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Peaks Island Star

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Peaks Island Star : April 2005, Vol. 25, Issue 4

Service Agencies of the Island

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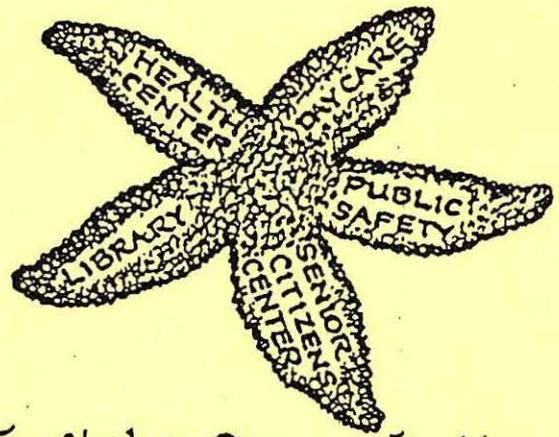
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Peaks Island STAR

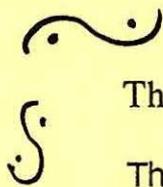


Newsletter of the Island's Service Agencies & other Community News

APRIL 2005

VOLUME 25

ISSUE 4



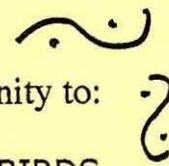
The Peaks Island School invites the island community to:

Drawing from Audubon:

The making of the book *THE BOY WHO DREW BIRDS*
with Maine illustrator Melissa Sweet.

Thursday April 7th, 2005

7pm in the school gym



Melissa will show slides and original artwork as she talks about the making of this beautiful book written by Jacquelyn Davies, and a National Science Teachers Association recommended title. There will be books for sale, and refreshments. Birders and book lovers of all ages will enjoy this evening—we hope to see you there!

PeaksFest 2005 – We want you!

As you're slogging through the snow and bundled up against the cold, try to think ahead to the first days of summer and the **4th annual PeaksFest**, a weekend of fun celebrating the Peaks Island community. Previous years' PeaksFests have been such a success, that we've decided to do it once again, and **you are invited to join in and help us plan**. Remember the images of Peaks, the beautiful pies and the guest celebrities who judged them, the bike parade, the pie-eating contest, the Common Hound Fair, the fireboat tours, the music, the food, the fun!

Come to our meetings and help make this celebration even more fun. We'll meet from **6:30 until 8 p.m. on Thursdays, April 7, 21 & 28, May 5, 19 & 26, June 2 & 16, and Monday, June 20 at the Community Center**. If you can't make them all, come to as many as you can and bring your ideas to the table, because we hope to have some new events. And once more, we're looking forward to the participation of the island merchants this year.

If you have questions, ideas, or need more information, call David Cohan at 766-5642, or email him at david@peaksisland.com.

PeaksFest 2005 is just around the corner. It's currently planned for the weekend of June 24, 25, and 26 (to be confirmed). Think summer -- now!

Mayor & Fire Chief Recognize Peaks Island CERT and Volunteer Fire Teams

Portland's Mayor Jill Duson and Fire Chief Fred Lamontagne presented certificates of appreciation to the Peaks Island Community Emergency Response Team (CERT) and Volunteer Firefighters during a special meeting in March.

The Mayor and Fire Chief both expressed official and personal appreciation on behalf of the community and the City of Portland for the two teams of volunteers, who have invested many hours of training to assist in emergencies on the Island.

The Portland Fire Department's Dave Jackson and Cindy Wilson have been teaching Peaks Islanders how to work together to augment their efforts in case of an emergency. The Peaks CERT completed Phase One of its training and plans an emergency exercise in the Spring.

Team members are also recruiting additional members and researching several projects to improve emergency preparedness, including emergency notice cards and a list of resources. The CERT team needs more members for a wide range of tasks, including callers, messengers, and drivers, as well as people who have been trained in first aid.

The volunteer firefighters have learned a wide range of firefighting practices under the leadership of several members of the Portland Fire Department.

Please contact the Fire Department to volunteer for one of these important organizations.

