie Fisher*

Fri., 11/27 – 2:30p ***Liar, Liar***
1997 PG-13 96 min. Comedy
A pathological liar-lawyer finds his career turned upside down when he inexplicably cannot physically lie for 24 whole hours. ***Cast:*** *Jim Carey, Maura Tierney, Amanda Donohoe, Cary Elwes, Anne Haney, Jennifer Tilly, Jason Bernard, Swoosie Kurtz*

Sat., 11/29 – 6:30p ***Sleepless in Seattle***
1993 PG 104 min. Romantic Comedy
A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner. ***Cast:*** *Tom Hanks, Meg Ryan, Ross Malinger, Rita Wilson, Victor Garber, Bill Pullman, David Hyde Pierce, Frances Conroy*

NOVEMBER 2026 BIRTHDAYS

1 Celeste DeRoche, 5 Mallard
1 Joan Kassl, L115
1 Lyn Stoodley, FP202
2 Tom Simmonds, L237
3 Joe Merkwaz, 4 Lilac
5 Paul Cronin, FP203
6 Linda Perkins, C106
10 Lois Beedy, L337
13 Pat Ryan, 4 NWF Dr
13 Sue Stasiowski, 89 LAD
15 Trudy Winne, 46 WF
16 Betsey Harding, 56 LAD
18 John Yelverton, L333
18 David Kelly, B5203
20 Tina Noyes, L236
21 Vince Furey, L113
21 Stan Wondolowski, 62 LAD
22 Prudence Reed, L239
24 Mike Flack, 36 Marion
23 Peter Kleinman, 11 Monarch
23 Jean Quijano, 29 LAD
25 Dan Cheever, 89 LAD
27 Anne Cassidy, B7201
28 Cheryl Bronn, 4 Monarch
28 Peggy Gilbert, L347
29 Eva Frank, L227
30 Ballard Campbell, 22 WF





Mary Jo Carpenter's (Pavilion) life reflects her love of family, music, theater, the arts, and a career built on identifying needs and initiating change. Born and raised in Missouri, she majored in English at the University of Kansas and began a master's program at the University of Wisconsin, leaving when she realized it would lead to teaching, a path she did not want.
In the summer of 1959 at the height of the Cold War, she joined a student group traveling behind the Iron Curtain to see communist countries firsthand.
Afterward, she worked in Washington, D.C., at the American Alumni Council, an organization dedicated to educational advancement. There she met her future husband, Russ, a collegiate fundraiser.
After marrying, the couple worked at Smith College—he in development, and she in admissions until the first of their three children was born. Russ's fundraising career continued at the University of Vermont, and finally at his alma mater, Williams College in Williamstown, MA, where she lived for the next 47 years.
After the family moved to Vermont and their youngest was old enough to read notes left on the kitchen table, Mary Jo began volunteering at the local public radio station. There she identified the need for—and developed—a donor-relations program and soon joined the paid staff.
A similar pattern unfolded in Williamstown, where she started part-time at the Clark Art Institute, developing a membership program. Recognizing untapped potential for donor support, she developed communication and fundraising initiatives, launching a 20-year career and eventually establishing a Department of Publications.
In retirement, Mary Jo volunteered for numerous organizations, most notably the Williamstown Finance Committee.
Throughout her life, Mary Jo has also enjoyed gardening, travel, and the arts—especially music, e.g., playing her grand piano, attending musical theater, and singing in church, college, and community choirs.
Traveling was a great pleasure, but Russ's Parkinson's disease made it increasingly difficult. Sadly, Russ died in 2016, and after several more years in Williamstown, Mary Jo moved to OceanView to be closer to her son's family in Brunswick and to enjoy all OceanView offers. (MF/2026)