

# 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.

### Chopped Battle of the Champions

Winners from previous Chopped cook-offs meet to see who can create the best meal from the same list of ingredients.

**Wednesday, August 28**  
4:30-6:30pm

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](mailto:dpressey@newcomms.org)**



**New Communities**

Connecting people & possibilities

**[newcommunitiesinc.org](http://newcommunitiesinc.org)**

# Ventures Calendar August 2019

| Mon  | Tue  | Wed  | Thu  | Fri  | Sat   |
|--|--|--|--|--|---|
|  |  |  | <p><b>1</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/ Hula Hoop<br/>                     Create August bulletin boards<br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Bingo at the Skowhegan Rec Center<br/> <b>Art Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Glory Days decorations for Madison–Anson Days competition</p>   | <p><b>2</b><br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise<br/>                     Central Maine Bowling<br/>                     \$2.00<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     #1 Disk Golf at Quaker Hill<br/>                     #2 Board games and music.</p>  | <p><b>3</b><br/> <b>Community Connections</b><br/> <b>Super Saturday</b><br/> <b>9-1pm</b><br/>                     Blueberry picking at Sites farm<br/>                     Farmers Market craft fair in Skowhegan<br/>                     Bring picnic lunch</p>   |
| <p><b>5</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome and morning exercise.<br/>                     August birthday celebration! Help bake and decorate a walnut honey cake for the celebration and play board games with friends.<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     #1 Wellness in the park<br/>                     #2 Pick wild flowers to dry for future project<br/>                     #3 Movie and popcorn</p>   | <p><b>6</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise.<br/>                     Colby college Art Museum<br/> <b>Farm to Table</b><br/> <b>12:30-4:30pm</b><br/>                     Welcome/afternoon exercise<br/>                     #1 Get your hands dirty and help tend the Ventures garden.<br/>                     #2 Let's go fishing!</p>  | <p><b>7</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome and morning exercise<br/>                     Get your hands dirty and help tend the Ventures garden.<br/>                     Later, make sweet pepper and white bean soup<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Visit the Mercer Community Center for walking and basketball.<br/> <b>WWE Wednesday</b><br/> <b>4:30-6:30pm</b><br/>                     Socialize with friends and cheer on your favorite wrestler while we watch the most recent WWE event.</p> | <p><b>8</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/ Hula Hoop<br/>                     Create August bulletin boards<br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Bingo at the Skowhegan Rec Center<br/> <b>Art Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee and afternoon video exercise. Visit the Madison Library to look up different kinds of art and get a feel for a style you would like to try.</p>    | <p><b>9</b><br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise.<br/>                     Central Maine Bowling<br/>                     \$2.00. Pick wild flowers at the park<br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Get your hands dirty and help tend the Ventures garden.<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Welcome/ Exercise<br/>                     Visit the Farmington Library and Tree of life trails</p> | <p><b>10</b><br/> <b>Community Connections</b><br/> <b>Super Saturday</b><br/> <b>9-1pm</b><br/>                     2019 Rural Open<br/>                     Studio Art Tour<br/>                     Artists open their studios, galleries and shops to the public.<br/>                     Bring picnic lunch</p> |
| <p><b>12</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/ Welcome morning exercise.<br/>                     Get your hands dirty and help tend the Ventures garden. Take a trip to Uncle Dean's Natural Food Store.<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Wellness in the park<br/>                     Bring your picnic lunch<br/>                     Visit Waterville for shopping and the Halifax Park for a walk and nature.</p> | <p><b>13</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome and morning exercise. Make dried flower bookmarks and cards.<br/> <b>Farm to Table</b><br/> <b>12:30-4:30pm</b><br/>                     #1 Trip to the grocery store to purchase Good Bones materials. Make Good Bones Organic pet treats.<br/>                     #2 Let's go fishing!</p>  | <p><b>14</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Welcome and Exercise<br/>                     Get your hands dirty and help tend the Ventures garden.<br/>                     Pick Blueberry's at Sites Farms/Ice Cream Social<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Deliver Good Bones Pet Treats to the Franklin Humane Society. Visit the Stone Soup trails.