

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.



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.

Break into Summer Dance

Music, dancing, food, and games!

Wednesday, June 12

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



New Communities

Connecting people & possibilities

newcommunitiesinc.org

Ventures Calendar June 2019

Mon	Tue	Wed	Thu	Fri	Sat
					1 Community Connections Super Saturday 9am-1pm Visit Waterville for the downtown art walk, library, Two Cent Bridge, and trails
3 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. June birthday celebration! Help bake and decorate a cake for the celebration and play board games with friends. Start planting the gardens and raised bed Community Connections 12:30-4:30pm #1. Go to Boynton's for seedlings and shop. Ice Cream Social #2 Movie and popcorn	4 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. Trash To Treasure: make plant coasters with popsicle sticks and use recycled tin cans for planters Farm to Table 12:30-4:30pm Welcome/afternoon exercise #1 Get your hands dirty and help tend the Ventures garden. #2 Let's go fishing!	5 Farm to Table 8am-12pm Coffee/ Welcome and morning exercise Get your hands dirty and help tend the Ventures garden. Later, make minestrone soup with fresh veggies Community Connections 12:30-4:30pm Visit the Mercer Community Center for walking and basketball. WWE Wednesday 4:30pm-6:30pm Socialize with friends and cheer on your favorite wrestler while we watch the most recent WWE event.	6 Art Connections 8am-12pm Coffee/ Hula Hoop Create June bulletin boards Community Connections 8am-12pm Bingo at the Skowhegan Rec Center Art Connections 12:30-4:30pm Coffee and afternoon video exercise. Painting with local artist Megan Ocean	7 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00 Farm to Table 8am-12pm Get your hands dirty and help tend the Ventures garden. Special Olympics Orono Weekend Leave 12 noon Community Connections 12:30-4:30pm Welcome/ Exercise Visit the Madison Historic Pines walk and collect rocks for	8 Special Olympics Orono weekend We will be leaving 6/7 at 12pm and returning Sunday 6/9 by 12pm
10 Farm to Table 8am-12pm Coffee/ Welcome morning exercise. Get your hands dirty and help tend the Ventures garden. Learn about what animals live on farms and create farm animal windsocks Community Connections 12:30-4:30pm Madison Library Research future activities Shop Dollar tree for Father's Day	11 Art Connections 8am-12pm Coffee/Welcome and morning exercise. Make scents with essential oils, sachets, rooms spray, Farm to Table 12:30-4:30pm #1 Trip to the grocery store to purchase Good Bones materials. Make Good Bones Organic pet treats. #2 Let's go fishing!	12 Farm to Table 8am-12pm Welcome and Exercise Get your hands dirty and help tend the Ventures garden. Make sugar cookies. Community Connections 12:30-4:30pm Deliver Good Bones Pet Treats to the Franklin Humane Society. Visit the Stone Soup trails. 2pm- 4:30pm Lakewood Theater See the play Over the River and Through the Woods OPEN HOUSE 4:30-7pm Break into Summer Dance, with games and dinner	13 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. #1 Bingo at Skowhegan Rec Center #2 Collect and paint rocks for Rockin4fun Art Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Paint Class with Mel	14 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00 Community Connections 12:30-4:30pm #1 Disk Golf at Quaker #2 Board games and music.	15 Community Connections Super Saturday 9am - 1pm Visit Sites Farm in Athens for strawberry picking, then a picnic lunch at the Overlook in Solon
17 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Make crepes with fresh strawberries and whipped cream. Community Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Visit Sites Farm in Athens for strawberry picking and then baseball	18 Community Connections 8-4:30pm Trip to Popham Beach! Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. Paint rocks for our garden to identify what we are growing Farm to Table 12:30-4:30pm Coffee/Welcome and an afternoon walk. #1 Make Good Bones Natural Pet Treats	19 Farm to Table 8am-12pm Make strawberry jam with fresh strawberries Community Connections 12:30-4:30pm Visit the Mercer Community Center for walking and basketball. OPEN HOUSE 4:30pm-6:30pm Paint Night with local artist Mrs. Sweet	20 Community Connections 8-4:30pm Trip to Popham Beach! Art Connections 8am-12pm Coffee/Welcome/Morning exercise #1 Bingo #2 Body grooves dance Art Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Visit Skowhegan's Art in the Park at Coburn park	21 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00 Community Connections 12:30-4:30pm Celebrate World Music Day. Visit Robbins Hill for wildflowers and a nature walk	22 Community Connections Super Saturday 9a-1p Fun in the sun at Wyman Lake for fishing, baseball Frisbee, and wading Picnic lunch included
24 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Indoor/out door gardens Make pork lo mein with fresh veggies Community Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Visit the Waterville Bull Moose, shop, and have an ice-cream social	25 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise Visit the Colby Art Gallery in Waterville Farm to Table 12:30-4:30pm Coffee/Welcome and an afternoon walk. #1 Forage for dandelions and fish at Moscow Wyman lake. Make dandelion tea. #2 Let's go fishing!	26 Farm to Table 8am-12pm Coffee/Welcome/exercise Get your hands dirty and help tend the Ventures garden. Body Grooves dance Community Connections 12:30-4:30pm Recycle, Renew, Reuse Walk at the Tree of life community trails in Farmington CHOPPED 4:30pm-6:30pm Join us for a chef-led fun food competition between teams!	27 Community Connections 8-4:30pm Panning for gold, crystals, and gems in Belfast! Art Connections 8am-12pm Coffee/Welcome and morning exercise. #1. Bingo at the Skowhegan Rec Center #2 Make fabric art pillows Art Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Make sachets and room sprays with essential oils	28 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00 Community Connections 12:30-4:30pm Mini golf and ice cream social in Skowhegan	29 Community Connections Super Saturday 9a-1p Visit the Skowhegan Library to look up the history of the 4th of July. Walk at the exercise park Lunch at KFC