

WISCASSET SENIOR ACTIVITIES NEWSLETTER

242 Gardiner Road
Wiscasset, ME 04578
(207) 882-8230

AUGUST 2025

READ THIS NEWSLETTER ONLINE

<https://mycommunityonline.com/organization/wiscasset-community-center>

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Why can't you find any lions after August?
Because the pride goeth before the fall.

August

August Lazy summer afternoons,
Walks along the beach,
Balmy evenings, cloudless skies,
Stars just out of reach,
Sailing on a quiet lake,
Hammocks in the shade...
These are the simple treasures
Of which August days are made.

WCC's Senior Center Community



Dinner

\$10 Senior Center Members
\$12 Adult Non-Members
\$5 Children

To make reservations please call 207-882-8230
Take out meals are available for pickup after 5:30pm
Alternative Chicken Meals are always available.

Wednesday, August 6th

Please make reservations by Monday, August 4th by noon.
Doors open at 4:30pm. Dinner served at 5:00pm

**Tuscan Sausage Soup, Salad, Cheesy Zucchini
Biscuits, Bake Stuffed Zucchini, Corn, Tomato & Basil
Salad, and Lemon Refrigerator Pie**

Wednesday, August 20th

Please make reservations by Monday, August 18th by noon.
Doors open at 4:30pm. Dinner served at 5:00pm

**Watermelon Gazpacho, Salad, Rolls, BBQ
Chicken, Corn on the Cob, Potato Salad, and
Chocolate Chip Zucchini Cake**

ALL COMMUNITY MEMBERS ARE WELCOME!

AUGUST

2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Do you have Renew Active by United Healthcare?

If you have a Renew Active Membership from United Healthcare, bring your Renew Active activation code to the front desk of the Wiscasset Community Center for a membership card. Don't miss out on the activities your card will provide for free.

4 7:30-9:30am Pickleball* 8:00-9:15am Yoga* 8:30-9:30am Waterworks* 9:30am Sew & Chat 4:30pm-6:30pm Karate (\$) 6pm-7pm Water X*	5 5:30-6:45am PiYo 7:30-9:30am Pickleball* 8:30-9:30am Waterworks* 9:30am-12pm Cribbage 6-7pm Balance & Flow*	6 7:30-9:30am Pickleball* 8:00-9:15am Yoga* 8:30-9:30am Waterworks* 4:30pm Senior Center Dinner (\$) 6-7pm Water X* 6-7pm PiYo w/Lorna	7 5:30-6:45 BarreFusion 7:30-9:30am Pickleball* 8:30-9:30am Waterworks* 4:30-6:30pm Karate (\$) 6pm-8pm Cribbage	8 7:30-9:30am Pickleball* 8:00-9:15am Yoga* 8:30-9:30am Waterworks* 9:30am Sew and Chat & Rug Hooking 10-11am Zumba Gold*	9 7am-8:15am: PiYo 8am-10am Karate (\$)
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Wiscasset Community Center is a proud partner with Silver Sneakers and Renew Active. Call your insurance today to see if your plan qualifies!

Wiscasset Community Center Yearly Rates:

Wiscasset Senior Resident: \$252; Community Partner: \$288; Standard Rate: \$360;
 Senior Couple: Wis. Resident \$372; Com. Partner: \$408; Standard Rate: \$528.
 Three month and monthly memberships also available, along with day passes.

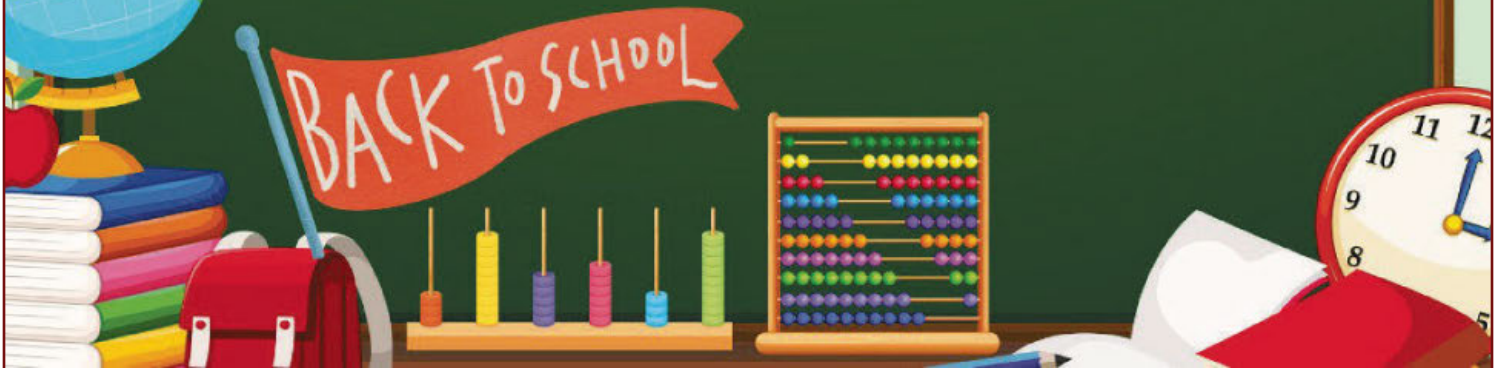
***Free with WCC membership or drop-in class fee.
 \$ Additional Fees for Karate and Senior Dinners.
 Senior Citizens are welcome to come walk our gym FREE of charge Tues. and Thurs. 11am-1pm**

