

# ventures

Connecting **People** & Possibilities

**Ventures, a community support service located in the Skowhegan/Madison area,** 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.

### Cupcake Wars!

Join a team or cheer on your favorite. Please RSVP for this event.

**Wednesday, February 19**  
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 February 2020

Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px dashed red; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>Treading Lightly</i>, an art exhibit at the Skowhegan Public Library from February 3 - 29 featuring art work from the people of Ventures</p> </div>					<p><b>1</b> <b>Community Connections Super Saturday 9am-1pm</b> Visit Garret Schenck School for games, walking, and celebration of friends</p>
<p><b>3</b> <b>Farm to Table 8am-12pm</b> Coffee/Welcome and morning exercise. February Birthday Celebration! Help bake and decorate a cake for the celebration and play board games with friends.</p> <p><b>Community Connections 12:30-4:30pm</b> Coffee Social at McDonalds, shopping at Walmart and Dollar Tree</p>	<p><b>4</b> <b>Art Connections 8am-12pm</b> Coffee/Welcome/ Morning exercise. <b>Make Valentine's air fresheners</b></p> <p><b>Farm to Table 12:30-4:30pm</b> Make cookies, cupcakes for Art Show on Friday</p>	<p><b>5</b> <b>Community Connections 9am-4pm</b> Ice fishing on Lakewood</p> <p><b>Farm to Table 8a-12p</b> Make White Chicken Chili</p> <p><b>Community Connections 12:30-4:30pm</b> Recycle, Reuse, Renew Norridgewock Transfer station and then snowshoe disc golf</p> <p><b>OPEN HOUSE Super Bowl Recap &amp; Chili Contest 4:30-7pm RSVP</b> NCI homes please join us for our chili contest and appetizers while we watch the highlights of commercials and halftime show</p>	<p><b>6</b> <b>Farm to Table 8am-12pm</b> Coffee/Welcome and morning exercise. Prepared food for art reception. Life Skills—practice safety skills and work on money</p> <p><b>Community Connections 8am-12pm</b> Bingo at the Skowhegan Rec Center</p> <p><b>Art Connections 12:30-4:30pm</b> Coffee and afternoon video exercise. Make mini stained glass art.</p>	<p><b>7</b> <b>Community Connections 8am-12pm</b> Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <div style="text-align: center;"> <div style="border: 2px dashed red; padding: 10px; margin: 0 auto; width: 80%;"> <p><b>Treading Lightly Art Show Reception 2:30-4:30pm</b> Join us for the art show reception at the Skowhegan Library</p> </div> </div>	<p><b>8</b> <b>Community Connections Super Saturday 9am-1pm</b> Sledding at the Skowhegan Amory. Bring warm clothes and boots</p>
<p><b>10</b> <b>Farm to Table 8am-12pm</b> Coffee/ Welcome morning exercise. Help tend indoor plants. Discuss plans for garden and what we will plant.</p> <p><b>Community Connections 12:30-4:30pm</b> Visit the Madison Library for the computer lab &amp; reading</p>	<p><b>11</b> <b>Community Connections 9am-3pm</b> Movies in Waterville Lunch at Wendy's</p> <p><b>Art Connections 8am-12pm</b> Coffee/Welcome and morning exercise. <b>Make Valentine's for friends.</b></p> <p><b>Farm to Table 12:30-4:30pm</b> Make desserts for Valentine's Dance</p>	<p><b>12</b> <b>Farm to Table 8am-12pm</b> Recycle, Reuse, Renew Welcome and exercise Bee friendly. What's our blueprint to help them survive.</p> <p><b>Community Connections 12:30-4:30pm</b> Visit the Mercer Community Center for walking and basketball.</p> <p><b>OPEN HOUSE 4:30pm-6:30pm RSVP</b> <b>Valentine's Day Dance</b> <b>Wear red!