

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 Ventures

Teams compete to make the best meal with the same set of ingredients!

Wednesday, October 23

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



New Communities

Connecting people & possibilities

newcommunitiesinc.org

Ventures Calendar October 2019

Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. Indian Ink art canvas</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise #1 Get your hands dirty and help tend the Ventures plants #2 Visit/Tour The Apple Farm</p>	<p>2 Farm to Table 8am-12pm Coffee\ Welcome and morning exercise Make apple pancakes with apples from The Apple farm</p> <p>Community Connections 12:30-4:30pm Visit the Mercer Community Center for walking and basketball.</p> <p>WWE Wednesday 4:30pm-6:30pm Socialize with friends and cheer on your favorite wrestler WWE event.</p>	<p>3 Art Connections 8am-12pm Coffee/ Hula Hoop Create October bulletin boards Dye rice for project</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Coffee and afternoon video exercise. Special effects makeup class and makeup Tutorials</p>	<p>4 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Visit the Madison library/ Walk the Madison boat landing</p>	<p>5 Community Connections Super Saturday 9am-1pm Harvest Festival in Rumford</p>
<p>7 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. October birthday celebration! Help bake and decorate a cake for the celebration and play board games</p> <p>Community Connections 8-4:30p Bangor Museum and trails 12:30-4:30pm Movie and popcorn at Ventures</p>	<p>8 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. Bottle sand art with dyed rice</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise #1 Get your hands dirty and help tend the Ventures plants. #2 Visit Tessier Farm to see animals and talk with the farmers</p>	<p>9 Farm to Table 8am-12pm Coffee\ Welcome and morning exercise Prepare food for the Harvest Dance</p> <p>Community Connections 8am-12pm Decorate with Friends for the Harvest Dance</p> <p>OPEN HOUSE 4:30pm-6:30pm Harvest Dance Prizes for best scarecrow and best costume</p>	<p>10 Art Connections 8am-12pm Coffee/ Hula Hoop Create October bulletin boards</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Coffee and afternoon video exercise. Paint and Pass Art Project</p>	<p>11 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Visit the Madison Historic Pines walk and collect rocks for Rockin4Fun</p>	<p>12 Community Connections Super Saturday 9am-1pm Trip to see Stan the T-Rex at the Farmington Museum</p>
<p>14 Community Connections 8a-4:30p Damariscotta Pumpkin Festival</p> <p>Farm to Table 8am-12pm Coffee/ Welcome morning exercise. Get your hands dirty and help tend the Ventures plants. Make homemade apple pie</p> <p>Community Connections 12:30-4:30pm Farmington Museum and Art Gallery</p>	<p>15 Art Connections 8am-12pm Coffee/Welcome and morning exercise. Make scented rice bags with essential oils</p> <p>Farm to Table 12:30-4:30pm Trip to the grocery store to purchase Good Bones materials. Make Good Bones Organic pet treats. Prep food for Paint Night</p>	<p>16 Farm to Table 8am-12pm Welcome and Exercise Get your hands dirty and help tend the Ventures plants. Pick out pumpkins for decorating</p> <p>Community Connections 12:30-4:30pm Deliver Good Bones Pet Treats to the Franklin Humane Society. Visit the Stone Soup trails.</p> <p>OPEN HOUSE 4:30-7pm Paint Night with local artist Mrs. Sweet</p>	<p>17 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. Paint pumpkins and gourds</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Paint Class with Megan</p>	<p>18 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm #1 Disk Golf at Quaker #2 Board games and music</p>	<p>19 Community Connections Super Saturday 9am - 1pm Fund raising at The Ventures Shed</p>
<p>21 Community Connections 8-4:30pm Trip to Portland for the day</p> <p>Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Make crepes with fresh strawberries and whipped cream.</p> <p>Community Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Visit the Madison Library</p>	<p>22 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. Music through the years.</p> <p>Farm to Table 12:30-4:30pm Coffee/Welcome and an afternoon walk. #1 Make Good Bones Natural Pet Treats #2 Let's go fishing!</p>	<p>23 Farm to Table 8am-12pm Shop at local stores for chopped ingredients. Make finger sandwiches and salad for guests.</p> <p>Community Connections 12:30-4:30pm Visit the Mercer Community Center for walking and basketball.</p> <p>OPEN HOUSE 4:30pm-6:30pm Chopped Ventures Teams compete to make the best meal with the same set of ingredients!</p>	<p>24 Art Connections 8am-12pm Coffee/Welcome/Morning exercise #1 Bingo #2 Body grooves dance</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Visit Skowhegan's Art in the Park at Coburn park</p>	<p>25 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Waterville Penny Bridge Park and trail and Bull Moose store</p>	<p>26 Community Connections Super Saturday 9a-1p Farmington Farmers Market Thrift store shopping</p>
<p>28 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Make apple muffins and cookies</p> <p>Community Connections 12:30-4:30pm Coffee/Welcome and an afternoon walk. Tree of Life Trails and Farmington Parks and Rec</p>	<p>29 Art Connections 8am-12pm Coffee/Welcome and morning exercise. Make scents with essential oils, sachets, rooms spray,</p> <p>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!</p>	<p>30 Farm to Table 8am-12pm Shop for pizza party ingredients, and prepare Apple dessert.</p> <p>Community Connections 12:30-4:30pm Visit the Mercer Community Center for walking and basketball.</p> <p>OPEN HOUSE RSVP 4:30pm-6:30pm Make your own Pizza Yummy toppings, sauces and cheese with Chef Larry</p>	<p>31 Art Connections 8am-12pm Coffee/Welcome/Morning exercise Body grooves dance 12:30-4:30pm Coffee/Welcome and an afternoon walk. Visit Skowhegan's Art in the Park—Coburn park</p> <p>Community Connections 4:30-6:30pm Halloween Bash Best costume & special effects award</p>		