

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.

NORTHPORT: VFW supper, 4th Sat. of mo. All-you-can-eat, all homemade bean/casserole, pie, buffet. Vegetarian choices. Jan. 28. 4:30- 6 pm, Rte. 1, celebrate 32nd anniversary of cook and members Merlene & Gary Palmer. 323-2982.

AUGUSTA: Free Good Shepherd's Pie community dinner, Sat., Jan. 28, 4:30-6 p.m., Penney Mem. Baptist Church, 393 Water Street, donations welcome FMI: 622-6401.

WINSLOW: K of C roast beef supper, 5 pm, Sat., Jan. 28, St. John School cafe. tours.

ALBION: 5th Sunday breakfast. Besse Bldg. Jan. 29, 7 - 9:30 a.m.

UNITY: Community Meal, Sat., Feb. 4, 5 - 7 p.m., Community Ctr, supports Veggies for All.

DAMARISCOTTA: American Legion Post 42, Great Chowder Cook Off, Sat., Feb. 4, Main St. entries due 6pm. judging 6:30 pm. public meal by donation

FUNDRAISER

FAIRFIELD: Winterfest, Lawrence Jr. High, free student variety show, 6 pm. Sat., Jan. 28, bring canned goods for food pantry.

MADISON: Winter Poker Walk, American Cancer Society Relay for Life 2.5 mi. trail and town. prizes, snacks. Sat., Feb. 4, 10 a.m., Amer. Legion. register: 9 am - noon. FMI: SOSrelaytea@live.com 635-3490

AUGUSTA: Table Tour annual fundraiser, Viles Arboretum. Sun., Feb. 5. snowshoe, ski, hike and eat along groomed trails, 11 am - 1 pm, dessert until 2 p.m. Tickets sell out fast: 626-7989. www.vilesarboretum.org.

WISCASSET: Winter's Moon Celebration, benefit dinner for Morris Farm Trust. Mon., Feb. 6, 6 p.m.; Le Garage Restaurant, 15 Water Street, FMI, tickets: Kim, 882-4080, info@morrisfarm.org.

WATERVILLE: United Way Keeping Hearts Warm comedy show, (PG13)raffle. Sat., Feb. 11, 8 p.m., Best Western. tickets: 873-0686.

CHINA: Scrapbooking & stamping fundraiser. Project Graduation, Sat., March 10, 9 a.m. - 4 p.m., Erskine cafe. workshops, sales. snow: Sun., March 11. Send, by Sat., March 3, name, address, phone, e-mail, \$25: Dee Porter, c/o Erskine Academy, 309 Windsor Rd, South China, ME, 04358.

WINTER FUN

SKOWHEGAN: Skowhegan Parks and Rec annual Winter Carnival, Community Center Sun., Feb. 5, 12:30 - 2:30 p.m. seeks crafters, businesses, demos. free family event. to vend: Mickey 474-6901, skowrec1@skowhegan.org prior to Jan. 20. limited space.

FAIRFIELD: 19th annual Chocolate Festival, Sat., Feb. 11, 10 am - 4 p.m., Community Ctr. fun for all. each vendor must have chocolate. to vend: 453-7911, www.fairfieldme.com.

VASSALBORO: Fire Dept. ice fishing derby. Sun., Feb. 12, weigh-in 1-5pm, No. Station, Rte. 32, 3 prizes in categories. \$100 for largest fish, exc. pike. FMI, tickets: 873-7399.

DANCE

WINSLOW: VFW Hall, fri., Feb. 3, 7:30pm-midnight. DJ Steve Colella, benefit St. John School. ticket by Feb. 2: 872-7115, 872-8969.

MADISON: Valentine Dance, Sat., Feb. 11, 8:30 pm - 12:30 am. American Legion. 20 So. Maple. Borderline Express. tickets: 696-5848, after 4 pm W-F. or at hall.

ORGANIZATIONS

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

PALERMO: Snowmobile Club, Mon., Feb. 6, 7 p.m. Sheepscot Fish & Game Clubhouse, Rte. 3. 993-4000.

ALBION: Albion Lions Club monthly dinner/speaker. Thurs., Feb. 9, 6 p.m.

CHINA: Four Seasons Club, Thurs. Feb. 9, 7 p.m., Clubhouse. FMI: 445-2468.

PALERMO: Sheepscot Lake Fish/Game, Fri., Feb. 10, 6:30 pm., potluck meeting. Guests welcome. SLFG Club House.

UNITY: Benjamin Berry American Legion Post #50, Fri., Feb. 10, 7 p.m., Legion Hall, Windemere Lane. 722-4452.

