



January 2019

HILLCREST HERALD

State Manufactured Homes
126 US Route One, Scarborough, Maine 04074
Phone: (207) 883-2512 Fax: (207) 883-8089
www.statemanufacturedhomes.com

“SAND FOR SENIORS”

During the winter months the Scarborough Police Explorers will be providing “Sand for Seniors” free of charge. They have collected buckets to fill with sand and drop them off at your home for you to use on your stairs and driveways.

To benefit from this program please call Officer Scott Vaughan 730-4328 or email him at svaughan@scarboroughmaine.org. When emailing, or if you have to leave a message on his voicemail, please leave your name, address, phone number and how many buckets of sand you would like (up to 4 buckets allowed at a time).

Office Hours

Monday - Friday 7:00 a.m. - 4:00 p.m.

Saturday 8:00 a.m. - 12:00 p.m.

Or By Appointment

Contact Us

Phone Number: (207) 883-2512

Fax Number: (207) 883-8089

Email:

info@statemanufacturedhomes.com

After Hours **EMERGENCY ONLY**

Number: (207) 329-7116 (Tina)

Community Center Hours

Monday - Friday 6:30 a.m. - 9:00 p.m.

Saturday & Sunday 8:00 a.m. - 8:00 p.m.

Maintenance Hours

Monday - Friday 7:00 a.m. - 3:00 p.m.



Meet Our Newest Residents:

Laurie Whitaker

Mary Carré

609 Raeleen Lane

453 Sophia Avenue

In Memory Of:

Donna Goulding, wife of Tom Goulding

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Community Snow Removal Guidelines

Snow season is here—do your best to help us by following these simple guidelines:

- 1- Please park your car as far in your driveway as possible. To avoid snow overflow, do not park at the end of your driveway or on the street.
- 2- Plowing of driveways and shoveling starts only after the streets are plowed. If you hire us to plow and you need to leave early for work, please let us know at the office and we will do our best to get you out as soon as possible!
- 3- If you want to cancel your pre-scheduled plowing for the winter, you cannot be added back on until next winter.
- 4- Please do not stop the plow trucks and ask them to plow or shovel. They have a list provided by the office and cannot add people or accept money. Any and all changes must be made through the office.
- 5- If you have a complaint or a compliment about the plowing, please call Theresa or Tina (883-2512).
- 6- If you hire an outside plow person to plow or shovel please instruct them not to put the snow in the street. It will only get plowed back, and you will be charged if we observe this happening.

Community Center Activities

Open to All Hillcrest and Pinecrest Residents

Fall Prevention

Wednesday January 23rd 9:00 a.m.

Community Center

Join Physical Therapist, Danny Clark from Port City Physical Therapy, at our community center for a group presentation reviewing balance systems, importance of continued mobility, and ways to decrease fall risks at home and during travel. After the group presentation Danny will offer 1-on-1 time for a risk assessment.

During the 1-on-1 time he will discuss

- Any individual fall risk concerns
- Assess balance using a few quick and easy standardized tests
- Review scores with you and talk about appropriate next steps if needed
- Discuss things to keep in mind when planning for trips to friends and family during wintry conditions.

Please sign up by Friday January 18th.

Afternoon Bridge

Mondays 3:00 p.m.

Calling all bridge players! You are invited to join us on Monday at 3:00 p.m. at the Community Center for an afternoon of Bridge. All levels are encouraged and welcomed to attend.

Intermediate Bridge Lessons

Fridays 4:00 p.m.

Hillcrest Community Center

Are you looking to advance your Bridge skills? Join us at the Community Center on Friday afternoons from 4:00 p.m. - 5:00 p.m. for bridge lessons for the intermediate player. You will learn the correct use of transfer bids, STAYMAN, weak twos, cue bids and reverse bids. These lessons will use both lecture and playing time. Taught by a 50 year veteran of competitive bridge, and Hillcrest resident Kassandra Barbour. There will be no bridge lessons on Friday January 11th (Monthly Meal).

Community Cafe

Mondays 11:00 a.m.