</b></p>	<p><b>13</b> <b>Art Connections 8am-12pm</b> Coffee/Welcome/Morning exercise. <b>Make Valentine's for friends.</b></p> <p><b>Community Connections 8am-12pm</b> Bingo at the Skowhegan Rec Center</p> <p><b>Art Connections 12:30-4:30pm</b> Coffee/Welcome and an afternoon walk. Take the camera out and take nature pictures for poster boards</p>	<p><b>14</b> <b>Community Connections 8am-12pm</b> Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p><b>Community Connections 12:30-4:30pm</b> Bull Moose, Goodwill and Ice cream social at McDonald's in Waterville</p>	<p><b>15</b> <b>Community Connections Super Saturday 9am - 1pm</b> Make snow art at Ventures. Enjoy hot cocoa, popcorn, and a movie with friends.</p>
<p><b>17</b> <b>Farm to Table 8am-12pm</b> Coffee/Welcome and morning exercise. Help tend indoor plants. Make brunch with fresh fruit and invite friends over to join.</p> <p><b>Community Connections 12:30-4:30pm</b> Coffee/Welcome Disc golf and snowshoeing</p>	<p><b>18</b> <b>Art Connections 8am-12pm</b> <b>PAJAMA DAY</b> Coffee/Welcome and morning exercise. <b>Let's have fun with games and attire.</b></p> <p><b>Farm to Table 12:30-4:30pm</b> Make Southern Gumbo with local chef Sonni</p>	<p><b>19</b> <b>Farm to Table 8am-12pm</b> Recycle, Reuse, Renew Pinwheel party! Learn how to make pinwheels sandwiches</p> <p><b>Community Connections 12:30-4:30pm</b> Visit the Mercer Community Center for walking and basketball.</p> <p><b>OPEN HOUSE 4:30pm-6:30pm RSVP</b> <b>Cup Cake Wars!</b> Join a team to battle to bake the best cupcake or cheer on your favorites.</p>	<p><b>20</b> <b>Art Connections 8am-12pm</b> Coffee/Welcome Body grooves dance Listen to Classical music, read books, make our own books.</p> <p><b>Art Connections 12:30-4:30pm</b> Welcome and an afternoon exercise Recycled art projects - 3D shadow boxes with recycled materials</p>	<p><b>21</b> <b>Community Connections 8am-12pm</b> Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p><b>Community Connections 12:30-4:30pm</b> 1. Disc Golf 2. Music and dancing at Ventures with friends</p>	<p><b>22</b> <b>Community Connections Super Saturday 9a-1p</b> Coffee social, thrift store shopping and library in downtown Skowhegan</p>
<p><b>24</b> <b>Farm to Table 8am-12pm</b> Coffee/Welcome and morning exercise. Help tend indoor plants Shop local at Ginny's natural health store for oats and berries to make granola</p> <p><b>Community Connections 12:30-4:30pm</b> Coffee/Welcome Will Bowling Tournament</p>	<p><b>25</b> <b>Art Connections 8am-12pm</b> Coffee/Welcome and morning exercise.</p> <p><b>Farm to Table 12:30-4:30pm</b> Shop local for ingredients for Taco Salad</p>	<p><b>26</b> <b>Farm to Table 8am-12pm</b> Recycle, Reuse, Renew Welcome and exercise. Shop for pizza products for pizza. Cut up veggies and toppings</p> <p><b>Community Connections 12:30-4:30pm</b> Skowhegan library for computer lab and reading</p> <p><b>WWE Club 4:30pm-6:30pm</b> <b>Watch WWE and make your own pizza</b></p>	<p><b>27</b> <b>Art Connections 8am-12pm</b> Coffee/Welcome Body grooves dance</p> <p><b>Art Connections 12:30-4:30pm</b> Welcome and an afternoon Exercise Recycled art projects</p> <p><b>Community Connections 12:30-4:30pm</b> Volunteering - Visit Maple Crest nursing home</p>	<p><b>28</b> <b>Community Connections 8am-12pm</b> Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p><b>Community Connections 12:30-4:30pm</b> Visit the Colby Art Museum in Waterville</p>	<p><b>29</b> <b>Community Connections Super Saturday 9a-1p</b> Trip to the Maine State Museum in Augusta</p>

