

The “Salty Air” Newsletter

SOUP KITCHEN



Penobscot Shores

Life with a view

Winter 2023

-fire with Tim, Sunday Movies with Ellen, Holiday Bingos with Joe, Marcy and Joyce and Trivia with Steve.

Throughout the year, multiple times per week we attended Chair Yoga with Jacquie & Sara and residents regularly play games of Mexican Train Dominos and Bridge. We gathered together to enjoy the PS Book Group and Knitting Group. We had Ice Cream Socials, Coffee Talks on Friday mornings and Music Hour with Tracy Hastings and Tim and held a High Tea. We played Bocce Ball on Tuesdays and attended Saturday Morning Community Walks and we learned more about each other through Photo Displays curated by Mary Kate.

For our health we held BP Clinics with Erin of Population Health and a Flu Shot Clinic with Stacey and Susan. We attended presentations from speakers about Stroke Awareness and Living with Depression and we held our Memorial Stone Celebration in May.

We love music at Penobscot Shores and this year we had multiple piano music performances with Masanobu and Tom Ponti. We enjoyed Jean on the Harp, Belfast Flying Shoes, Hymn Sings with Meredith and Oktoberfest with Sargent Oompah Band. We held summer BBQs with music from the Sargent Jazz Quartet and Annie & the Rainmakers.

2022 Year in Review

“We can see a light at the end of the tunnel.” It feels like the worst of the pandemic is behind us and we are slowly getting back to social gatherings, dinners and community events. Social interaction is so important to good health and we had a number of safe and fun activities for residents in 2022.

We began 2022 with our New Year’s Pot Banging and it only got more interesting and diverse from there. We had camp-

Continued on back



Penobscot Shores
10 Shoreland Drive
Belfast, ME 04915
Phone 207-338-2332
www.penobscotshores.com



A Christmas Musical Gift from Sue on viola and Linn on piano was perfect for getting residents into the holiday spirit.



Residents and staff celebrated with a holiday dinner complete with seafood newburg, prime rib, baby potatoes, creamed spinach and red velvet cake.

2022 Year in Review continued

We went exploring off campus and enjoyed Bird Watching on Sears Island with Seth and had Lunch with the Gilletts on Deer Isle and went Sailing on the Olad out of Camden Harbor. We enjoyed and supported the beautiful natural elements that surround us by participating in Keep Belfast Maine Beautiful Clean-up Day & BBQ, maintained Garden Boxes and hosted the Belfast Garden Club Tour in July.

In the fall we held our 26th Anniversary Celebration Pig Roast and we welcomed a new Hair Stylist Patty Sprague. In November, we brought back the Penobscot Shores Arts & Crafts Fair and held a Food Drive for the Belfast Soup Kitchen. In December, we decorated for the Holidays and had a wonderful Holiday Party for Residents & Staff. Connie assembled beautiful gift baskets that were distributed to the local fire and safety departments. We enjoyed a lovely Christmas Music Gift with Linn & Sue; and Christmas Caroling with everyone just before the holiday.

We couldn't do all we do without a great staff. We thank our housekeeping staff of Marcia and Kasandra, maintenance crew of Rick, Jeff and Tom, admin of Mary, Steve and Donna and our kitchen staff with chefs Diana, Charles, Emerson, dishwasher Michael and our wait staff Karen, Dawn and Stella for everything they did in 2022.

We continue to have full occupancy with 5 internal moves, 5 cottage sales and 11 apartment sales in 2022. Our Priority Waiting List continues to grow with interest from people wanting to move to Penobscot Shores.

Our finances are strong. The Replacement Reserve has been growing over the past several years thanks to the contribution to the Reserve of 5% from the buyer and seller at each sale; it totaled \$131,998 in FY2022.

As we turn the corner to what we hope is a new and better year, we need to say a special thank you to so many of our residents who give of their time and talent on the Board, committees, special events, and in support of our community. Onward ho into 2023.

Have a Happy New Year!