Winter carnival promises fun for all



Dress warmly and come to the popular and growing annual Winter Carnival to be held Saturday, February 4, 10 a.m. - 2 p.m., at the Quarry Road Recreation Area, off North Street, in Waterville. Fun for all ages includes winter bike demonstration and races, dogsleds, a story walk, ski instruction, sledding, hands-on laser biathlon demonstrations, and more. Enjoy skiing, snowshoeing, or walking the trails with trailside snacks, and try out the latest in ski and snowshoe equipment. The event is free but donations to maintain the trails are accepted. All ages and abilities are welcome, but no dogs. Free shuttle will get you from parking lots. FMI: call 680-4744. To volunteer call Ross at 453-4258 extension 220.

Internet photo

OAKLAND: Messalonskee Trail Riders ATV Club, Tues., Feb. 14, Davis home, Smithfield Rd. FMI: 453-9214.

SKOWHEGAN: Somerset Bowhunters, Tues, Feb. 14, 6:30 pm; Skow. Sportsmen's Club, West River Rd.; archers welcome. 397-3761.

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

WATERVILLE: KV Tea Party Patriots, 1st & 3rd Thurs. Call 660-5602 for meeting places.

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

WATERVILLE: For more events in Waterville, see www.rem1.org/calendar.

WEEKLY MEETINGS

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

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

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

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

AUGUSTA: WISDUM, for all adults in life changes. Mon. 7 - 9:30 pm; St. Paul Center.

WINDSOR: Capital Carvers, Thurs., 6 - 8 pm, Gunning's workshop off Legion Park Rd. FMI: George, 445-2078 or Lloyd, 445-2688.

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

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

HISTORICAL INTERESTS

WINSLOW: Slideshow on History of Kennebec River by Ray Caron. Public Library. Thurs., Feb. 2. all welcome. 872-1978.

WINDSOR: Historical Society, Wed., Feb. 8, 7 pm, museum on fairgrounds. All welcome, bring ideas. Bob: 549-7804, 485-7271.

EMBDEN: Embden Historical Society, Mon., Feb 13 - Nov., 7 p.m., Town House, new members welcome.

UNITY: Historical Society Tues., Feb. 28, all welcome. Exhibits open to public free, Sat., 9:30 - 11:30 a.m.

PALERMO: Historical Society, Tues., Feb. 28, 7 p.m., at Worthing House.

EXTENSION ACTIVITIES

Extension meetings & classes are open to public. FMI: 800-287-1495, TDD 800-287-8957. Somerset County 474-9622.

SOLO: Thurs., Feb 9, Northwest Parks

NORRIDGEWOCK: Tues., Feb 14, Valentine/auction

RIPLEY: Tues., Feb 14, Stones

EMBDEN: Thurs. Feb 16, NW N'l Parks

MADISON: Thurs., Feb 16, Maine Birds

SUPPORT GROUPS

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

WATERVILLE: Widows: 1st & 3rd Mon, 6 pm.; Men's Grief: 3rd Mon., 6 pm; Women's Grief: 3rd Mon. 6 pm. Hospice 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.

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.

SKOWHEGAN: RFGH Lo-Carb Connection, Diabetes support group. Tues., Feb. 7, 6:30 p.m., free. 858-2261.

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

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

SKOWHEGAN: Prostate cancer support Tues, Feb. 14, Free. RFGH. 858-2318.

HEALTH AND FITNESS

WINSLOW: Hands-on-Health, raw foodists. meet Thurs., Feb. 9, 5:30 pm. public library. open to all. 873-7404, www.livway.org.

FRIENDSHIP: Healing circle, Thurs., Feb. 9, 7 p.m., Sacred Circle Studio. free. 226-7446.

BELGRADE: Regional Health Ctr. Free 6 week class helps with chronic illness, Living Well. 5 - 7:30 pm, Tues., Feb. 21 - March 27. FMI, signup: 215-8438.

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

SKOWHEGAN: Somerset Heart Health classes on cooking, wellness, etc. 474-7473.

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

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

WEIGHT MANAGEMENT

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. FMI: Kathi Plante at 635-2713.

RECREATION

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

WINSLOW: Central ME Lacrosse registration. grade 3- 8, boys & girls. Wed., Feb. 8, Fri., Feb. 10, 5:30- 7:30 p.m., Elem School. 314-6680

JEFFERSON: Winter camping workshop, HVNC, Sat., Jan. 28 (repeated Feb. 25) 8 a.m. - 4:30 p.m., register: canoemaine.com. Guided hikes each Thurs. of Jan. 10 a.m. - noon. FMI: www.hvnc.org or contact Gary at gary@ hvnc.org or 586-6752.

