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Julia Henze
Brunswick Town Manager
85 Union Street
Brunswick, ME 04011

Dear Julia,

February 2025

In our 49th year of People Plus, and 20th (!) year of the Brunswick Area Teen Center, we are excited that our "growing old and growing better" trend continues! With over 30,000 visits to these two programs in 2024, it is clear our organization brings unequalled value and vital services to both older adults and teens in the Town of Brunswick!

On behalf of the People Plus organization, I am requesting a funding appropriation of \$250,000 for the organization for the Fiscal Year 2025-2026. This represents funding of \$210,000 for older adult programming/35 Union Street and \$40,000 for the Brunswick Area Teen Center Program (BATC) – newly located in the Coffin School building. This is an increase of \$10K for each program.

The town's generous support will help to fund our increasing programming, facilities and outreach – serving membership totals of over 1,600 seniors and 250 teens. We had over 25,000 Senior Center visits and the BATC has grown from 120 monthly visits to an average of 550 in their new location!

In 2024, we collectively served over 10,000 meals to our older and younger members; offered hundreds of education and exercise classes; grew our outreach services for at-risk seniors and teens; provided 40,000 miles of free transportation; loaned out 264 pieces of medical equipment; and took both seniors and teens on dozens of outdoor adventures and field trips! Additionally, 1,025 residents attended the Senior Health Expo at the Brunswick Recreation Center, which featured over 100 local businesses, services and programs as well as 375 flu/COVID vaccines administered!

As with everyone, our expenses have continued to increase, including payroll, utilities, insurance, food and general operating costs. Our income has remained steady from last year, and we continue to generate income to cover nearly 2/3 our total budget of \$750,000. Our Music in April and Gelato Fiasco Scoop-a-thon fundraising events raised a combined total of \$100,000!

We at People Plus feel that the Senior and Teen Center, our staff, the volunteers and the Town of Brunswick are a team providing vital services to our growing senior and teen populations.

Thank you very much for your continued support!

Sincerely,

Stacy Frizzle-Edgerton
Executive Director
People Plus

The Center that builds Community since 1976!

People *Plus!*

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

Town of Brunswick

Budget and Member stats/information 2024



The numbers kept increasing in 2024!

As we begin **FORTY-NINE YEARS** as a Senior Center, and **TWENTY YEARS** as the Brunswick Area Teen Center Program, we have seen many of our programs more than double in a year with thousands of happy faces and valuable fun, engaging and health-improving visits to the Center. We couldn't create life-changing, vital experiences that serve the residents of the Town of Brunswick without the financial support and partnership of the Town. Together we have created an incredibly valuable Senior Center and Teen Center Programs that enrich not only the lives of our older adult population and the youth in this town; but also all the residents who use the Center for evening and weekend programming, rentals, memorials, fund-raisers and more. This year we saw an increase in members, classes, clubs, games and meals at the Center, had thousands of deliveries of groceries, food pantry boxes, meals and prescriptions – AND provided over 33,000 miles of FREE transportation - keeping area residents healthy, happy, engaged and safe! ***The services at the Center benefit our entire community and the in-home services show home-bound elders they are not alone.***

But we don't just ask Brunswick for funding; we work diligently to raise the remaining +\$400,000 that keep the doors open, including our legendary **Music in April Dinner Gala and Live/Silent Auction** and the **Gelato Fiasco Scoop-a-thon fundraisers!** These events have brought in over \$825K for the organization! Along with grant funding, business sponsors, membership and programming income, as well as many other income sources; we cobble together our funding, enabling us to provide incredible services for our seniors, teens and community.

People Plus Members

Total Members - 1,656
Lifetime Members - 236
Brunswick - 830
Topsham - 214
Harpwell - 134
Bath/West Bath - 63
Bowdoinham/Bowdoin - 28
Other areas/out of state - 151

People Plus Center Visits – 25,000

Club visits - 7114 (up from 2,941 in 2023 - 142%)
Class visits - 7,994 (up from 4,500 in 2023 – 78%)
Congregate Meals - 2967 (up from 1960 in 2023 – 51%)
Grocery/Pharmacy deliveries - 2,475
Takeaway Meals - 2,089
Gleaners produce - 1,505 lbs.

Teen Center Program

Total Members - 250
Visits are up by 67% in new location!
Brunswick - 228
SAD 75 - 6
Total visits approx. - 5500 (up from 3300-67%!)
Total meals/snacks approximately – 10,000
Total free minivan rides – 1,600

Volunteer Transportation Network - (FREE)

Registered Riders total – 925 (up from 828)
Registered Drivers: total – 167 (up from 148)
TOTAL rides – 3,940 (up from 3,521)
Mileage driven-total – 33,378 (up from 33,120)

PROGRAMMING AT THE SENIOR CENTER IN MARCH!

