

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.

Cooking Class

Chef Larry teaches us how to make quesadillas!
RSVP required

Wednesday, March 25
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 March 2020					
Mon	Tue	Wed	Thu	Fri	Sat
<p>2 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Help tend indoor plants Bake birthday cake for March birthdays</p> <p>Community Connections 12:30-4:30pm Welcome/Exercise Shop Skowhegan & hot cocoa social at McDonalds</p>	<p>3 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. St Patrick's Day decorations and bulletin boards</p> <p>Farm to Table 12:30-4:30pm Welcome/Exercise Make, package, and deliver Good Bones Dog Treats</p>	<p>4 Farm to Table 8am-12pm Welcome and exercise Recycle, Reuse, Renew Norridgewock transfer station Make edible fruit bouquets</p> <p>Community Connections 12:30-4:30pm Recycle, Reuse, Renew Norridgewock Transfer station Franklin Humane Society - deliver Good Bones and visit with cats</p> <p>WWE 4:30-6:30pm Socialize with friends and cheer on your favorite wrestler while we watch most recent WWE event</p>	<p>5 Art Connections 8am-12pm Coffee/ Hula Hoop Make tissue paper shamrocks</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Welcome/ Exercise Visit the Colby College Art Museum</p>	<p>6 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Disc Golf Wii Tournament at Ventures with friends</p>	<p>7 Community Connections Super Saturday 9am-1pm Hudson Museum in Bangor. Learn about Maine history.</p>
<p>9 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Help tend indoor plants Make pancakes with fresh fruit for snack</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Play disc golf Shop at Walmart & Dollar Tree for art craft ideas</p>	<p>10 Art Connections 8am-12pm Coffee/Welcome/ Morning exercise. Lest We Forget art projects— music and dancing</p> <p>Farm to Table 12:30-4:30pm Visit Longfellow Greenhouse in Manchester and get ideas for our gardens</p>	<p>11 Farm to Table 8am-12pm Welcome and exercise Recycle, Reuse, Renew Get compost at Norridgewock transfer station Make homemade muffins</p> <p>Community Connections 12:30-4:30pm Recycle, Reuse, Renew Norridgewock Transfer station, bottle return, Ventures Road Stand</p> <p>OPEN HOUSE St. Patrick's Dance 4:30-7pm RSVP Wear green! Games, dancing, and food.</p>	<p>12 Art Connections 8am-12pm Coffee/ Hula Hoop Make Spring Wreaths and listen to classical music</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Welcome/ Exercise Paint and Pass game. Rotate canvas every 5 minutes until our masterpiece is complete.</p>	<p>13 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise. Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Visit UMF Art Gallery Farmington</p>	<p>14 Community Connections Super Saturday 9am-1p Shopping in Augusta at 5 Below, Michaels, and Clair's. Bring money for lunch at KFC.</p>
<p>16 Farm to Table 8am-12pm Coffee/ Welcome morning exercise. Help tend indoor plants. Transplant spider and rubber plants for plant sale this spring.</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Madison Library For reading, computers, and research of St Patrick's Day. Who can come up with the best joke or riddle?</p>	<p>17 Community Connections 9-3p Movies in Waterville Lunch at Wendy's</p> <p>Art Connections 8am-12pm Coffee/Welcome and morning exercise. Thrifty art search at local thrift stores</p> <p>Farm to Table 12:30-4:30pm Shop local for ingredients to make fresh homemade pies.</p>	<p>18 Farm to Table 8am-12pm Recycle, Reuse, Renew Welcome and exercise Make homemade pies</p> <p>Community Connections 12:30-4:30pm Welcome Visit the Mercer Community Center for walking and basketball.</p> <p>OPEN HOUSE 4:30pm-6:30pm RSVP Shamrock art project</p>	<p>19 Art Connections 8am-12pm Coffee/Welcome/Morning exercise. Work on art projects for Lest We Forget in April</p> <p>Community Connections 8am-12pm Welcome/Exercise Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Welcome/ Exercise Waterville trip to the library to look up artists and different types of art.</p>	<p>20 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Welcome/Exercise Wii tournament Disc golf Coffee social</p>	<p>21 Community Connections Super Saturday 9am - 1pm Maine Maple Weekend in Skowhegan. Fun activities and bus ride at Tessier Farm. Fun and games downtown.</p>
<p>23 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Help tend indoor plants. Make whoopee pies</p> <p>Community Connections 12:30-4:30pm Welcome/Exercise Celebration of friendship with goodies, board games, music</p>	<p>24 Art Connections 8am-12pm Coffee/Welcome and morning exercise. Recycled material art projects</p> <p>Farm to Table 12:30-4:30pm Welcome/ Exercise Shop local for ingredients for tomorrows cooking class. Coffee social</p>	<p>25 Farm to Table 8am-12pm Recycle, Reuse, Renew Welcome and exercise Make Good Bones dog treats</p> <p>Community Connections 12:30-4:30pm Welcome/Exercise - Bull Moose, Good will and Waterville Library</p> <p>OPEN HOUSE 4:30pm-6:30pm RSVP Cooking class with Larry - Chicken veggie quesadillas</p>	<p>26 Art Connections 8am-12pm Coffee/Welcome Body grooves dance Make jewelry with beads</p> <p>Community Connections 8am-12pm Bingo at the Skowhegan Rec Center</p> <p>Art Connections 12:30-4:30pm Welcome/ Exercise Work on Lest We Forget Art projects</p>	<p>27 Community Connections 8am-12pm Coffee/Welcome/ Morning exercise Central Maine Bowling \$2.00</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Walk at Deb Park</p>	<p>28 Community Connections Super Saturday 9a-1p Make fruit muffins Bring home a 1/2 dozen to share with your friends and family</p>
<p>30 Farm to Table 8am-12pm Coffee/Welcome and morning exercise. Start baked beans Get seedlings started for garden</p> <p>Community Connections 12:30-4:30pm Welcome/Exercise Visit Maple Crest Nursing Home for fun and volunteering</p>	<p>31 Art Connections 8am-12pm Coffee/Welcome and morning exercise. Make Easter decorations</p> <p>Community Connections 12:30-4:30pm Welcome/Exercise Go shopping for new fishing gear at the Waterville Walmart</p>		<p>Special Olympics practices start on Wednesdays and Fridays 3:30-4:30</p>		

