

Ventures Calendar March 2019

Mon	Tue	Wed	Thu	Fri	Sat
 <p>Special Olympics Practice until June Every Monday and Wednesday 3:30-4:30pm</p>				<p>1 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30pm-4:30pm Shop at Boynton's, a local green house for herbs and starter seeds for garden</p>	<p>2 Community Connections Super Saturday 9am-1pm Coffee Social. Visit Downtown Waterville Arts District. Lunch at Wendy's</p>
<p>4 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. March birthday celebration! Help bake and decorate a cake for the celebration and play board games with friends.</p> <p>Community Connections 12:30-4:30pm #1 Skowhegan Library for current art display and to use the computers for St. Patrick's Day stories and jokes. #2 Movie and popcorn at Ventures with friends.</p>	<p>5 Art Connections 8am-12pm Coffee/Fitness Club Make Mardi Gras party decorations and masks.</p> <p>Farm to Table 12:30-4:30pm Fitness Club Make Over the Rainbow edible fruit art with fresh fruits.</p>	<p>6 Farm to Table 8am-12pm Coffee/Fitness Club #1 Make Over the Rainbow edible fruit art #2 Plant indoor sprouts</p> <p>Community Connections 12:30-4:30pm Recycle, reuse, renew. Mercer Community Center for basketball, walking and fun.</p> <p>WWE Wednesday 4:30pm-6:30pm Socialize with friends and cheer on your favorite wrestler while we watch the most recent WWE event.</p>	<p>7 Art Connections 8am-12pm Coffee/Hula Hoop Make tissue paper flowers with essential oils Make jewelry with beads and pendants</p> <p>Art Connections 12:30-4:30pm Coffee and afternoon walk. Make tissue paper flowers with essential oils. Wii Tournament with friends</p>	<p>8 Community Connections 8am-12pm Coffee/Welcome/ morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Sledding at the Embdens with hot cocoa and popcorn. Please bring warm weather gear.</p>	<p>9 Art Connections Super Saturday 9am-1pm Make snow art at Ventures with colored water and sculpting. Watch a movie with popcorn and friends.</p>
<p>11 Farm to Table 8am-12pm Bake breakfast egg muffins with veggies for snack. Care for plants and seedlings at Ventures. Start/transplant spider and snake plants.</p> <p>Community Connections 12:30-4:30pm #1 Sledding in Embden. #2 Wii tournament at Ventures with friends. Please bring warm weather gear.</p>	<p>12 Art Connections 8am-12pm Coffee/Welcome Fitness Club. Bottle Art with Naomie. Easter Crafts with Erin.</p> <p>Farm to Table 12:30-4:30pm Trip to the grocery store to purchase supplies for pretzels and mustard dip.</p>	<p>13 Farm to Table 8am-12pm Coffee/ Fitness Club Make Irish bread pudding.</p> <p>Community Connections 12:30-4:30pm Deliver Good Bones Pet Treats to the Franklin Humane Society.</p> <p>OPEN HOUSE 4:30-7pm St. Patrick's Day Green Shuffle Dance, with games, dinner and fun.</p>	<p>14 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. #1 Card making class at Skowhegan Library. #2 Classical music and painting with Mel.</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. #1 Classical music and painting with Mel. #2 Recycle/ returnables.</p>	<p>15 Community Connections 8am-12pm Coffee/Welcome/ morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Waterville shopping Olympia Sports, Bull Moose and Walmart.</p>	<p>16 Farm to Table 9am - 1pm St Patrick Day crafts. Make Irish bread pudding.</p>
<p>18 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Make pancakes for brunch with fresh fruit and invite friends to join.</p> <p>Community Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. #1 Madison Library and Coffee social. #2 Invite friends over for a Wii Bowling competition.</p>	<p>19 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. Music of the 60s. Make poster board of favorites. Play Charades.</p> <p>Farm to Table 12:30-4:30pm Coffee/Welcome and an afternoon walk. #1 Make Good Bones natural Pet Treats. #2 Clean and prepare fruit and veggies for snack.</p>	<p>20 Farm to Table 8am-12pm Make Shepard's Pie for Paint Night and take care of indoor plants.</p> <p>Community Connections 12:30-4:30pm Visit the Community Center for basketball, walking and fun</p> <p>OPEN HOUSE Burst into Spring Paint Night 4:30pm-6:30pm Paint Night with local artist Mrs. Sweet.</p> <p>Harlem Globetrotters! 7pm, Augusta Civic Center</p>	<p>21 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. Make spring wreaths and listen to classical music.</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome. Fitness Club. Listen to classical music and create rainbow name puzzles.</p>	<p>22 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Visit thrift stores and find some treasure. Coffee and desert.</p>	<p>23 Community Connections Super Saturday 9a-1pm Maine Maple Festival in Skowhegan with Tessier farm tour. Grab a maple shake. Fun and games downtown.</p>
<p>25 Farm to Table 8am-12pm Welcome and Fitness Club. Shop for ingredients at the grocery store and then learn how to make a healthy breakfast casserole in a fun cooking class with Mel!</p> <p>Community Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Make bird seed ornaments.</p>	<p>26 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. Make Spring Bulletin Boards. Listen to 70s music.</p> <p>Farm to Table 12:30-4:30pm Coffee/Welcome/ Fitness Club. #1 Go to the store and purchase Items needed for Chopped. #2 Make salad and finger foods. Cover tables and decorate.</p>	<p>27 Farm to Table 8am-12pm Welcome /Fitness club Make cupcake from scratch and decorate with tips.</p> <p>Community Connections 12:30-4:30pm Shopping for fishing gear and getting ready for open water! Fishing starts next month!</p> <p>Cupcake Wars Who is the Best Baker? 4:30pm-6:30pm Let's have fun with Cupcake Wars and see who can make the best cupcakes.</p>	<p>28 Art Connections 8am-12pm Coffee/Welcome and morning exercise. Paint and pass game— Rotate canvas every 5 minutes until our masterpieces are made.</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome/ Fitness Club #1 Paint and pass game. Rotate canvas every 5 minutes until our masterpieces are done. #2 Visit the UMF Art Gallery Farmington.</p>		

ventures

Connecting **People** & Possibilities

Ventures, a community support services program, features activities and events designed to increase a person's ability to engage in inclusive social and community relationships and develop skills that support health and well-being. Activities center around three focus areas, Farm to Table, Community Connections, and Art Connections.



Cupcake Wars winners!

Farm to Table

activities that focus on local farms, gardening and cooking

Community Connections

recreational activities that highlight being active in the community

Art Connections

activities that focus on guided exploration of artistic expression



Visit Ventures for an Open House!

Join us for a **FREE** community open house event each month.

**St. Patrick's Day
Green Shuffle Dance**
Music, dancing, food, and games!
Wednesday, March 13
4:30-7:00pm

Eligibility: Participants must be aged 18 or over.
Private pay options are available for those who are not eligible for MaineCare Section 21 or 29.

To schedule a visit, contact us:
(207) 890-2493, dpressey@newcomms.org

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