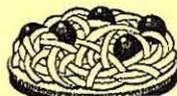
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Peaks Island Land Preserve

The Land Preserve has two exciting events coming up in April and one in early May. The first is a Tree Identification Walk with City Arborist Jeff Tarling. We will walk through the natural lands on Peaks Island and learn about the various trees and shrubs that grow on here and how to identify them. The walk will take place on Saturday, April 9th at 1pm. We will meet at the former gravel pit at the end of Upper A Street. Please wear hiking shoes or other appropriate footwear.

The second event is a Data Collection Day. This will take place on Saturday April 16th at 9am. The rain date is scheduled for April 23rd. We will meet at the Community Center. If you have a vehicle, please bring it, as we will be working on properties that are located throughout the island. Volunteers will be trained as a group in basic forest measuring techniques. After the training, volunteers will be sent out in groups to other properties on the island. Each group will have at least one experienced member of the Land Preserve to help answer any questions. Children are welcome, but keep in mind that we'll be out for a few hours, and it could be cold. If you have questions, call Michele Tranes at 766-3014. We hope to see you there!

The Land Preserve is also planning its annual Spaghetti Supper for Thursday, May 5th at the Brackett Church. There will be two seatings; one from 5:00-6:00 and a second from 6:30-7:30. The cost is \$6 for adults, \$3 for seniors and kids. Please join us for this fun and delicious dinner.





COMMUNITY LECTURE SERIES

"Wellwater on Peaks Island" by Art Astarita



The fourth installment in the Community Lecture Series 2005 will be on Thursday, April 14th at 7 p.m. at the Community Center. It will be led by Peaks Island resident Art Astarita. He will be speaking about wellwater on Peaks Island. Art will be talking not only about drinking water but surface freshwater and ocean water as well. What can we do to protect our water? Art's presentation will include maps and pictures. We hope you can join us for what promises to be an interesting and educational evening.

Upcoming Lectures:

| | |
|---------|---|
| May 12 | Scott Kelly speaking about birds in Antarctica |
| June 9 | Val Hart speaking about Cambodia |
| July 14 | Open! Let Michele Tranes know if you're interested!!! |

All lectures are held at the Community Center and begin at 7 p.m. unless otherwise noted. There are still four openings for lectures during the year, so if you have thought about giving a lecture or know someone else who is thinking about it, it's not too late to sign up! Call or email Michele Tranes at 766-3014 or mtranes@islandinstitute.org.

PEAKS ISLAND HEALTH CENTER

Dr. Jeffrey Martin – Nancy Wright, FNP – Susan Martin, FNP
766-2929/Fax: 766-5073

The Health Center is open **MONDAYS & THURSDAYS**, from 8AM until the last scheduled patient is seen. For acute illness, page Nancy at **741-1371**. If she is not available, call Dr. Martin's on-call provider at **892-7055**. For an emergency, call 911.

Remember – all people in need of health care are welcomed to utilize the Health Center. We are primary care providers (PCPs), can draw blood for lab tests for other providers, and offer a full range of health care for Islanders; as well as acute care for visitors or those working on Peaks. We accept Medicare, Maine Care and most insurance coverage.

We are busily packing up charts and equipment, and anticipate moving into the new Peaks Island Health Center offices the last week of April, and so will be closed the week of April 25th. We plan to begin seeing patients on Monday, May 2nd in our gorgeous, sunny new offices at 87 Central Avenue. **REMEMBER** – if you haven't been treated since 2001, and you need any information or tests in your medical chart – call ASAP as we'll be destroying any charts more than 3 years old later on in April.

HEALTH TIP – now that the weather's nicer, try to get out and walk in the fresh air (and mud)! Stroll on over to the new building and say hello...

The **Dental Hygienist** from the Center for Community Dental Health will be at the Health Center on April 13, 2005. Call Yvonne at 874-1025 x 3017 for an appointment. **Dr. Dorsey, the podiatrist**, will be on the Island April 20th and July 13th. Call 761-3889.x10 for an appointment.