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## Farm to Table

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## Community Connections

recreational activities that highlight being active in the community

## Art Connections

activities that focus on guided exploration of artistic expression



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:

Casi Buckman, (207) 283-1124, [cbuckman@newcomms.org](mailto:cbuckman@newcomms.org)  
25 Amherst St., Biddeford, ME 04005

Ventures Community Support is operated by



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

# Ventures Calendar February 2020

Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>Community Connections</b> <b>8:30am-4:30pm</b> Out for Coffee/Breakfast Social Visit Awesome Hobby Shoppe for comics & play games
<b>3</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise. February birthday celebration! Help bake and decorate cupcakes for the celebration and play games  <b>Community Connections</b> <b>12:30-4:30pm</b> Movie and popcorn at Ventures	<b>4</b> <b>Art Connections</b> <b>8:30am-12pm</b> Coffee/Welcome/Morning exercise Tie Dye Sun Catchers  <b>Farm to Table</b> <b>12:30-4:30pm</b> Welcome/afternoon exercise Research recipes and healthy fruit & veggie smoothie making!	<b>5</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise Tend to indoor gardens Peanut Butter Cookies  <b>Art Connections</b> <b>12:30-4:30pm</b> Coffee/Welcome Visit the Pepperell Mill Art exhibits	<b>6</b> <b>Art Connections</b> <b>8:30am-12pm</b> Coffee/ Music Adult Coloring Class at Dyer Library  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Dyer Library	<b>7</b> <b>Community Connections</b> <b>8:30am-4:30pm</b> Coffee/Welcome Bull Moose Music & sledding (Please bring boots, snowpants, warm clothes!)
<b>10</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/ Welcome morning exercise. Tend to indoor gardens Visit local health food store for ingredients for crepes w/ fruit filling  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Visit the Planetarium for Dinosaurs at Dusk show	<b>11</b> <b>Art Connections</b> <b>8:30am-12pm</b> Coffee/Welcome/Morning exercise Symmetry Valentine's Painting  <b>Farm to Table</b> <b>12:30-4:30pm</b> Welcome/afternoon exercise Tend to indoor gardens Make Valentine's desserts to bring home!	<b>12</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise Tend to indoor gardens Bake Zucchini Bread  <b>Art Connections</b> <b>12:30-4:30pm</b> Coffee/Welcome Make Pipe Cleaner Flowers Craft	<b>13</b> <b>Art Connections</b> <b>8:30am-12pm</b> Coffee/ Music Kandinsky Inspired Hearts Painting  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Biddeford Community Center for basketball/walking	<b>14</b> <b>Community Connections</b> <b>8:30am-12pm</b> Coffee/Welcome/Morning exercise Games @ Ventures!  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Bowling @ Bowl-A-Rama \$5
<b>17</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise. Tend to indoor gardens Make Gluten Free Banana Chocolate Chip muffins  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Go to the open swim at the YMCA	<b>18</b> <b>Art Connections</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise. Math inspired Sunburst Watercolor  <b>Farm to Table</b> <b>12:30-4:30pm</b> Welcome/afternoon exercise Tend to indoor gardens Visit Portland Food Co-Op	<b>19</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise Tend to indoor gardens Make Vegetable Soup for lunch with Veggies from Co-Op  <b>Art Connections</b> <b>12:30-4:30pm</b> Coffee/Welcome Rhythm Sticks, Karaoke & Dancing @ Ventures!	<b>20</b> <b>Art Connections</b> <b>8:30am-4:30pm</b> Out to Breakfast/Coffee Trip to Get Fired Up for Pottery/ Painting Creations! \$10	<b>21</b> <b>Community Connections</b> <b>8:30am-4:30pm</b> Out for Coffee/Breakfast Newbury Comic Book Store & Planetarium Show @ USM
<b>24</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise. Tend to indoor gardens Shop local for ingredients for mini healthy carrot cakes  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Volunteer at Animal Shelter	<b>25</b> <b>Art Connections</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise. DIY print making experiments  <b>Farm to Table</b> <b>12:30-4:30pm</b> Welcome/afternoon exercise Homemade bruschetta with herbs from our garden	<b>26</b> <b>Farm to Table</b> <b>8:30am-12pm</b> Coffee/Welcome and morning exercise Tend to indoor gardens Homemade Mac N Cheese for lunch  <b>Art Connections</b> <b>12:30-4:30pm</b> Coffee/Welcome Abstract Cellophane Finger Paint on Canvas	<b>27</b> <b>Art Connections</b> <b>8:30am-4:30pm</b> Coffee/ Music Group lunch & trip to Portland Museum of Art	<b>28</b> <b>Community Connections</b> <b>8:30am-12pm</b> Coffee/Welcome/Morning exercise Games @ Ventures!  <b>Community Connections</b> <b>12:30-4:30pm</b> Welcome/ Exercise Bowling @ Bowl-A-Rama \$5