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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



Eligibility: Participants must be aged 18 or over.

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To schedule a visit, contact:

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

Ventures Community Support is operated by



newcommunitiesinc.org

Ventures Calendar March 2020				
Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise. March birthday celebration! Help bake and decorate cupcakes for the celebration and play games</p> <p>Community Connections 12:30-4:30pm Movie and popcorn at Ventures</p>	<p>3</p> <p>Art Connections 9am-12pm Coffee/Welcome/Morning exercise Melted Crayon Art Project</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise Tend to indoor gardens Research Herb Recipes Make Herbed Popcorn from our gardens</p>	<p>4</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise Tend to indoor gardens Carrot Cake Donuts</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome Homemade Essential Oil Air Fresheners</p>	<p>5</p> <p>Art Connections 9am-12pm Coffee/ Music Abstract Black Glue Painting</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Bingo Party with Snacks & Prizes at Ventures!</p>	<p>6</p> <p>Community Connections 9am-12:30pm Coffee/Welcome Visit Awesome Hobby Shoppe for Games and Reading</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Bowling @ Bowl-A-Rama \$5</p>
<p>9</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise. Tend to indoor gardens Visit Local Health Food Store Make granola with berries for snacks</p> <p>Community Connections 12:30-4:30pm Trip to Portland's Cryptozoology Museum</p>	<p>10</p> <p>Art Connections 9am-12pm Coffee/Welcome/Morning exercise Tissue Paper Mosaics</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise Tend to indoor gardens Research Herb Recipes Make salsa using herbs from gardens</p>	<p>11</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise Tend to indoor gardens Research Breakfast Toast ideas Make your own Healthy Topped Toast</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome Get Fired Up Pottery Painting \$10</p>	<p>12</p> <p>Art Connections 9am-12pm Coffee/ Music Tissue Paper Coloring Bleeding Project</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Movie at Smitty's</p>	<p>13</p> <p>Community Connections 9am-12:30pm Coffee/Welcome/Morning exercise Bullmoose Music & Out to lunch Social</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Bowling @ Bowl-A-Rama \$5</p>
<p>14</p> <p>Farm to Table 9am-12pm Coffee/ Welcome morning exercise. Research Irish recipes Visit Local Health Food Store Bake Gluten Free Irish Soda Bread</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Tour Saco Museum</p>	<p>15</p> <p>Art Connections 9am-12pm Coffee/Welcome/Morning exercise Beaded Shamrock Activity</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise Tend to indoor gardens Research Herb Recipes Make quinoa salad using herbs from gardens</p>	<p>16</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise Dyer Library Make your own “healthy” Shamrock Shakes</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome Homemade Harmonicas</p>	<p>17</p> <p>Art Connections 9am-12pm Coffee/ Music Artist's Choice Day!</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Biddeford Community center for basketball/walking</p>	<p>18</p> <p>Community Connections 9am-12:30pm Coffee/Welcome/Morning exercise Maine Mall for Newbury Comics and shops</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Bowling @ Bowl-A-Rama \$5</p>
<p>23</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise. Shop at Harris Farm for cream Homemade Mason Jar ice cream to take home</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Open swim YMCA</p>	<p>24</p> <p>Art Connections 9am-12pm Coffee/Welcome and morning exercise. Popsicle Stick Bird Feeders</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise Tend to indoor gardens Research Herb Recipes Make baked herbs French fries using herbs from gardens</p>	<p>25</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise Tend to indoor gardens Sweet Potato & Oat Pancakes</p> <p>Art Connections 12:30-4:30pm Coffee/Welcome DIY Printmaking</p>	<p>26</p> <p>Community Connections 9am-12:30pm Coffee/Welcome/Morning exercise Volunteering—Meals on Wheels</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Downtown Biddeford—visit local shops & Pokemon Go!</p>	<p>27</p> <p>Community Connections 9am-12:30pm Coffee/Welcome/Morning exercise Games Day @ Ventures!</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Bowling @ Bowl-A-Rama \$5</p>
<p>30</p> <p>Farm to Table 9am-12pm Coffee/Welcome and morning exercise. Visit Local Health Food Store Make cauliflower mac and cheese for lunch</p> <p>Community Connections 12:30-4:30pm Welcome/ Exercise Volunteer at Animal Shelter</p>	<p>31</p> <p>Art Connections 9am-12pm Coffee/Welcome and morning exercise. Poured Paint Planters</p> <p>Farm to Table 12:30-4:30pm Welcome/afternoon exercise Visit Pineland Farms</p>			