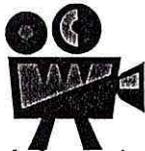
April at the Peaks Island Branch Library
in the Community Building 766-5540 www.portlandlibrary.com
Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12

Two Peaks Island authors have newly released books. Pamela Hersey has published *Devil's Insider*, the second of her mysteries involving the insurance industry. Karen Houppert's new book is *Home Fires Burning: Married to the Military – For Better or Worse*. Other recently published works by Peaks Islanders are *Political Animal* by David Mizner, a novel chosen for the Portland Museum of Art's May book discussion, and *Dougherty Revisited, a Random Selection of Columns* by Dick Dougherty, a summer resident who often wrote about Peaks Island in his columns for the Rochester (NY) newspapers where he worked. You can check these books out at the library.

The **Book Discussion Group** will discuss *The Curious Incident of the Dog in the Night* by Mark Haddon on April 5. For the May 3 meeting, there are 2 books, *Understanding Comics* by Scott McLeod and *Maus* by Art Spiegelman OR any comic or graphic novel of your choice. The book for June 7 is *My Antonia* by Willa Cather. Meetings are at 7 PM the first Tuesday of the month. Anyone interested is welcome to attend.

For Children

Nursery Rhyme Time for infants and toddlers on Wednesdays and Fridays at 11. Story Time for preschool children on Fridays at 10:15.



Saturday Night Movies in April

All movies are free and shown in the Community Room. Children should be accompanied by an adult.

| April | 6 PM | April | 8 PM |
|--------------|---|--------------|---|
| 2 | <i>The Bear</i> (27 min), <i>Animal Train</i> (28 min) and <i>Cat in the Hat</i> (26 min) | 2 | <i>Secondhand Lions</i> (2002) PG 109 min |
| 9 | <i>Waking Ned Divine</i> (1999) PG 91 min | 9 | <i>Bourne Identity</i> (2002) PG-13 119 min |
| 16 | <i>Star Wars</i> (2004) PG 100 min | 16 | <i>Philadelphia Story</i> (1940) 112 min |
| 23 | <i>Kiki's Delivery Service</i> (2003)G 103 min | 23 | <i>Amadeus</i> (1984) PG 160 min |
| 30 | <i>Incredibles</i> (2004) PG 115 min | 30 | <i>Life Is Beautiful</i> (1997) PG-13 116 min |

2004 Tax Forms are available at the library.

STAR OF THE SEA STUDIO'S

Our dancer's are well on their way for our new spring show. Riverton School and Peaks Island in June. Our Theme is a Rip Roaring Western Show. The Ledge of Tumbleweed Company. Bad guys, Good guys, Can-Can Girls, Indians. (The Old West). Our Boutique has many new items, hand knit, Spiritual Needs, Dolls, Costumes ect.

*Happy Spring to All,
 Musically Yours,
 Doreen and Co.*

Peaks Island School

We're hoping that spring is here! The weather has been lovely and the students have enjoyed being outdoors for recess and watching the snow melt. April will be a busy month. We are enjoying having Mr. Chinda visit from Thailand and learning all about his native country. We will also have Melissa Sweet, a Maine illustrator doing a workshop with our students. We invite you to an evening with Melissa on Thursday, April 7th at 7pm. Melissa will show slides and original art work as she talks about the making of the beautiful book The Boy Who Drew Birds. Refreshments will be served and bird and book lovers of all ages are invited. We'll be on vacation from April 18th – 21st but look forward to kindergarten registration the next week.

KINDERGARTEN REGISTRATION

PEAKS ISLAND SCHOOL 766-2528

WEEK OF APRIL 25TH AT PEAKS ISLAND SCHOOL

OPEN HOUSE IN KINDERGARTEN CLASS TUESDAY, 4/26/05 AT 9:15 A.M.

Parents of children who will turn five on or before October 15, 2005 are asked to register their child on these dates at the school between 9:00 a.m. and 2:00 p.m. or call to set up an appointment at a later date. You will need to bring with you: an official birth certificate, immunization records, and proof of residency.

VOLUNTEER ISLAND TRANSPORTATION

The volunteer island taxi service is available for all islanders. If you need to go anywhere on the island, please call the volunteer for the day you need a lift. It's best to call a day or so before, if possible. Most volunteers have answering machines so you can leave a message if they're not in. The usual hours are Tuesday through Friday daytime hours.