FYI! State of the Birds: Decades of Change

Thu, Mar. 13, 1:30 pm. Bird populations in Maine are continually changing. During this talk Nick Lund, Maine Audubon's Advocacy and Outreach Manager, will talk about the last few decades and discuss which species are disappearing, which are increasing, and then look ahead to wonder what the future of Maine birds might be. Free, open to the public. Registration required - call 729-0757

Lunch/Learn: Understanding Alzheimer's and Dementia Mon, Mar. 24, 12 pm.

Amy Angelo, Senior Program Manager at the Alzheimer's Association, Maine Chapter, will present the difference between dementia & Alzheimer's, 10 warning signs, importance of early detection, new advances in research and therapies, what the Alzheimer's Association does, and how to get involved. Bring your lunch or grab a cup of our free soup! We'll provide drinks, chips and dessert. Free, open to the public. Registration required.

Intro to Contra Dancing - Thursday, May 6, 1:30 pm

Free, open to the public. With Instructor Cindy Larock. *Note: This class was planned especially as a "warm-up" for the jam-packed program of contra dancing and related folk dance & music activities offered at the annual DownEast Country Dance Festival, which will take place at the Orion Performing Arts Center & Mt. Ararat Middle School in Topsham on Saturday, March 29.*

AARP Tax Help: Feb - April

Tax Help will begin Tuesday, Feb. 4 at the Center and will be ALL day on Tuesdays and Thursdays UPSTAIRS this year. They will be taking over the TC space!

Notes: during Feb - April, bridge will need to be in the cafe area. On the first two Thursdays of the month in Feb - April, bridge won't start until 9:30, after breakfast. On the third Thursday in Feb and March, there will be no bridge due to lunch.

This year, tax clients will meet with the tax preparers upstairs. They will not wait in their cars.

Monday Munchies - Mondays, 11:30 - 12:30 pm

Join us for free soup on Mondays donated by Mid Coast Hunger Prevention Program - usually a delicious soup!

NEW - Movie Mondays at Eveningstar Cinema - Third Monday of every month, 1:30

matinee Movie tbd. Movie is open to the public, but PP members get a special rate of \$10 with free popcorn.

Learn to Play Mah-Jongg! Louise Burgess, active People Plus Mah-Jongg player, would love to teach you how to play! She is available, by appointment, during Mah-Jongg (Mon/Wed mornings) or Game Day (Tues 1-3 pm). Lessons are about an hour and she hopes to have 4 people per session. Call Sarah to be connected with Louise to schedule your session! Free, members only.

Apple Device Tutoring is back! 4th Thursday of the month, 9:30 - 12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by

appointment, call 729-0757. Call after the first of the month to book your appointment.
With Bill Perry.

Apple Club is back - 4th Thursday of the month - Bill Perry

Wednesday Walkers: 1:00 pm

Wednesday, Mar. 5 - Planning meeting at People Plus plus a walk at Crystal Springs

Wednesday, Mar 12 - Thorne Head, Bath

Wednesday, Mar 19 - Swinging Bridge Walk

Wednesday, Mar. 26 - Popham Beach

Game Day - Tuesdays, 1:00 - 3:00 pm

Open game time using 2nd floor space. We've added a puzzle table as well!

Women's Breakfast - Thursday, Mar. 6, 8:30 am

Men's Breakfast - Thursday, Mar. 13, 8:30 am

Lunch and Connections - Thursday, Mar. 20, 12:00 pm - Traditional Irish lunch
Wear Green!

Lunch Out - Tuesday, Mar 11, 11:30 am -

Medicare 101, Tuesday, Mar. 11, 12:30 pm

Nancy (who teaches Medicare 101) may start 2 appointments each month on the Tuesday 101 day for people that need more one-on-one time. She would hold them in SG office before the meetings. More info to come....

History Book Club, Monday, Mar. 17, 7:00 pm

Ukulele Club - Tuesday, Mar. 11, 2:30 pm. (fyi - The normal coordinators are in Florida for the winter but there is a sub who will coordinate the meetings.)

NEW COLLETTE TRIP:

Magical Rhine and Moselle Rivers Cruise - already 8 signed up!!

September 13 - 21, 2026

FIRST COME, FIRST SERVED for cabins. Book today!

