

**PUBLIC MEALS**

**UNITY:** Quaker Hill Christian The Open Door, breakfast 7:30-8:30 am; lunch 11:30-12:30 pm, free. M - F, Jan. 23-27, Community Ctr.

**NORRIDGEWOCK:** First Congregational Cooling Center, seniors and disabled, Thurs., free meal, 11am-1pm, 634-5313.

**SKOWHEGAN:** First Church 5th annual Wild Game Dinner. 5 p.m., Fri., Jan. 20. 31 E. Madison Rd. 7 wild game entrees for entire family. Door prizes. 474-2953

**CLINTON:** Baked bean/chop suey supper. Sat., Jan. 21, 4-6pm. Brown Mem. Methodist Church.

**SOLON:** New Hope Church baked bean/casseroles supper benefit New Hope Women's Shelter, Sat., Jan. 21. Solon Elem. School, 4:30-6:30 p.m.; raffle.

**OAKLAND:** United Baptist Church, baked bean/chop suey. Sat., Jan. 21, 4:30-3:0 p.m., storm date: Jan. 28. support snack in a pack project

**NORTHPORT:** VFW, all-you-can-eat buffet, veggie options. Sat., Jan. 21, 4:30-6 p.m., Rte. 1, 323-2982.

**AUGUSTA:** Free Good Shepherd's Pie dinner, Sat., Jan. 28, 4:30-6 pm, Penney Mem. Baptist Church, donations welcome. FMI: 622-6401.

**ALBION:** 5th Sunday breakfast. 7-9:30 a.m., Besse Bldg.

**FUNDRAISER**

**AUGUSTA:** Dessert & Travelogue, Marty & David Thornton on Nepal. Tues., Jan. 24, 6:30pm, UU Church, Reserve: mdrtravels@gmail.com.

**NORTH ANSON:** Carrabec HS, boys basketball spaghetti supper, Tues., Jan. 24, 3:30 - 6:30pm, for food pantry. games follow.

**MADISON:** Am. Cancer Society Relay for Life 2.5 mi. Winter Walk. Sat., Feb. 4, 10am, Amer. Legion. register: 9 - noon. 635-3490.

**AUGUSTA:** Table Tour. Viles Arboretum. Sun., Feb. 5. snowshoe, ski, hike and eat along trails, 11 am - 2 pm. Tickets: 626-7989. www.vilesarboretum.org.

**WINTER FUN**

**MOSCOW:** Wyman Lake Ice Fishing Derby. Moscow Boat Launch Rte 201. Jan. 20-22, prizes. 672-4100, ukvcocf@yahoo.com.

**WATERVILLE:** Winter Carnival, Sat., Feb. 4, 10am - 2pm, Quarry Rd Rec Area, off North St.; races, dogsled, story walk, ski, snowshoe, & walk trails, ski instruction, sledging, bike & laser biathlon demo. try ski & snowshoes, snacks. Free, or donations. All ages, abilities. no dogs, free shuttle. 680-4744. Volunteer: Ross, 453-4258 x 220.

**SKOWHEGAN:** Winter carnival, Community Ctr. Sun., Feb. 5, 12:30-2:30 pm. crafts, businesses, demos. free family event. to vend: skowrec1@skowhegan.org, 474-6901.

**ORGANIZATIONS**

**SO. CHINA:** Amer. Legion Auxiliary Unit #179, Wed., Jan. 25, 7 p.m.

**WATERVILLE:** Sustain Mid-Maine Coalition Transportation Team, Thurs., Jan. 26, 3:30 at KVCOG

**PALERMO:** Branch Mills Grange meets, Thurs., Feb. 2.

**SKOWHEGAN:** NRG potluck, speakers, 2nd and 4th Mon. of mo.; 6 p.m. open to all. Bountiful Blessings. 42 North Ave. 858-4244.

