



Penobscot Shores  
Life with a view

# Newsletter

January 2025

## Upcoming Calendar of Events

- Mondays & Fridays @ 1:30 PM – Dominos
- Tuesdays 12 PM – 2 PM – Population Health
- Wednesday @ 2 PM – Hearts
- Fridays @ 9 AM - Coffee Talk (Solving the World's Problems)
- Fridays @ 1 PM – Knitting or Not Group
- January 6 @ 11 AM – Resident Meeting & Ballots Go Out
- January 8 @ 11:30 AM – The Perils of a Belfast Winter with Megan Pinette.
- January 10 – Return Your Ballots
- January 13 @ Noon – PSA Annual Meeting
- January 16 @ 9:30 AM – CMCA Studio Art Lesson
- January 17 @ Noon – PSA Board Meeting
- January 20 @ 11 AM – Activities Committee Meeting
- January 29 @ 3 PM – Tales of Maine History through Letters and Diaries
- February 3 @ 11 AM – Resident Meeting



Holiday Party



**Resident Meeting  
January 6, 2025 @ 11 AM  
Piano Area – In Person & Zoom**

**Date:** Monday, January 6, 2025  
**Time:** 11:00 AM  
**Location:** Piano Area – In Person & Zoom

**The Meeting was called to order by Connie Woitowitz**

**Approval of Past Minutes:**

- There was motion, second and approval of the December 2, 2024 Meeting Minutes.
- As this was her last meeting chairing the Resident Meeting, Steve thanked Connie for her years being on the PSA Board providing direction and calmness to the community.

**Director's Report: Steve Bowler**

- **Dining Update** by Chef Emerson DellaMattera – last October we did an experiment with new plastic to-go container, and everyone seemed to enjoy them. We had to stop for some time because of a broken dishwasher; the new one is working great, and we are back to using the new to-go containers. Please do not throw them out; there will be a box in the kitchenette by the dining room to return them or we will pick them up the next day. Nine meals and they pay for themselves compared to the throw away containers which have an ongoing cost.
- **Maintenance Update**
  - Fidium Fiber Update – Steve is meeting with a company that is installing the actual line to apartments and cottage today at 12:30 PM.
  - Solar Panels Update – our REAP grant has been submitted, however with the change in the presidency they have been inundated with applications in fear that the program will be going away. Our original \$38,000 grant has been pared down to \$20,000.
- **Ballots to Elect two resident Board members** are in shareholder mailboxes and need to be returned to the Office by Friday, January 10<sup>th</sup>. Your candidates are Suzanne Dwyer, Susan Remsberg and Larry Theye. Rick Bowles and Karna Olson will count the ballots next Monday at the Annual Meeting at Noon.
- **COVID tests** are available from the Office. If you feel sick, please avoid others, take a test and get some rest or medical attention if needed. Local hospitals have high census, near capacity. Face masks are available in the lobby. Wash your hands, wash your hands, wash your hands.
- **Qigong** – Jacquie Lacoste gave a presentation on the benefits of Chinese qigong exercises to slow down aging, improve health and reduce stress. This is primarily a standing exercise that is slow moving and easy for most people to do. Rick reported that when he first started qigong he was 78 years old and now he is 70. Jacquie has two openings for the Tuesday and Thursday classes.

**Sales**

- Cottage #1 David Beebe's moving van will be here today.
- Cottage #3 closed with William & Nancy Calvert; they plan an April move in.
- Cottage #29 sold to Kirk & Helen Newsom on December 31. Helen has Darren starting work today on the renovations.
- Cottage #13 has a Purchase & Sales Agreement with Dana Degenhardt to close April 1.

# January 2025

## Resident Meeting Minutes from Page 2

### Programs & Marketing

- January 8 @ 11:30 AM – Perils of a Belfast Winter
- January 10 – Return Your Ballots
- January 13 @ Noon – PSA Annual Meeting
- January 16 @ 9:30 AM – CMCA Studio Art Lesson
- January 23 @ 4 PM – Murder Mystery Dinner Roman Toga Bash - **Postponed to April 1**
- January 29 @ 3 PM – Tales of Maine History through Letters and Diaries
- February 3 @ 11 AM – Resident Meeting

### Committee Reports:

- Activities Committee – Tim Weitowitz, Monday, January 20, 2025 @ 11 AM
- Budget Committee – Monday, February 24, 2025 @ 11 AM
- Dining Committee - Kay Hunt, Monday, March 17, 2025 @ 11 AM
- Building and Grounds – Monday, February 17, 2025 @ 11 AM

### Old/ New Business:

- Ladona prepared a Black Forest cake as a Happy Birthday to those born in January.

**There was a motion, second and unanimous approval to adjourn the meeting at 11:34 AM.**

**The next Resident Meeting is February 3 @ 11AM**



### Belfast Soup Kitchen

Residents and staff were very generous again this past year with their gifts of non-perishable food goods and donations.