We're sorry to note the death of Judge Carl Ingraham who handled our taxi scheduling for several years.

| Date | Driver(s) | Phone | Date | Driver(s) | Phone |
|-----------|--------------------------------|----------|-----------|----------------|-------|
| Fri 4/1 | Howard Pedlikin | 0067 | Tue 4/19 | Dick Swarts | 2608 |
| Tue 4/5 | Marty Braun and Jamie Hogan | 9726 | Wed 4/20 | Marcie Appel | 5071 |
| Wed 4/6 | Roy Mottla | 5837 | Thur 4/21 | Dan Murphy | 5849 |
| Thur 4/7 | Mitch Bucciarelli | 450-7904 | Fri 4/22 | George Rosol | 0059 |
| Fri 4/8 | Howard Pedlikin | 0067 | Tue 4/26 | Carol Warner | 0022 |
| Tue 4/12 | Mere Roberts | 5819 | Wed 4/27 | John Erdman | 5797 |
| Wed 4/13 | Chris Hoppin | 2593 | Thur 4/28 | Larry Blake | 2360 |
| Thur 4/14 | Judy Piawlock | 2109 | Fri 4/29 | Peg Astarita | 5997 |
| Fri 4/15 | The Carys | 5548 | Tue 5/3 | Marjorie Phyfe | 2307 |

Back-up driver Marianne Jaffe 0088

We can always use more drivers! If you'd be willing to give a few hours a month as a driver, please call Cevia Rosol at 0059 or Nancy Hall at 2514.

PEAKS PATROL

A reminder to drivers, the warmer weather will have children playing outside in greater numbers. Be alert to kids running around and playing in their neighborhoods especially in the dusk hours when visibility may be an issue.

One of the functions of an island officer is animal control and this can be one of the most hazardous aspects of the assignment. When requested, we have placed save-a-heart traps at different locations to capture nuisance animals, then we transfer the animal to a cage to be taken uptown to the animal shelter. This procedure has been accomplished many times without incident, unfortunately, this past month an officer was injured. Officer "Siegfried" Rose was attempting to transfer a ferocious feral cat from the trap to a cage. During the transfer process, the cat, apparently upset over his short-term imprisonment and not willing to be further detained, spotted a small gap between the trap and cage. The cat made a move through the gap and was immediately seized by Officer Rose. Officer Rose was wearing leather gloves that the cat bit into causing a puncture wound on the officer's hand. The cat escaped and quickly departed the area. Officer Rose was treated at a local medical facility and strictly as a precautionary treatment, he received rabies treatment because we could not capture the offending cat and observe his behavior.

Officer Rose is doing fine, during part of his recovery period; he was in Las Vegas where he attended a training session for weapons of mass destruction. The Portland Police Department has a team of specialists who have received training for incidents involving weapons of mass destruction; he is one of the original members of this unit.

A bit of nostalgia will soon return to the island. The noontime sounding of the firehorn alarm system will begin every Saturday starting in April. This was a common practice for many years and tested the effectiveness of the alarm system.



Peaks Island Children's Workshop
71 Herman Ave. 766-2854

March has come in like a lion! We have so much snow on our playground that we have to get around by tunnels and paths! We are definitely looking forward to warmer days and green grass! For those of us that are not going on vacation, the preschool and school age groups have been transforming our block room into a tropical paradise! They have painted a beautiful giant sunset and created lots of tropical trees and creatures. A big thank you goes to Nirmala and Daisy for teaching everyone to Hula dance! We are enjoying our new listening center and can't wait for our new books on tape to arrive. The PICW staff will all be attending a conference in NH put on by the National Association for the Education of Young Children. The conference is offering many great workshops all related to Early Care and Education. The parent/toddler playgroup has been going great. We have had a full group almost every Friday now and have been meeting many new faces. The playgroup is open Fridays, from 10:15-11:00 at PICW. Come play!