Highlights include 7-night river cruise, Rhine and Moselle Rivers, Cologne, Cochem, Lorelie Passage, Mannheim, Speyer, Strasbourg, Breisach, Freiburg

FMI <https://gateway.gocollette.com/link/1289576>

Spotlight on Tuscany - Oct. 1 - 9, 2025

Highlights include Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano

European Christmas Markets - December 13 - 21, 2025

Highlights include: Prague's Christmas Markets, Prague Castle, Choice on Tour: Vltava Boat Tour or Jewish Heritage Tour, Dresden's Christmas Markets, Český Krumlov, Vienna's Christmas Markets, Viennese Candy Workshop, Train Ride to Bratislava, Budapest's Christmas Markets, Matthias Church, Fisherman's Bastion

Shades of Ireland - April 2 - 11, 2026

Highlights include: Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay.

Music in April - Save the Date!

Gala is Saturday, April 5 from 5-9 pm. Online auction will run from April 1 - 30.

Note - Set-up for event will occur Friday night, April 4 starting about 5 pm. Set up will continue all day Saturday. Clean-up is Sunday morning about 9-11 am. Volunteer duties will be assigned for the event.

Looking for auction items - please let Jill know if there is a drop-off so paperwork can be filled out! Deadline is March 7 (but we can accept after that).

Tickets are now on sale - \$50 or 2 for \$90.

Gelato Fiasco Teen Center Scoop-a-thon - Save the Date - Wednesday, April 30

Current Rentals:

Brunswick Coin and Stamp once per month

Toastmasters - every other Tuesday (new - once a quarter they will hold their leadership meetings so time changes a little bit)

Belly Dancing with Josephina - 2nd and 4th Wednesdays, and Thursday nights - through next June

Brunswick Folk Dance - Friday nights

English Country Dancing - 1st Wed of each month, Nov - April, then May - October - 1st and 3rd Wednesdays

Meditation class rental on one Sunday each month - taking a break for the winter and will be back in the spring.

Private rental Folk Dance event - May 10

People Plus								
Budget Projections								
Projection Year Ending 2025-2026								
					2023-2024 PRIOR	2024-2025 CURRENT	2025-2026 PROJECTED	Percent change 23/24 to 25/26
1	Income							
2	40000 · Senior Self Generated Income							
3	41110 · Facility Usage (rental) Income				\$ 7,895.00	\$ 8,000.00	\$ 8,000.00	1.3%
4	41140 · Concessions/Coffee Shop				\$ 50.00	\$ 50.00	\$ 50.00	0.0%
5	41240 · Newspaper Advertising				\$ 13,500.00	\$ 13,000.00	\$ 13,000.00	-3.7%
6	42200 · United Way Community Outreach				\$ 8,400.00	\$ 8,500.00	\$ 8,500.00	1.2%
7	42220 · United Way VTN				\$ 6,500.00	\$ 6,500.00	\$ 6,500.00	0.0%
8	42221 · United Way Direct Designations				\$ 1,862.00	\$ 1,850.00	\$ 1,850.00	-0.6%
9	42252 · Spectrum Generations Meals				\$ 6,000.00	\$ 6,000.00	\$ 6,000.00	0.0%
10	42253 · Spectrum Generation Rents				\$ 26,000.00	\$ 26,000.00	\$ 26,000.00	0.0%
11	42255 · Spectrum Generations – VTN total				\$ 12,000.00	\$ 12,000.00	\$ 10,000.00	-16.7%
12	42320 · Sen Ctr Grants/Restricted Donation				\$ 12,000.00	\$ 17,500.00	\$ 30,000.00	150.0%
13	42340 · Membership Dues				\$ 33,030.00	\$ 34,000.00	\$ 35,000.00	6.0%
14	42350 · Print Sales, Merchandise Sales				\$ 300.00	\$ 300.00	\$ 300.00	0.0%
15	42398 · MSMT				\$ 6,140.74	\$ 5,500.00	\$ 5,500.00	-10.4%
16	42399 · Collette Travel				\$ 18,328.90	\$ 6,500.00	\$ 6,500.00	-64.5%
17	42400 · Senior Health Expo				\$ 19,660.00	\$ 20,000.00	\$ 20,000.00	1.7%
18	44220 · Program/Class Fees				\$ 34,320.00	\$ 34,000.00	\$ 34,000.00	-0.9%
19	44230 · Thursday Lunch Income				\$ 3,657.00	\$ 3,500.00	\$ 3,500.00	-4.3%
20	44235 · Men's Breakfasts				\$ 600.00	\$ 500.00	\$ 500.00	-16.7%
21	44239 · Women's Breakfasts				\$ 500.00	\$ 350.00	\$ 350.00	-30.0%
22	44290 · Other Programs				\$ 1,069.00	\$ 1,000.00	\$ 1,000.00	-6.5%
23	44491 · People Plus - Book Sales				\$ 175.00	\$ 200.00	\$ 200.00	14.3%
24	44492 · Write-On! Book Sales				\$ 250.00	\$ 250.00	\$ 250.00	0.0%
25	44493 · Haircuts				\$ 5,670.00	\$ 4,000.00	\$ 4,500.00	-20.6%
26	46160 · VTN Income				\$ 500.00	\$ 500.00	\$ 500.00	0.0%
27	46200 · Thursday Luncheon Raffles				\$ 386.00	\$ 350.00	\$ 350.00	-9.3%
30	49190 · Miscellaneous Income (CGP/eqpt)				\$ 14.00	\$ 10.00	\$ 10.00	
31	Total 40000 Senior Self Generated Income				\$ 218,807.64	\$ 210,360.00	\$ 222,360.00	1.6%
32	49900 · Music In April							
33	46110 · Auctions - Live & Silent M.I.A.				\$ 42,087.00	\$ 35,000.00	\$ 35,000.00	-16.8%
34	46120 · Donations - Music In April				\$ 1,215.00	\$ 1,200.00	\$ 1,200.00	-1.2%
35	46130 · Raffle - Music In April				\$ 2,785.00	\$ 2,700.00	\$ 2,700.00	-3.1%
36	46140 · Sponsorship - Music In April				\$ 25,000.00	\$ 20,000.00	\$ 20,000.00	-20.0%
37	46150 · Ticket Sales - Music in April				\$ 4,248.41	\$ 3,500.00	\$ 3,500.00	-17.6%
38	Total 49900 Music in April				\$ 75,335.41	\$ 62,400.00	\$ 62,400.00	-17.2%
39	79210 E Jones Unrealized Income				\$ -	\$ -	\$ -	
40	Total Senior Self Generated Income				\$ 294,143.05	\$ 272,760.00	\$ 284,760.00	-3.2%
41	42000 Support (Development) Generated							
42	42301 · Annual Fund				\$ 69,287.80	\$ 75,000.00	\$ 75,000.00	8.2%
43	42302 · Stock gift to Organization				\$ 25,097.55	\$ -	\$ -	-100.0%