Come mingle, enjoy a delicious meal catered by Al's of Scarborough and meet friends every Monday at the Community Center. Doors open at 11:00 a.m. Lunch is served at 11:30 a.m. You must sign up or cancel by the Thursday before each meal. Bus transportation will be provided for those who request it. When you make your reservation, please let Andrew know if you would like a ride. The bus will begin picking up at 10:45 a.m.

The cost is just \$8.00 per meal.

January's Menu:

January 7th- Chop Suey with Garlic Bread, Tossed Salad, Fruit and Dessert

January 14th - Baked Ham with Pineapple Sauce, Mashed Potatoes, Veggies and Dessert

January 21st - Roast Turkey with Stuffing, Gravy, Mashed Potatoes, Veggies and Dessert

January 28th - Pot Roast with Carrots, Mashed Potatoes and Dessert

Bible Study

Tuesdays 2:00 p.m.

Would you like to participate in a Bible discussion? You are invited to attend an inspiring, informative time discussing the Word of God led by Hillcrest resident Bill Wallace, Artist/Teacher. Your thoughts and questions are certainly welcome. There will be no Bible Study on Tuesday January 1st (holiday).

Game Night

Mondays 6:00 p.m.

Gather around the table and enjoy board games and card games with friends. Playing cards, cribbage boards and board games are provided. Bring your favorite game if you want!!!

Community Center Activities

Open to All Hillcrest and Pinecrest Residents

Painting Group

Mondays 9:00 a.m.

Work on your next masterpiece. Bring your own supplies. ALL ability levels are encouraged and all are welcome. Make some new friends and create something beautiful!

Singles Group

Tuesday January 8th 1:00 p.m.

Join us at 1:00 p.m. at the Community Center. All single residents are welcome. This will be an opportunity to share your thoughts, ideas and suggestions for singles, as we become acquainted with each other. Let's make a great start with this new addition to the community activities.

Crafter's Club

Wednesdays 1:00 p.m.

Attention crafters! Bring your craft to the Community Center and join an amazing group. Come with ideas and projects to share. Even if you cannot attend regularly please feel free to drop in when you can. All skill levels are welcome.

Bingo

Thursdays 6:30 p.m.

Join the fun of Winner Take All Bingo. Each Bingo sheet costs \$1.00 and comes with 12 cards. Play as many cards per game as you like. All cards are on paper so bring your dauber.

Community Meal Prep

Friday January 11th 2:00 p.m.

Join the fun as we prepare for another wonderful Community Meal. We need help setting up the Community Center and preparation of food for the community meal. This is a great way to get involved in our community.

Monthly Community Meal

FRIDAY JANUARY 11TH

5:00 P.M.

AT THE COMMUNITY CENTER



ZITI WITH MEATBALLS
SALAD
FRUIT
DINNER ROLL
DESSERT



COST: \$5.00/PERSON



SIGN UP WITH ANDREW BY
WEDNESDAY JANUARY 9TH
DOORS OPEN AT 4:30 P.M.



PLEASE BRING A DESSERT TO
SHARE WITH FRIENDS AND
NEIGHBORS

Veterans Club

Friday January 4th 1:00 p.m.

Veterans, please join us for our monthly meeting at the community center. Our goal is to foster a relaxed fellowship of Veterans. We will talk shop, play pool and card games, plan outings and pass along information regarding veterans benefits and opportunities.