<br/> <b>OPEN HOUSE</b><br/> <b>4:30-7pm</b><br/>                     Break into Summer Dance, with games and dinner</p>  | <p><b>15</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/Morning exercise. Wild flower canvas art<br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Bingo at the Skowhegan Rec Center<br/> <b>Art Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome and an afternoon walk. Wild flower canvas art</p>  | <p><b>16</b><br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise<br/>                     Central Maine Bowling<br/>                     \$2.00<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Visit the Skowhegan State Fair with animals and exhibitions.</p>   | <p><b>17</b><br/> <b>Community Connections</b><br/> <b>Super Saturday</b><br/> <b>9 - 1pm</b><br/>                     Volunteer at the fundraiser booth<br/>                     bottle drive, good bones dog treats and baked goods.</p>  |
| <p><b>19</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome and morning exercise. Learn to make Blueberry Zucchini muffins with Naomie<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome<br/>                     Wellness in the Park<br/>                     Enjoy at Coburn park picnic lunch a nice walk.<br/>                     Shop downtown Skowhegan.</p>  | <p><b>20</b><br/> <b>Community Connections</b><br/> <b>8-4:30pm</b><br/>                     Trip to Benton Fun Park<br/>                     Mini golf, go karts, arcade game<br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise. Try paint by numbers<br/> <b>Farm to Table</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome and an afternoon walk.<br/>                     #1 Make Good Bones Natural Pet Treats</p>  | <p><b>21</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/welcome/ exercise<br/>                     Make linguine with kale pesto<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Visit the Mercer Community Center for walking and basketball.<br/> <b>OPEN HOUSE</b><br/> <b>4:30-6:30pm</b><br/>                     Paint Night with local artist Mrs. Sweet</p>  | <p><b>22</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Pick veggies and prepare dynamites for cook-off<br/> <b>Art Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome and an afternoon walk. Prepare glory days decorations for cookoff<br/> <b>Community Connections</b><br/> <b>3-8p</b><br/>                     Madison–Anson days<br/>                     Dynamite Cookoff</p>   | <p><b>23</b><br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise<br/>                     Central Maine Bowling<br/>                     \$2.00<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Wyman lake<br/>                     Wading, fishing, rock4fun, Frisbee.<br/>                     Bring your picnic lunch</p>   | <p><b>24</b><br/> <b>Community Connections</b><br/> <b>Super Saturday</b><br/> <b>9-1pm</b><br/>                     Madison-Anson Days Parade</p>  |
| <p><b>26</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome and morning exercise.<br/>                     Indoor/out door gardens<br/>                     Make blueberry smoothies and blueberry crumb muffins<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome and an afternoon walk.<br/>                     Wellness in the park<br/>                     Trip to Walmart to pick up fruit for salad.</p>                | <p><b>27</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise.<br/>                     Decorate and prepare for Chpped Battle of the Champions<br/> <b>Farm to Table</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome and an afternoon walk.<br/>                     #1 Make fruit salad<br/>                     #2 Let's go fishing!<br/> <b>Community Connections</b><br/> <b>8a-4:30pm</b><br/>                     Visit the Maine Wildlife Park in Gray</p> | <p><b>28</b><br/> <b>Farm to Table</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/exercise<br/>                     Get your hands dirty and help tend the Ventures garden.<br/>                     Body Grooves dance. Learn to make zucchini fries with tomato aioli<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Walk at the Tree of life community trails in Farmington<br/> <b>OPEN HOUSE</b><br/> <b>Chopped Battle of the Champions</b><br/> <b>4:30-6:30pm</b></p>   | <p><b>29</b><br/> <b>Art Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/Morning exercise.<br/>                     Fruit art lets make turtles out of watermelons<br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Bingo at the Skowhegan Rec Center<br/> <b>Art Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Coffee/Welcome<br/>                     LC Bates nature trails Find the beauty in nature, bird watching and insects.</p> | <p><b>30</b><br/> <b>Community Connections</b><br/> <b>8-12pm</b><br/>                     Coffee/Welcome/<br/>                     Morning exercise<br/>                     Central Maine Bowling<br/>                     \$2.00<br/> <b>Community Connections</b><br/> <b>12:30-4:30pm</b><br/>                     Matinee at the Strand cinema and a walk at Deb Park</p>  | <p><b>31</b><br/> <b>Community Connections</b><br/> <b>Super Saturday</b><br/> <b>9-1pm</b><br/>                     Trip to the Rangeley Festival</p>  |