- Community Food Pantry: Open M-F, 7am-6pm. Please stop in or call if you are in need.
- Start thinking about summer! If you have a school age child and are looking for something fun and educational to do this summer, contact Colleen Mitchell for more information on our Island Rover program.

PINA NEWS

NEXT PEAKS ISLAND NEIGHBORHOOD ASSOCIATION GENERAL MEETING:

Tuesday, May 17, 7:30 PM at the Community Center

The PINA general meeting of March 15 focused on updating islanders on the progress of several island projects, the gravel pit, the Neighborhood Plan, the emergency response (CERT) program on the island, the new Health Center and Affordable Senior Housing complex, the new public restroom, and the deer depredation program. The Recreation Committee, which is developing plans for the gravel pit, announced future meetings to refine the plans it is considering for a community garden and a winter skating rink, as well as choosing a suitable improvement project to be performed by the Junior League on April 30. Chris Hoppin reported that the Peaks Island Neighborhood Plan was submitted to the City on March 5 to be incorporated into its Comprehensive Plan and that it is the first Neighborhood Plan to meet City requirements. He also reported on CERT training. The initial training phase ends on March 23, but the emergency response program still needs people for a wide range of functions, including many that do not require first aid training. The Portland Fire Department will prepare an emergency information card to be distributed to all islanders. Kay Taylor reported that the Health Center hopes to move to its new quarters in the Senior Housing complex by May 1. The housing units should be ready for inspection tours at Peaksfest. City Island/Neighborhood Administrator Tom Fortier described plans for the new public restroom. It will be built this spring at Welch Street and Island Avenue in the corner of the parking lot, and will include benches and a community bulletin board above the restroom. Tom said that 23 deer had been removed this year in the deer depredation program, thereby reducing the herd to approximately the island's carrying capacity. PINA voted to thank islander Bobby Briggs for his role in the program.

The PINA Recreation Committee and the Junior League met on March 21 and issued the following announcement:

HELP TURN THE GRAVEL PIT INTO A NATURAL AREA! After many years of use as a gravel pit, the City property at the end of Upper A Street will be returned to a natural state. The Junior League of Portland, assisted by the PINA Recreation Committee, is organizing a work day on Saturday, ~~May 21~~, from 9 AM to 3 PM. STOP BY FOR A HALF HOUR OR UP TO THE WHOLE DAY. Any time you can give will be helpful. Useful things to bring include: tools such as garden hoes and rakes, work gloves, and a bag lunch. Beverages will be provided. Please wear boots or old sneakers and clothes that can get dirty, since the site will probably be pretty muddy. We will be planting shrubs, planting wildflowers, raking dirt away from trees, and generally helping to restore and revitalize the soil and plants on the site. For more information about this event, call Michele Tranes at 766-3014. PLEASE JOIN US FOR WHAT PROMISES TO BE A REWARDING AND ENJOYABLE DAY.

The PINA Steering Committee will next meet on Tuesday, April 19, at 7 PM at the Community Center. Two vacancies remain on the Steering Committee. Anyone wishing to run for one of the vacancies should call President Joe Kane at 766-5571. We again call attention to the new PINA website, www.Pinalnfo.org, a source of information about past, present, and future activities of PINA and its committees.

STAR News

Thank you to an anonymous donor for a generous contribution for the costs of printing the STAR. The DEADLINE for next month's STAR is Monday, April 25, by 6 PM.

15 Central Avenue

St. Christopher's Catholic Church

Father Fred Morse, Pastor

766-2585

Sunday Mass

Celebrated each week at 10 AM followed by fellowship in the Parish House.

Please join with us!

Sacraments

Rite of Reconciliation: Call/ask Father Fred after Mass.

For Baptism, please call the office to make arrangements.

For Marriage, please call at least six months in advance.

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SENIOR NEWS

A small group of seniors met on March 14th for a potluck luncheon. The food was delicious as usual and the conversation varied and interesting.

Our next pot luncheon will be held on Monday April 11th at the Brackett Church Hall. We would love to see you there. Come and bring a friend.



