

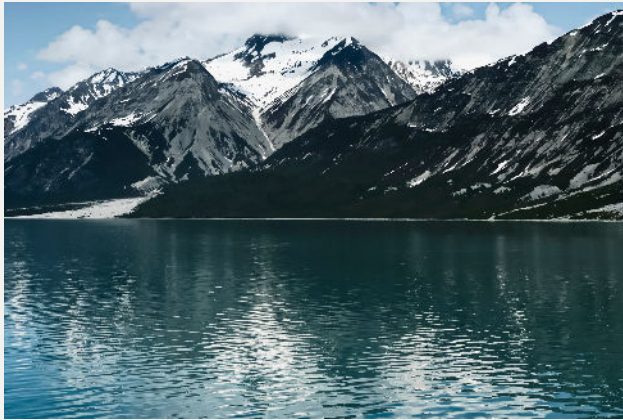


Cindy's Clips

This Week's Words to Think About

“Don't look at your feet to see if you are doing it right. Just dance.”

Anne Lamott



There will be no Cindy's Clips on August 2 or August 9



Market Basket

We have had a few requests to have a trip to Market Basket in Topsham. If you would like to go you can sign up for the Topsham Mall trip and we will gladly go to Market Basket if you request it.





Thornton Oaks

Retirement Community

If you would like to learn flower arranging from a professional sign up for our workshop on Monday, July 29. It will be in the MacMillan Meeting Room at 2:00pm. Everything will be supplied for you. There is a \$10.00 charge that will be added to your bill. Please RSVP



Upcoming Events

Thursday, August 1: Sea Dogs Baseball Game.

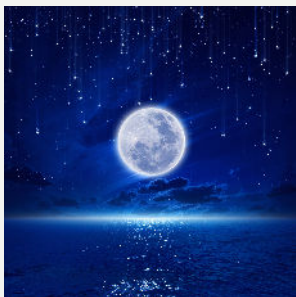
Wednesday, August 7: Art Show opening with Erika Manning, mixed media artist.

Thursday, August 8: A.J. Hardcastle, Puppeteer.

Wednesday August 14: Neil Lamb & Julie Thompson return to play jazz music.

Wednesday, August 21: Spectrum Generations will be offering free nutrition coaching sessions.

Thursday, August 22: Wine Tasting. Enjoy a wine and cheese pairing.
\$20.00 charge



Cribstone Band & Blue Moon Party
Save the date- Thursday, August 22

It's time for our summer concert on the back lawn. The band will begin playing at 6:30pm. Come enjoy a blue drink while listening to the music.