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

JEFFERSON: HNVC, cross country ski & target shoot, biathlon. no exp. nec. Sun., Feb. 5, 8:30 am register. 10am shooting clinic. 9 - 11am ski clinic. races at 11:30am. bring skis, guns provided. all weather. 586-5837

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

SKOWHEGAN: Community Center gym open for walking 6 - 10 a.m., Mon. - Fri. For exercise/weight room and adult open basketball times call 474-6901.

SKOWHEGAN: Limo bus to Hollywood Slots, 6 pm, every Thurs. Register: 431-5434.

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 a.m. FMI: 474-9072.

OAKLAND: Storytime Fri., 10:30 a.m. Book Club, Tues. Feb. 8, 6-8 p.m. Tues, 10am - 7pm, W-F 10am - 6 pm. 465-7533

WINSLOW: Library. Storytime with Desiree Marin: 3rd Tues., 10 am. FMI: 872-1978.

ALBION: Public Library, "Let's Talk About It" Tues., 6:30 p.m.; series "The Mirror of Maine." Feb. 21: Richard Russo *Empire Falls*. FMI, signup: Roberta Morin, 437-2019. open Mon. & Thurs., 2 - 8 p.m., Wed. & Sat., 9 - 11 a.m.

LIBERTY: Library winter hours: Mon. 10 am-noon, 6-8 pm; Tues. & Thurs., 10 am - noon, 4-6 pm; Wed. & Fri., 12 - 4 p.m. Sat., 10 a.m. - noon. Playgroup Mon., 10 a.m. - noon.

LEARN SOMETHING NEW

PALERMO: "LCF dinner-and-a-movie, E2 Energy," 6 p.m., potluck. Fri., Jan. 27. intelligent, friendly discussion on wind & solar energy. donations for solar hot water system. Community Ctr, Turner Ridge Rd. 993-2294.

WATERVILLE: Marriages Built to Last, video series, 6pm., Sundays thru Feb. 12. 6 p.m., Kennebec Valley Baptist Church. All welcome, nursery, signing.

HINCKLEY: L.C. Bates Museum. Fri., Jan. 27, 6 - 9 p.m., Star Party with Murray Campbell, astronomer & telescopes. may bring binoculars. near Prescott Bldg, just N of museum. storm date: Fri., Feb. 3. dress warmly. FMI: 238-4250, lcbates@gwh.org. Rte 201, Good Will - Hinckley. 238-4250, lcbates@gwh.org. Rte. 201.

AUGUSTA: Maine Primitive Skills School. dynamic experiences in earth living, awareness, connect environment and community. programs for all ages/groups. Feb. 3-5, Intro to Earth Cultures Philosophy. Feb. 10 -12, Application of Earth Philosophy. Feb. 29- Mar. 4, Natural Healing. FMI, Register: 623-7298, www.primitiveskills.com.

UNITY: College career fair for "green" jobs. Fri., Feb. 10. Tozier Gym. 10 am - 2 pm, Free. To display: 948-9453, crc@unity.edu

MUSIC and DRAMA

UNITY: Coffeehouse, Sat., Jan. 28, 7 p.m. The Grasshoppers, Community Center, 32 School St. 491-5080. Free. ministry of Quaker Hill Christian Church.

AUGUSTA: "Concerts at Jewett" Series, classical pianist, George Lopez, Sun., Feb. 12, 2 p.m., UMA Jewett Auditorium (snow: Feb. 26). talk at 1 pm. FMI, tickets: umasc@maine.edu, 621-3551, www.concertsatjewett.com.

PALERMO: Learn and enjoy Native American Drum. Community Ctr., every Tues, 7 p.m., free, fun for all 993-2294.

AUGUSTA: Free a cappella singing classes, girls age 10-18. by Mainely Harmony. Wed. 3:30 - 4:30 p.m. YMCA. 582-5523.

ART and FILM

WATERVILLE: Colby College Museum of Art, Free. select galleries open. FMI: 859-5600.

UNITY: Movie, "Courageous," policemen face challenge of fatherhood. all welcome. Sun., Feb. 5, 10:30 a.m., Quaker Hill Christian, FMI: timesten@roadrunner.com, 491-5080

MUSKIE CENTER

WATERVILLE: Muskie Community Center, 38 Gold St. Open to all. Call for daily fitness programs, games, workshops, menus, Wii bowling. Register at least 48 hrs ahead for best options. Special Programs: Day trip to Remy's in Gardiner, Mon., Jan. 30. Managing Income in Retirement with Kevin Sullivan, 6 wks., Mon., starts Feb. 13, 9:30-11:30 am. FMI, sign up: www.spec-trumgenerations.org, 873-4745.

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