FIFTH MAINE REGIMENT MUSEUM

P.O. Box 41

Peaks Island, Maine 04108

(207) 766-3330 • fifthmaine@juno.com

The onset of mud season signals a time of awakening at the Fifth Maine. The winter cobwebs are swept away and the kitchen is readied for a full season of pancake breakfasts and other meals by Carolyn Parker. Joan and Larry Blake assist Mother Nature in bringing the garden back to life. And the Building Committee spruces up the Hall for the coming season.

And what a season it looks to be! An exciting series of summer and fall events and programs lies before us. We will be visited by Union General Benjamin Butler, one of the most colorful officers of the Civil War. We'll also learn about Casco Bay's WWII fortifications from the ever-popular Professor Joel Eastman and continue our tour of southern Maine with our own Faith York. Our fair, art & craft show and pancake breakfasts promise to be better than ever!

This year we are holding a special program – *Save the Flag Day* – on June 12. The Fifth Maine board has engaged a textile conservateur to clean and stabilize the regiment's fragile battle flag. This process will preserve the flag well into the future. The program is an opportunity to learn about textile conservation, be entertained by the Uncalled Four and storyteller Bill Hinderer, and enjoy refreshments common in the 1860s.

But without YOU and YOUR continued support these programs and projects would not be possible. The Fifth Maine would merely stand as a relic of the past, a building to wonder about on the way to the backshore. With your help, the Fifth Maine has become an integral part of our community and a premier historic site for visitors to southern Maine. *We really have something to show off! Could you help us do that?* Call Kim at 766-5514, Bill at 766-5214, or Sharon at 766-2385 for information.

BRACKETT MEMORIAL UNITED METHODIST CHURCH

9 Church St., Peaks Island, Maine 207-766-5013 brackettmumc@yahoo.com The Rev. Casey Collins
"The white church at the top of the hill." **Worship 10:00 a.m. Sunday. An island church open to all.**

Brackett Church invites everyone to join for services, fellowship and community. Get out of the house on a Sunday morning to meet with neighbors and perhaps even friends you haven't met yet to praise God for this glorious bounty we have been given.

Our next Soiree is April 8 at 7 p.m. in the fellowship hall. That's open mike night. Bring a talent or just come and enjoy the evening!

Bill Hinderer is leading our next Spiritual Journeys on Sunday, April 10 and has asked those who attend to bring an object that was/is important on our spiritual journey. On April 24 Tom Bowman, will share about Falun Gong. Some have asked what Spiritual Journeys is all about. It is a community group sponsored by Brackett that meets on the second and fourth Sundays of each month at 7:00 p.m. It is a group of people with diverse religious backgrounds and beliefs, who meet regularly to listen compassionately and explore what the world beyond our physical self has to offer. They hold the stories shared to the confines of the group. Led by its members, it is a group that embraces diversity and encourages spiritual exploring, accepting that we all are on different paths. All are welcome.

Thank You

The family of Reta and Tom Morrill would like to express our sincere thanks to all those who have supported us.

PEAKS ISLAND BAPTIST CHURCH

P.O. Box 4
Peaks Island, Me 04108
207-797-0257
bboyle@gbc.to

Pastor: Rev. Beau Boyle
Sunday School: 10:15 AM
Sunday Worship: 11:00 AM
Wednesday Teen Night: 6:00 PM
Prayer: 8:00 PM
Location: 235 Pleasant Ave.

By the time this is published Easter would have come and gone. We hope and pray that you took time Easter Sunday to celebrate the resurrection of The Lord Jesus Christ. I can assure you we did at Peaks Island Baptist Church! Easter Sunday is like our Super Bowl! It's the biggest day of the year for a Christian because it is the day that Jesus gained victory over death and He assures us that we too can defeat death if we'll believe in His resurrection! (Romans 10:9-10) The weekend of April 15th and 16 is a big weekend for our teens and teens around the state. We are happy to be hosting an overnight Youth Retreat. Students from nine different Baptist churches will be joining us for a weekend of fun, food, fellowship and faith! If your teen would like to be a part of this weekend please contact us using the above info. Pastor Jaime Gardner from Shiretown Baptist Church in Houlton will be our guest speaker. It will prove to be a tremendous time in The Lord for our young people. As I did last month, I encourage you to visit us during our services if you haven't already? Our philosophy is simple: we believe the Bible, we teach the Bible and we do the best we can to live our lives according to it. May God bless you and your families.