[illegible]

[illegible]

					2023-2024 PRIOR	2024-2025 CURRENT	2025-2026 PROJECTED	Percent change 23/24 to 25/26
153				46000 Teen Center Income				
154				42321 · Teen Center- Misc Income	\$ 186.36	\$ 150.00	\$ 150.00	-19.5%
155				42330 · TC Grants/Restricted Donation	\$ 7,500.00	\$ 32,000.00	\$ 35,000.00	366.7%
156				46310 · Teen Center- Gelato Fiasco	\$ 12,645.00	\$ 12,500.00	\$ 12,500.00	-1.1%
157				46390 · Teen Ctr Annual Fund	\$ 35,533.01	\$ 40,000.00	\$ 40,000.00	12.6%
158				46391 · Teen Center United Way	\$ 6,200.00	\$ 6,200.00	\$ 6,200.00	0.0%
159				46392 · TC Pledges Music in Ap	\$ 6,900.00	\$ 6,500.00	\$ 6,500.00	-5.8%
160				Jim Howard PRG Match	\$ 14,500.00	\$ 15,000.00	\$ 15,000.00	3.4%
161				46395 - Stock gifts to TC	\$ 5,083.72	\$ 2,500.00	\$ -	
162				46502 Teen Center Learn to Drive Prog	\$ 500.00	\$ 500.00	\$ 500.00	0.0%
164				45410 · TC Town Support -Brunswick	\$ 20,000.00	\$ 30,000.00	\$ 40,000.00	100.0%
165								
166				Total 46000 -Teen Center Income	\$ 109,048.09	\$ 145,350.00	\$ 155,850.00	42.9%
167								
168				67000 Teen Center Expenses				
169				61791 · Food Expenses	\$ 4,573.83	\$ 20,000.00	\$ 25,000.00	446.6%
171				63530 · General Expenses	\$ 2,612.11	\$ 55,000.00	\$ 5,000.00	91.4%
172				63600 · Gelato Fiasco Expense	\$ 1,218.49	\$ 1,500.00	\$ 1,500.00	23.1%
170				61792 · Cable/ Internet	\$ 1,200.00	\$ 1,200.00	\$ 1,400.00	16.7%
174				Coffin School rent	\$ -	\$ 1,200.00	\$ 1,200.00	100.0%
175				Coffin School utilities/custodial/etc	\$ -	\$ 17,000.00	\$ 17,000.00	100.0%
176				61790 - Contract personnel/AMERICORP	\$ 2,870.00	\$ 4,500.00	\$ 4,500.00	56.8%
177				67102 · Gross Wages	\$ 66,086.93	\$ 72,000.00	\$ 80,000.00	21.1%
178				67103 · Payroll Taxes	\$ 4,450.00	\$ 4,500.00	\$ 4,500.00	1.1%
179				61720 · Workers' Comp Insurance	\$ 100.00	\$ 100.00	\$ 100.00	0.0%
180				64146 · Payroll Service Fees	\$ 350.00	\$ 350.00	\$ 350.00	0.0%
181				61800 Simple IRA Matching Funds	\$ 900.00	\$ 1,200.00	\$ 1,200.00	33.3%
182				61725 · Health Insurance	\$ 8,855.00	\$ 8,900.00	\$ 9,000.00	1.6%
183				66550 - Minivan Collision Insurance	\$ 1,000.00	\$ 1,500.00	\$ 1,500.00	50.0%
184				66510 Insurance-Liability/Van	\$ 3,522.00	\$ 3,600.00	\$ 3,600.00	2.2%
185				67200 - TC Investment Expense	\$ 850.00	\$ 860.00	\$ 860.00	1.2%
186				Total 67000 · Teen Center Expenses	\$ 97,738.36	\$ 192,550.00	\$ 155,850.00	59.5%
187				BATC Net Income	\$ 11,309.73	\$ (47,200.00)	\$ -	-100.0%
				Items highlighted in yellow reflect income that is not confirmed and expenses that exceeded the budget. We spent \$55K on the Teen Center relocation and renovation.				