WISCASSET SET FOR SUCCESS

WISCASSET COMMUNITY CENTER

SUNDAY, AUGUST 17, 2025

1:00-3:00 PM



WISCASSET
Veterinary Hospital

207.687.8174

info@wiscassetvet.com

161 Gardiner Rd.
Wiscasset, ME 04578

wiscassetvet.com

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Wiscasset Community Center - Wiscasset, ME

06-5464



Wiscasset Area Chamber 3rd Annual

BATTLE OF THE BOARDS

Saturday, September 20th
Maine Tasting Center
5:30pm-7:30pm
Entry Fee \$20 for all you can eat!

Interesting in competing?! go to

www.wiscassetchamber.com



Alive on the Common

Thursday Night Concert Series
Thursday Evenings, 6:00 pm on the Wiscasset Town Common
Presenting Multiple Musical Genres

July 3rd- Gulch (Classic Rock) Sponsored by Sherri Dunbar-Tim Dunham Realty

July 10th- Crying Out Loud (Blues) Sponsored by J Edward Knight Insurance

July 17th- Papa Tim & The Whiskey Throttle Band (Soulful Rocky Blues) Sponsored by Ames True Value

July 24th- Dooryarders (Classic Top 40's) Sponsored by First National Bank/Davison Construction

July 31st- Wiscasset Art Walk

August 7th- Deadly Desire (80's Pop/Rock) Sponsored by Wiscasset Creative Alliance

August 14th-Pan Fried Steele (Caribbean) Sponsored by Sky & Michelle Wentworth / Sprague's Lobster

Presented by the Wiscasset Parks & Recreation Department and Wiscasset Area Chamber of Commerce

NO-CHURN ANABOLIC ICE CREAM

Raw Egg Nationalist's signature ice cream

If you don't have an ice cream machine, this is an extremely simple and delicious way to make ice cream. The recipe uses uncooked meringue mix to ensure the ice cream freezes evenly without the need for churning. There's no simpler way to make restaurant-quality ice cream. This should produce enough for four to six normal people, or one hungry bodybuilder on a bulking phase.

- *4 whole eggs, separated into whites and yolks
- * ½ cups sugar
- * 10 oz. heavy cream



No sugar?

If you want, you can use less sugar or indeed no sugar at all. If you don't want to add sugar, just follow the recipe in the same way, skipping the second stage.

- * Whisk or mix egg whites in a large bowl until stiff peaks form.
 - * Whisk in the sugar gradually and continue to whisk until the whites are stiff and glossy.
 - * Whisk the cream in a separate bowl until soft peaks form.
 - * Fold together the whites, cream and yolks, as well as any flavoring (see below), until fully combined.
 - * Freeze in a plastic container for at least 2 hours.
- Flavoring:**
 Vanilla: add a tsp of extract.
 Coffee: add a cold shot of espresso or 2-3 TBS of coffee extract.
 Berry flavor, add 5 oz. Of sieved berry puree.

LIVE MUSIC IN TOWN!

- * Panacea- Sundays 2pm-4pm
- * Bath Ale Works- Fridays Open Mic Night starting at 6pm
- The Montsweag- Music in the Pub Friday, Saturday and Sunday
- * Open Mic Night Panacea
- * Fiddlers at AEkeir on Wednesdays



Wiscasset Art Walk

Thursday, August 28th in Wiscasset's historic village. Come join us from 4pm-7pm for art, food, horse drawn carriage rides and more!

My friend just asked me why I'm wearing my sweatshirt in August. I told him I'm a trendsetter, I wear sweatshirts before it's cool.



CRIBBAGE



ALL WELCOME


TUESDAYS:
9:30-12PM

THURSDAYS:
6PM-8PM

CRIBBAGE

WISCASSET SENIOR CENTER
242 GARDINER RD. WISCASSET

Fridays 10-11am in the WCC gym




Free for
WCC
members
\$15 for class
drop in

ZUMBA[®]

gold

Class for
all levels.
Come have
fun!

WATERWORKS EXERCISE
8:30-9:30 am Mon.-Friday
Free for WCC members
\$15 for class drop in



Knit and Sew & Rug Hookers

Mondays and Fridays at 9:30 am.
In the Senior Center (242 Gardiner Rd)



Local Food Bank Information

Wiscasset Community Center:
Help Yourself Food Pantry also drops off
assorted goods that are FREE for the taking
Thursday late mornings.