Yours in Christ, Pastor Boyle

APRIL ACTIVITIES on PEAKS ISLAND
Sponsored by Portland Parks and Recreation

To reserve the Community Room, you must contact Denise (766-2970) at least two days in advance. Written requests must be filled out before the room can be scheduled. Please plan ahead as Denise works just part-time (Mondays, Thursdays, and Fridays). Denise's schedule is on her bulletin board.

**** ISLAND HAPPENINGS - OPEN TO ALL ****

“MARCH INTO MAY” Continues until May 20

Thanks to the 36 people who have registered on the island for the “March Into May” program. Also, a BIG thank you to those who have contributed door prizes. Check the bulletin board outside of the Community Room for names of contributors as well as weekly health tips. It's not too late to join in the fun. Pick up a registration form, set your own goal, and GET MOVING! Special activities for school children will be held at the school on Monday afternoons (2:30 – 3:00 pm) on 4/4, 4/11 and 4/25.

LOW-CALORIE GET-TOGETHER and BINGO GAME

Come join in the fun, especially if you want to work on your diet! **Please note change of time** – this will be a morning program.
Friday, April 1 10:00 am Community Center

“I SHOULD HAVE DONE THIS LONG AGO” WORKSHOP! (or I can't procrastinate any longer)

It's April 14 – and that means IRS is still waiting for me! Help motivate Denise by bringing a project such as labeling photographs, writing letters or paying bills. Together we will get things done!
Thursday, April 14 1:00 pm Community Center

FREE MOVIE on PEAKS ISLAND: RAY starring Jamie Foxx (152 minutes)

Learn about the life and career of the legendary popular music pianist, Ray Charles. Bring your own cushion!
Thursday, April 21 1:00 pm Community Center

EARTH DAY WALK ON PEAKS ISLAND: FRIDAY, APRIL 22

Celebrate Earth Day by walking the island. If you want to have company, join Denise for a short, 30 minute walk at 8:30 am or for a longer, 50 minute walk at 11:00 am. Children are welcome if accompanied by an adult. Leave message at 766-2970.
Friday, April 22 8:30 am Meet at Community Center for short walk
Friday, April 22 11:00 am Meet at Community Center for longer walk

FREE LOW IMPACT EXERCISE PROGRAM - OPEN TO ALL ADULTS!

Monday and Thursday mornings 9:30 – 10:30 am in the Community Room

This on-going program includes stretching, weights (provided), low impact aerobics and relaxation exercises. Emphasis is on doing what is comfortable for you. Space is limited; please call Denise at 766-2970 for availability.

ETHNIC TRADITIONS: CINCO DE MAYO CELEBRATION

Let's gather together to have some fun -- Mexican-style!
Thursday, May 5 1:00 pm Community Center

**** OFF-ISLAND TRIPS: OPEN TO ALL ADULTS ****

Pre-registration required. Sign-up sheets are on Denise's bulletin board in the Community Center. Phone registrations begin on April 7 (leave message at 766-2970). Each trip has a small transportation fee. Minimum for each off-island trip is 8. Please check Denise's bulletin board for an upcoming Retreat sponsored by Portland Parks and Recreation at Bay View Villa on June 6 to 8.

CREATIVE RESOURCE CENTER: HANDS-ON ART PROJECT

Let your creative juices flow as we have fun working on a “surprise” project
Thursday, April 7 12:45 pm boat/ no later than 4:30 pm return
Cost: \$5 (materials & instruction) Deadline to register and pay is Monday, April 4

SPRING HAS ARRIVED – and so have the DAFFODILS!! (hopefully!) - LATE LUNCH TOO!

Hopefully Mother Nature will cooperate as we travel to Saco to see hundreds of daffodils in bloom at the Laurel Hill Cemetery
Thursday, April 28 12:45 pm boat/ no later than 4:30 pm return

MARK YOUR CALENDARS: Thursday, July 7 – Blood Drive on PI. Blood donors can donate approx. every 2 months