People *Plus!*

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

GOOD MORNING PROGRAM

Brunswick • Harpswell • Freeport

Providing a simple, FREE, and confidential daily telephone call-in system; ensuring the safety and well-being of older or disabled adults.

*"Just calling to say
that I'm OK"*

Participants often live alone, are recovering from a medical condition, live with chronic illness, or are an isolated caregiver looking for additional support.



*Give your friends & family
peace of mind with a
simple phone call!*

FMI 729-0757 peopleplusmaine.org

The Good Morning program does not replace or provide emergency services, referral services, transportation, or give medical or legal advice.

People *Plus!*

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

VOLUNTEER TRANSPORTATION NETWORK

Providing free rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. Also assisting with food and prescription pick-up.



"Now that I can't drive anymore, the VTN takes me to my doctor's visits. It is so comforting to have someone I know drive me to the doctor."

-VTN Rider

**FMI call 729-0757 or email
VTN@peopleplusmaine.org**

With program support from



**Rusty
Lantern
MARKET**

Suzan Wilson & Daniel McLaughlin Family

Proud to partner with



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Annee Tara
Katharine Watson
Suzan Wilson & Daniel McLaughlin

Grants, Foundations and Municipal Funding

Alex Labbe Foundation
Alfred M Senter Fund
All Saints Church
Bar Harbor Bank & Trust
Brunswick Rotary Community Fund
Maine Community Foundation
Maine Women's Giving Tree
Margaret Burnham Charitable Trust
Nathaniel Davis Family Fund
Sam Cohen Fund
Town of Brunswick
Town of Harpswell
United Universalist Church
United Way of Mid Coast Maine



Spectrum Generations Partnership

- Aging & Disability Resource Center
- Meals on Wheels
- Commodities Supplemental Food Program
- Community Dining
- Volunteer Transportation Network Support



People Plus!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

2023-2024 Annual Report



"People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages!"



35 Union Street • P.O. Box 766 • Brunswick, ME 04011
207-729-0757 • www.peopleplusmaine.org





Serving thousands in our community!

19,000+
Center visits for classes,
clubs, meals & events

2,688
grocery & meal
deliveries

452
prescription deliveries

1,407
birthday calls

1,000+
food pantry/locally
grown food deliveries

33,162
miles of
free rides

257
medical equipment loans

541
low cost hair cuts



2023/2024 Board of Trustees



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Stacy Frizzle-Edgerton,
Executive Director



"After school fun/fuel" for hundreds of teens!

over 1,650
teen visits

thousands
of meals served

countless
adventures

endless
new experiences

Teen Center Advisory Committee

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Carol Briggs
Emily Radziwon

Charlie Gordon
Carol Israel
Catherine Jarratt
Jane Millett

Fraser Kuwet
Nathaniel Shed

Taylor Carter,
Teen Center Director

Stacy Frizzle-Edgerton,
Executive Director



Who We Are

People Plus supports an engaged, healthy, and independent life for older adults, while joining with others to build community for all ages.