Whitefield: Serves Whitefield and surrounding
towns. Located at 298 Grand Army Road, Whitefield.
Saturday, August 16th from 10am-12pm

Lincoln County EMA's Project Lifesaver

The program serves the needs of adults with autism or a cognitive impairment, such as dementia or Alzheimer's that may cause them to chronically wander and not find their way back home.

Project Lifesaver clients wear a wrist or ankle band that emits a silent radio frequency. When caregivers notify the EMA Office that their loved one is missing, specially-trained Emergency Management Personnel respond to the area and conduct a search with state-of-the-art locating equipment. Project Lifesaver has a 100 percent success rate in locating wandering children and adults and bringing them safely home.

After an EMA Staff Member meets with the client and caregiver to attach the wrist or ankle band, the client will be visited every 2 months to replace the transmitter battery and band. EMA can electronically update client information, such as height and weight, a photo-graph, medical issues and favorite hiding places without having to rely on site visits or paper files.

This service will be at little to no cost to the client once approved into our program. Project Lifesaver is funded through individual/corporate donations & grants. Our yearly cost per client is \$300.

BANDS FOR BOOKS


to benefit
The Wiscasset Library

Labor Day 5-7pm

Lakehurst Lodge, Damariscotta

Advance tickets \$20
at the Library

MUSIC BY THE
Salty Dogs



Fitness Classes with Lorna

Tuesdays-PiYo 5:30am-6:45am
Wednesdays-PiYo 6:00am-7:15am
Thursdays-BarreFusion
5:30am-6:45am
Saturdays-PiYo 7:00am-8:15am

Thursdays
5:30-6:45am
With Lorna



Looking for a hot date? Pick any day in August, they don't get much hotter than that!

pet first-aid kit

A pet first aid kit is essential to have on hand for your furry friend in case of emergencies.

tools

- Safety scissors
- Disposable gloves
- Small flashlight
- Soft muzzle
For fearful or injured dogs
- Cotton balls/swabs
- Spare leash and collar
- Tweezers
- Oral syringe/
turkey baster

Use this to dispense liquid medication, flush wounds, or assist your pet in drinking water if they have difficulty doing it on their own.

wound care

- Gauze pads or rolls
- Self-adhering,
non-stick tape
- Alcohol wipes
- Antibiotic ointment
- Instant ice pack
- Towels
- Styptic powder

This can be used to quickly control minor bleeding. It takes about 15 seconds to start working.

cleansing agents

- Saline eye solution
- Sterile rinse solution
- Artificial tear gel
Use this gel to moisturize or flush out irritated eyes.
- Liquid dishwashing soap
- Antiseptic solution





SHORT STAFFED?

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Wiscasset Community Center - Wiscasset, ME

06-5464


St. Philips Church - 12 Hodge St.

Food Pantry Changes at St. Philips

Assorted goods (bread, pastry and occasionally produce) will be dropped off every Friday at the WCC before 10, and late morning on some Thursdays.

The Food Pantry will be open from 5:00-6:00 PM on Thursdays starting May 1. Please come into the church to check in. Clients can shop for fresh foods, frozen meals, dairy, canned goods, pet food, and household items.

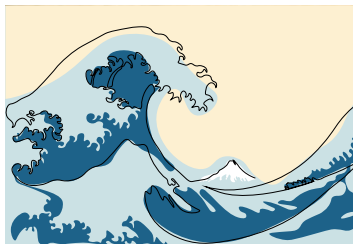
Need help finding food resources? Call or text 207-350-0536.

Heat Exhaustion		Heat Stroke
ACT FAST <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	 <p> Dizziness Thirst Heavy Sweating Nausea Weakness </p>	ACT FAST CALL 911 <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>		

What did the ocean say to the beach?
Nothing. It just waved.

Where do surfers get their degree?
At boarding school.

Who do you call to clean the ocean?
Mermaids.



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What sits on the seabed and has anxiety?

A nervous wreck.

What can cause dry skin after being in a swimming pool?

A towel.

The Friends of Wiscasset Public Library's Cookbook Club

The Friends of Wiscasset Public Library's Cookbook Club meets on the second Wednesday of every month at 6pm. The February cookbook is The Pioneer Woman Cooks: Dinnertime by Ree Drummons. Those interested in joining should email:

TheFriendsCook@gmail.com.

Lincoln County Friends In Service Helping (F.I.S.H.)

Volunteers offering FREE rides for Lincoln County residence. For doctor's appointments, errands and more. For more information contact F.I.S.H. at 207-350-9808

DIAL 211

Need help with general assistance or to find out what you may qualify for? Dial 211 and talk to someone today!

Adult Protective Services

1-800-624-8404 (voice) or 711 (Maine Relay)

If you are concerned about the danger of abuse, neglect or exploitation, call this 24-hour hotline to speak to an adult protective services specialist. Calls may be made anonymously.