**GARDINER:** Gardiner/Augusta Lions Club supper mtgs, 1st/3rd Mon. 6:30pm, 485-7100.

**WEEKLY MEETINGS**

**SKOWHEGAN:** Skowhegan Rotary, Tues., 2:15 p.m., Heritage House, 182 Madison Ave.

**VASSALBORO:** Citizens Alliance, Tues., 7 pm. 873-6515.

**SKOWHEGAN:** Al-Anon, Tues. 7 - 8 pm. Federated Church, Island Ave. 1-800-498-1844.

**AUGUSTA:** Al-Anon group, Tues. 7 p.m., St. Mark's Church basement.

**AUGUSTA:** WISDUM, adults in life changes. Mon. 7pm; St. Paul Ctr.

**WINDSOR:** Capital Carvers, Thurs., 6 - 8 pm, Gunning's workshop, 445-2078 or 445-2688.

**UNITY:** Rotary, Tues., 4:30pm, Crosstrax Deli

**WINTHROP:** Rotary Club, Tues., 7:30 am, Winthrop Credit Union.

**HISTORICAL INTERESTS**

**UNITY:** Historical Society, Tues., Jan. 24, all welcome. Exhibits open to public free, Sat., 9:30 - 11:30 am.

**PALERMO:** Historical Soc., Tues., Jan. 24, 7 pm, Worthing House.

**SUPPORT GROUPS**

**AUGUSTA:** Hospice grief support. group starts Tues., Jan. 24. 6-7:30 pm. MaineGeneral, free. 626-1780.

Winter fun with penguins, squirrels and stars



Winter fun for ages abounds at L.C. Bates Museum on Rte. 201 in Hinckley. Celebrate Penguin Awareness Day on Friday, January 20, 3 - 4:30 p.m. Learn about penguin life and habitats and make a penguin craft. On Saturday, January 21, continue the fun and learning on National Squirrel Appreciation Day. Come warmly dressed at 1 p.m., for an indoor/outdoor program on the ways of squirrels. On Friday, January 27, 6 - 9 p.m., the stars will be out for a Star Party. Astronomer Murray Campbell will bring telescopes and share his knowledge of the night sky. All are welcome to bring your own telescopes and binoculars. Meet near Prescott Building, just north of museum. Storm date is Friday, February 3. Dress warmly! For more information call 238-4250 or see lcbates@gwh.org. Internet photo

**WATERVILLE:** Widows/Widowers, 2nd/4th Thurs., 10 am. Hospice Volunt. Ctr, 873-3615.

**WATERVILLE:** Anticipatory Grief group, Hospice. Wed., 3 - 4:30 p.m., 873-3615 x 15.

**PALERMO:** GriefShare, Palermo Christian Church, Sundays, 10:30 a.m. FMI: 993-2636.

**SKOWHEGAN:** Hospice grief support groups: General: Mon., 1 - 2:30 p.m.; Men's: Tues, through Feb. 21, 6-7:30 p.m.; Survivors of suicide: Thurs., Jan. 26, and 2nd/4th Thurs of mo. 8 weeks, 5 - 6:30 p.m. Free. 41 Main st. Register: 474-7775.

**WATERVILLE:** Breastfeeding support group, Babies welcome. Fri., 1 pm, Inland. 861-3100.

**SKOWHEGAN:** Breastfeeding group, 2nd & 4th Thurs. 6-7:30 p.m. Free RFGH, 858-2405.

**WATERVILLE:** Food Addicts in Recovery Anon., Inland Hosp., Fri., 6:30 pm, 397-5711.

**AUGUSTA:** Food Addicts in Recovery Anon., MEGeneral. Sun., 6:30 p.m., 623-8375.

**WALDOBORO:** Food Addicts in Recovery Anon, Thurs, 6:30pm, Am. Legion, 832-0478.

**UNITY:** Celebrate Recovery potluck/mtg for all. Fri., 6 - 9 pm. Unity Comm. Ctr. 557-1625.

**WINSLOW:** MS support group, Wed., Jan. 25, Winslow Library, Halifax St., 6 p.m.

**SKOWHEGAN:** RFGH Tobacco Cessation, 1st & 3rd Thurs. 5:30 pm, register: 858-2318.

**SKOWHEGAN:** Cancer support, Tues., Jan. 31, 5 pm. RFGH, free, supper inc. 858-2119.

**HEALTH and FITNESS**

**SKOWHEGAN:** Rec Dept. Stretch & Tone Aerobics, Tues./Thurs. 9-9:45 a.m. 474-6901.

**ANSON:** Zumba, all levels. Garret Schenck School. Mon & Wed, 6:30 p.m., other times too, FMI: 431-7104, tiara.nile@yahoo.com

**MADISON:** Zumba. Elem. School, Tues, 5 p.m. & Thurs. 6 p.m.; High School, Sun., 4 p.m.; for all levels. FMI: 766-6779, rich-mel282hotmail.com

**WEIGHT MANAGEMENT**

**WATERVILLE:** Free surgical weight loss info. Fri., Jan., 20, 1 - 3 p.m. Inland. register: 973-6383.

**ALBION:** TOPS weigh-in/meeting, Mondays, 8:30 a.m. Lovejoy Health

Ctr. FMI: 445-2425.

**OAKLAND:** TOPS#Me96, Tues., 5-7:30 p.m., United Baptist. 45 Church St., 465-3465.

**SKOWHEGAN:** TOPS#351, Thurs., 9:30 am, Skowhegan Grange, 474-2568. #248 Mon., 4:30 pm., Notre Dame De Lourdes.

**FAIRFIELD:** TOPS#134 - Mon. 4:45 pm, First Baptist., 238-8618. #179 - Wed. 5 pm, Methodist Church (Rte. 201). #348 - Wed., 5:30 pm, Lawrence HS Lib., 314-9057. #118 - Thurs. 5:30 pm, Nazarene Church, 238-6115.