People ^{Plus} Seniors - a variety of programs supporting fitness, wellness, recreation, socialization, and learning opportunities. Activities include exercise classes, art classes, games, interest groups, meals, travel, presentations, special gatherings, and more.



People ^{Plus} Outreach - Free community programs including the **Good Morning** safety check-in program, **Volunteer Transportation Network (VTN)** rides and shopping services, and **Midcoast Meals** meal distribution & take-out - in coordination with the Mid Coast Hunger Prevention Program.



People ^{Plus} Teens - the Brunswick Area Teen Center, a People Plus program located at the Coffin School building, is a free after-school program for youth in grades 6-12. FMI call 207-419-1073 or email teens@peopleplusmaine.org.



Membership Benefits

These businesses offer discounts for People Plus members:

Ashley Richards, Certified Aging in Place Specialist free home walk-through with tips to help you age in place, 712-3042, ashleyr151@gmail.com

Augat Chiropractic, Free consult & cursory exam free consultation & cursory exam (mention People Plus benefit when booking appointment), 9 Pleasant St, Bruns., 725-7177

Autometrics, 10% off labor, 121 Bath Road, Bruns., 729-0842

Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids, 86 Maine St, Bruns., 725-5111, www.berriesopticians.com

Big Top Deli, 10% off, anytime, 70 Maine St, Bruns., 721-8900, www.bigtopdeli.com

Bill Dodge Auto Group, 10% off parts/service 118 Pleasant St, Bruns., 729-6653, www.billdodgeautogroup.com

Carpe Diem Tech Support, John Fischer Help with PC & Mac. \$30/hour (40% off regular rate), 522-1238, john@carpediem-me.net, www.carpediem-me.net

Darling's Ford, 10% off up to \$50, parts/service 262 Bath Road, Bruns., 725-1228, www.darlingsbrunswickford.com

Double Bubble Laundromat, free pick up/drop off for seniors (15 lb. min.), \$1.80 for wash, dry & fold, Topsham Fair Mall, 373-1995

Eveningstar Cinema, discount bag of popcorn at evening shows (\$1 sm, \$1.50 med), 729-5486, 149 Maine St, Bruns., www.eveningstarcinema.com

Fairground Café, 10% off, anytime, Topsham Fair Mall, 729-5366

Hand Therapy Treatment and Education Center, LLP, 20% off HandBasicsm: Self-Care Education class, 114 Maine Street Suite 4, Bruns., 607-5800 www.therapyandeducation.com

Hearts & Hands Reiki, 10% off first visit, 751-5339, heartshands207@gmail.com

Lee's Tire & Service, 10% off parts (not tires) 35 Gurnet Road, Bruns., 729-4131 27 Monument Pl., Topsh. 729-1676

Maine Optometry, 30% off complete glasses, some restrictions apply. 242 Bath Rd, Bruns., 729-8474, www.maineoptometry.com

Maine State Music Theatre, senior discount (60+) on matinee tickets for Main Stage performances, 22 Elm Street, Bruns., 725-8769, www.msmt.org

Pauline's Bloomers, 10% off in-store purchase (in person only) 153 Park Row, Bruns., 725-5952, www.paulinesbloomers.com

Reflections (Salon), 10% off, Mon & Fri 12 Center St, Bruns., 729-8028, www.reflectionsbylucie.com

Rossignol's Hair Shoppe, discount for age 60+, 370-9410

Thomas Point Beach, \$1 weekdays admission 29 Meadow Road, Bruns., 725-6009, thomaspoinbeach.com

Tire Warehouse, 20% off labor, Topsham Fair Mall, 725-7020, www.tirewarehouse.net

Wilbur's of Maine, 10% off, anytime, 43 Maine St, Bruns., 729-4462

Wild Oats Bakery & Café, 10% off Mondays, 166 Admiral Fitch Ave, Bruns., 725-6287, wildoatsbakery.com

*Benefits subject to change

People ^{Plus!}

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

(207) 729-0757 [f](https://www.facebook.com/peopleplusmaine) [i](https://www.instagram.com/peopleplusmaine) www.PeoplePlusMaine.org



35 Union Street (P.O. Box 766), Brunswick, ME 04011-0766

Center Activities

Join People Plus today and you can:

Expand your Mind:

- Presentations / Discussions
- Monthly Newsletter
- Weekly Email
- Technology Classes

Be Involved in the Arts:

- Art Classes
- Fiber Arts & Fiber Spinning Groups
- Writers' Group
- Ukulele Club
- Language Clubs
- Book Club

Improve Health and Fitness:

- Yoga (traditional & chair)
- Tai Chi / Qigong
- Loosen Up / Growing Stronger
- Zumba
- Table Tennis
- Walking / Hiking Clubs

