

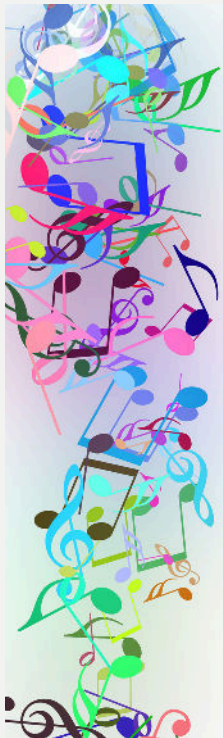


Cindy's Clips

This Week's Words to Think About

“I am not what happened to me. I am what I choose to become.”

Carl Jung



Oldies Music
Come enjoy music from the 40's, 50's, and 60's.
Sam Nataluk will be at Thornton Oaks on Wednesday, July 17 to perform oldies on the piano. The show will begin at 2:00pm in the Merrymeeting Room.





Thornton Oaks

Retirement Community



Stay Hydrated in the Heat

Try to drink about 64 ounces of water a day. This includes water rich foods. Some steps you can take to add more water is to eat foods like cucumbers, watermelon, tomatoes, soups/broths and to carry around a water bottle to sip on.

Take a trip down the Allagash River with Tim Caverly. Tim has spent his life enjoying the Maine outdoors and was the supervisor of the Allagash Wilderness Waterway for 18 years. Join us on Thursday, July 18 at 2:00pm in the Merrymeeting Room to hear his personal stories of Maine's Allagash.



It's Hot Outside

We are heading to Pam's Ice Cream Shop in Harpswell on Monday, July 22. Cold, creamy ice cream is the perfect way to cool down. The bus will leave at 2:00pm. Please RSVP so we know how many people are going. We will need at least 5 people attending to make the trip.