**WATERVILLE:** TOPS #91, Thurs. 5:30 pm, Salvation Army. 453-2550.

**EMBDEN:** TOPS, Community Center. Mon. 5 - 6 p.m. 635-2713.

**RECREATION**

**WATERVILLE:** Inland Woods/Pine Trails. Snowshoeing Weds. 5:30 p.m., bring light. behind hospital. ewells@emh.org, 861-3292.

**SKOWHEGAN:** Hot Shot Competition, Community Ctr, Sun., Jan. 22, 1pm, basketball skills competition, girls and boys, all skills, age 9-18. Register: 474-6901.

**JEFFERSON:** Winter camping wkshp, HVNC, Sat., Jan. 28, 8 am - 4:30pm, register: canoemaine.com.

**JEFFERSON:** Guided hikes each Thurs. of Jan., 10 a.m. HVNC, FMI: gary@hvnc.org or 586-6752.

**MADISON:** Parents' Night Out Childcare, 1st Fri., Feb. 3, 5:30-8:30 pm, Calvary Pentecostal Gym, 160 Old Point Ave. Free. Must register: Elizabeth, 474-8848 (before 8 pm).

**WATERVILLE:** Women's Initiative Crafting Circle. all women welcome, bring crafts, share ideas. Tues & Thurs. 11:30am - 2pm, 692-0290. 93 Main St.

**SKOWHEGAN:** Morning Bingo, Thurs. 10 - 11 am. Free. Register: Parks&Rec. 474-6901.

**SKOWHEGAN:** Friday Bingo, Amer. Legion, Rte 201 open 3:30 pm, game 6:30. 474-2090.

**LIBRARY NEWS**

**VASSALBORO:** Story: Wed. & Sat., 11 a.m.

**SKOWHEGAN:** Toddlertime: 2nd & 4th Mon., 10:30 a.m., Children's story/craft: Wed., 10 am. 474-9072.

**OAKLAND:** Storytime Fri., 10:30 a.m. 465-7533

**ALBION:** Public library, "Let's Talk About It" Tues., 6:30 p.m.; series Jan. 24, Lura Beam A Maine Hamlet; Feb. 21: Richard Russo Empire Falls; signup: 437-2019.

**LIBERTY:** Library. Playgroup, Mon., 10 a.m.

**LEARN SOMETHING NEW WATERVILLE:** Marriages Built to Last, videos, 6pm., Sun. thru Feb. 12. 6 pm, Kennebec Valley Baptist Church. All welcome, nursery.

**UNITY:** Neighbor Warming Neighbor window insert workshop, Sat., Jan. 21, supplies provided, measure your windows. Register: ubr@uninets.net, 948-9005

**SKOWHEGAN:** Beginners Fly Tying Class. Mon, Jan. 23 - March 5, 6 pm; Basics of fishing rod building. 6 pm, Tues., Jan 24 - Mar. 6; Hiking, Tues., Jan, 24 - March 6, pm; Outdoor photography, 6 pm, Thurs., Jan 26 - Mar. 15. Adult Ed. register: 474-7473x207.

**WATERVILLE:** 6 wk Savvy Caregiver Program, Muskie Center. Mon., 1 - 3 p.m.; Jan. 23 - Mar. 5, or Mar. 19 - Apr. 23. Free. register: 800-282-0764 x 127.

**WATERVILLE:** How to Network Effectively. job search workshop. free. Tues., Jan. 24, 1-3p.m., Public Library. register: 680-2611, business@watervillelibrary.org

**AUGUSTA:** Make your own snowshoes. Jan 20-22. Tracking intensive 5-day class, Jan. 25-29. Maine Primitive Skills School. Register: 623-7298, www.primitiveskills.com.

**MUSIC and DRAMA**

**SKOWHEGAN:** Public library. Free jazz concert, Paavo Carey. Thurs., Jan. 19, 7 - 9 pm.

**NO. ANSON:** Carrabec HS "Across the Universe" Thurs. - Sat., Jan. 19 & 21, 7:30 pm, Sat., 10 am.

**UNITY:** The Grasshoppers, free coffeehouse, Sat., Jan. 28, 7pm. Community Ctr, 491-5080.

**PALERMO:** Native Amer. drum circle for all. Community Ctr., Tues, 7 pm, 993-2294.

**ART**

**WATERVILLE:** Pecha Kucha Night. new presenters, images, stories on creative work, ideas. Student Commons, Thomas College, Fri., Jan. 20, opens 6 p.m.

**MUSKIE CENTER**

**WATERVILLE:** Muskie Community Center, 38 Gold St. Open to all. daily programs, menus: 873-4745, www.spectrumgenerations.org. Register ahead. Spiritual Table Tipping, Fri., Jan. 20; Wildlife Program, Wed., Jan. 25; Digital Camera Class, Thurs., Jan. 26; Day trip to Reny's, Mon., Jan. 30.

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