Stay Engaged and Have Fun:

- Bridge, Cribbage, Mah Jongg, & Game Day
- Social and Special Events
- Men's & Women's Breakfasts
- Community Lunches
- Lunch / Movie Outings

Get Help When You Need It (FREE, membership not required):

- Safety check-in call system with Good Morning program
- Rides to appointments/events, as well as shopping services via Volunteer Transportation Network
- Weekly food bank meal deliveries via Midcoast Meals
- Locally grown fresh produce from Merrymeeting Gleaners
- Regular phone calls to reduce feelings of isolation
- Tax assistance with AARP
- Advocacy and Support

FMI or to register call 729-0757



Volunteer to Make a Difference:

- Join the Lunch Crew to prepare and serve food
- Greet members and answer the phone at the Front Desk
- Cook/bake for our teens
- Drive or shop for neighbors in need
- Help with fundraisers & events
- Join the Board of Trustees

Join TODAY!

People Plus Membership is open to all adults (over 18). Annual fee of \$45 per year per person (\$85 per couple). Partial and full scholarships are available. Complete the attached application and return to: People Plus, P.O. Box 766, Brunswick, ME 04011-0766.



Where We Are



People Plus is located at **35 Union Street** in downtown Brunswick.

Our modern, accessible, air-conditioned facility has a large parking lot and is also a stop on the Brunswick Link bus route.

People Plus Hours:

Monday–Thursday, 9am– 4pm;
Friday, 9am–1pm.

People Partners -

We are proud to partner with Spectrum Generations and host these FREE services at the People Plus Center:



- **Aging & Disability Resource Center** provides counseling and guidance for aging and disability concerns. To schedule an appointment call 207–607–4405.
- **Medicare 101 class** provides information regarding Medicare and all its “parts”. To register call 729–0757.
- **Meals on Wheels** provides delicious, nutritionally balanced meals for homebound seniors in need. To register call 207–607–4406.
- **Commodities Supplemental Food Program** distributes nutritious USDA food to low-income seniors.
- **Congregate Community Dining** provides a nutritious meal along with an opportunity for socialization – our monthly Lunch & Connections is underwritten by Spectrum Generations.

PEOPLE PLUS MEMBERSHIP APPLICATION

Date _____

(35 Union Street), PO Box 766, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org



THE CENTER THAT BUILDS COMMUNITY SINCE 1976

Name (1) Email	Phone	Emergency Contact	Birthdate	Female <input type="checkbox"/> Male <input type="checkbox"/>	(relationship)
Name (2) Email	Phone	Emergency Contact	Birthdate	Female <input type="checkbox"/> Male <input type="checkbox"/>	(relationship)
Mailing Address	City	State	ZIP		

Cash/Check (Payable to People Plus)	
Membership Dues: \$ _____	
Additional Donation*: \$ _____	
(*donations above membership dues are tax deductible)	
Total: \$ _____	

Yearly Dues (Scholarships Available)	
<input type="checkbox"/> Single (___ New ___ Renew):	\$45
<input type="checkbox"/> Couple (___ New ___ Renew):	\$85
<input type="checkbox"/> Lifetime Member (70 or over):	\$425

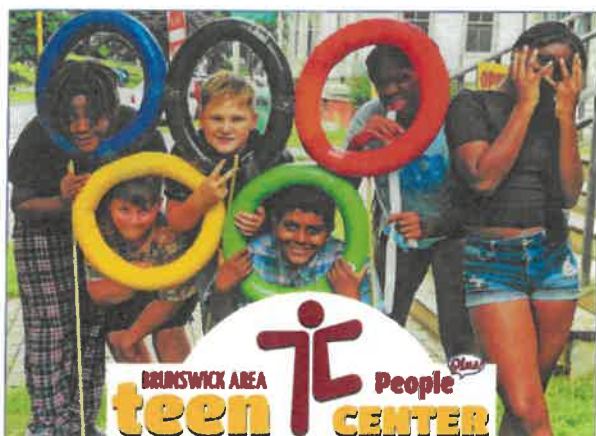
Volunteer Opportunities at People Plus	
I'd like more information about:	
<input type="checkbox"/> Lunch Crew: cook/setup/cleanup	<input type="checkbox"/> Volunteer driving: rides to appts/shopping
<input type="checkbox"/> Reception: check-in/phone	<input type="checkbox"/> Meals on Wheels
	<input type="checkbox"/> Teen Center

OFFICE USE: ☐ Account ☐ Data ☐ Card Sent









A free after-school drop-in program where any youth in grades 6-12th can socialize, hang out, participate in free activities and enjoy a space designed for and centered around teens.

****New location: 20 Barrows St, Brunswick (formerly Coffin School).**

School year: Mon-Fri, 2:30-5:30

Summer: Mon-Fri, 1:30-4:30

(hours subject to change as needed, please visit our Facebook page for updates)



- Free meals served daily with healthy snacks and drinks!
- Free access to computers, gaming consols, streaming services, board games, art supplies, and other indoor/outdoor recreation equipment!
- Free field trips, adventures, and more!
- Staff on hand each day to help with homework, job applications and anything else our kids need!

FMI call 419-1073
or email teens@peopleplusmaine.org



FREE PROGRAM!!
FREE FOOD!!



Generous donations and dedicated volunteers help support the BATC Food Program! We serve thousands of free meals each year to youth in our community and none of it would be possible without your support!



Funding comes from grants and donations by individuals, local organizations, area businesses, the town of Brunswick, and the United Way of Mid Coast Maine.



FMI, or to donate or volunteer, contact Teen Center Director, Taylor Carter at (207) 419-1073 or teens@peopleplusmaine.org.

People Plus
THE CENTER THAT BUILDS COMMUNITY SINCE 1976



PO Box 766, Brunswick, Maine 04011
People Plus: 729-0757 Teen Center: 419-1073
www.peopleplusmaine.org



TEEN CENTER COUNCIL ELECTIONS!

President

Vice President

Special Events Secretary

Social Media Secretary

Treasurer and Tech Secretary

***WANT TO RUN? TALK TO A STAFF MEMBER
TO GET ON THE BALLOT. DEADLINE TO
REGISTER IS
MARCH 21ST!***










2024 November




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					¹ Make Sushi with us 	²
³ 	⁴ French Toast Day	⁵ Closed	⁶ Take a Hike with us!	⁷ Make Soup with us	⁸ Closed	⁹
¹⁰	¹¹ Closed	¹² Tournament Tuesday	¹³ Pickle Day	¹⁴  Unplugged Day!	¹⁵ Crafriday	¹⁶
¹⁷ 	¹⁸ Ping Pong Day	¹⁹ Trail Tuesday 	²⁰ Perogies!	²¹ Make bread with us 	²² Friendsgiving!	²³
²⁴ 	²⁵ Mousse Day	²⁶ Tournament Tuesday	²⁷ Closed 	²⁸ Closed	²⁹ Closed	³⁰



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Closed 	2 New Years Celebration	3. Trail Day 	4
5	6 Compliments and French Fries Day	7 Taco Tuesday	8 Open at 11:30am Make Sushi 	9 Mac and Cheese Waffles	10 Green Juice Day	11
12 	13 Balloon Day	14 Trivia Tuesday	15 Karaoke Day 	16 Blueberry Pancake Day	17 Fig Newton Day	18
19	20 Closed for MLK Day	21 Tatuesday 	22 Bottle Rocket Day	23 Drum Circle! 	24 Fiber Arts Dance Party	25
26 	27 Houseplant Day	28 Tourney Tuesday	29 Wall-E Wednesday	30 Squirrel Appreciation Day	31. Hot Chocolate Day 	

February 2025



These activities are not sponsored by the Brunswick School Dept.

SUN	MON	TUE	WED	THU	FRI	SAT
						1
	3 MINDFULL MONDAY ORACLE CARDS	4 MUFFIN DAY	5 EARLY RELEASE OPEN AT 11:30AM	6	7 RETRO DAY	8
9	10 MINDFUL MONDAY UNPLUGGED DAY	11 TOURNEY TUESDAY	12 TATER TOT DAY	13 LOVE YOUR PET DAY	14 SELF CARE DAY	15
16 SCHOOL BREAK WEEK!	17 CLOSED FOR PRESIDENTS DAY	18 OPEN 12PM TO-4PM TUE->FRI!	19	20 MAKE A PIZZA WITH US!	21 CRAFRIDAY	22
23	24 MINDFUL MONDAY	25 TOURNEY TUESDAY	26 BOTTLE ROCKETS	27 CREEPY SHOW AND TELL	28 CRAFRIDAY	



TEEN CENTER MENU BOARD!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Tofu Rice Bowls	4	5 Brazilian meat	6 Orange Chicken	7	8
9	10 Grilled cheese	11 Kale Tacos Turkey Pie	12 Buffalo chicken +ater tot day	13 Pit Treats Nachos	14 Self Care Treat	15
16	17 Closed	18	19 Piz 2	20 cheese day	21	22
23	24 Dragon MAC Treats	25	26 pigs a blanket	27 Marge's Baked Ziti	28 mozz garlic day	29
30	31	32	33	34	35	3