January

Sunday	Monday	Tuesday	Wednesday
<p>Registration for January Activities will Open on Monday December 31st at 8:00 a.m.</p>		<p>1 Happy New Year!! OFFICE CLOSED</p>	<p>2 Market Basket Crafter's Club</p>
<p>6</p>	<p>7 Walking 8:00 a.m. Painting 9:00 a.m. Community Cafe 11:00 a.m. Exercise 2:00 p.m. Bridge 3:00 p.m. Game Night 6:00 p.m.</p>	<p>8 Exercise 10:30 a.m. Lunch and Learn 11:30 a.m. Singles Group 1:00 p.m. Bible Study 2:00 p.m.</p>	<p>9 Movies Time Crafter's Club</p>
<p>13</p>	<p>14 Walking 8:00 a.m. Painting 9:00 a.m. Community Cafe 11:00 a.m. Exercise 2:00 p.m. Bridge 3:00 p.m. Game Night 6:00 p.m.</p>	<p>15 Exercise 10:30 a.m. Mystery Lunch A 11:00 a.m. Bible Study 2:00 p.m.</p>	<p>16 Casino 8:30 a.m. Crafter's Club</p>
<p>20</p>	<p>21 Walking 8:00 a.m. Painting 9:00 a.m. Community Cafe 11:00 a.m. Exercise 2:00 p.m. Bridge 3:00 p.m. Game Night 6:00 p.m.</p>	<p>22 Exercise 10:30 a.m. Mystery Lunch C 11:00 a.m. Bible Study 2:00 p.m.</p>	<p>23 Fall Prevention Crafter's Club On the Vine 1:</p>
<p>27</p>	<p>28 Registration for February Activities Opens at 8:00 a.m. Painting 9:00 a.m. Community Cafe 11:00 a.m. Exercise 2:00 p.m. Bridge 3:00 p.m. Game Night 6:00 p.m.</p>	<p>29 Wal-Mart 9:00 a.m. Exercise 10:30 a.m. Pick and Paint Pottery 12:30 p.m. Bible Study 2:00 p.m.</p>	<p>30 Soup Kitchen Crafter's Club</p>

Calendar 2019

Wednesday	Thursday	Friday	Saturday
<p>8:00 a.m. 1:00 p.m.</p>	<p>3 Art Museum 9:30 a.m. Exercise 10:30 a.m. Bingo 6:30 p.m.</p>	<p>4 Hannaford 9:00 a.m. Veterans Club 1:00 p.m. Bridge Lessons 4:00 p.m.</p>	<p>5 Neighbor to Neighbor Coffee and Doughnuts 10:00 a.m.</p>
<p>TBD 1:00 p.m.</p>	<p>10 Errands 9:00 a.m. Exercise 10:30 a.m. Bowling 12:30 p.m. Bingo 6:30 p.m.</p>	<p>11 Hannaford 9:00 a.m. Meal Prep 2:00 p.m. Monthly Community Meal 5:00 p.m.</p>	<p>12</p>
<p>m. 1:00 p.m.</p>	<p>17 Whole Foods/Trader Joe's 8:00 a.m. Exercise 10:30 a.m. Mystery Lunch B 11:00 a.m. Bingo 6:30 p.m.</p>	<p>18 Hannaford 9:00 a.m. Library 1:00 p.m. Bridge Lessons 4:00 p.m.</p>	<p>19</p>
<p>n 9:00 a.m. 1:00 p.m. 00 p.m.</p>	<p>24 Errands 9:00 a.m. Exercise 10:30 a.m. Portland Players 6:30 p.m. Bingo 6:30 p.m.</p>	<p>25 Hannaford 9:00 a.m. Bridge Lessons 4:00 p.m.</p>	<p>26</p>
<p>9:45 a.m. 1:00 p.m.</p>	<p>31 Breakfast Club 8:00 a.m. Exercise 10:30 a.m. Lyric Theater 6:30 p.m. Bingo 6:30 p.m.</p>		<p>Color Key: Bus Trip Activity at Community Center Exercise Class at Community Center</p>

Community Center Activities/Bus Trips

Open to All Hillcrest and Pinecrest Residents

Exercise Classes

Mondays 2:00 p.m.

Instructor: Andrew McBrady

This class focuses on using resistance bands and bodyweight exercises to gain strength, flexibility and balance. We provide resistance bands that range from 2-5 pounds of weight. If you have your own resistance bands, please feel free to bring them.

Tuesdays 10:30 a.m.

Instructor: Denise Lord, Hillcrest Resident

This class is a low impact workout that uses weights for strength training, towels for stretching, and plastic plates for a zumba routine to increase strength and cardiovascular endurance. No class on Tuesday January 1st (holiday).

Thursdays 10:30 a.m.

Instructor: Denise Lord, Hillcrest Resident

This class is a low impact cardio workout set to some rockin' good music. This class is designed to help you increase strength, stamina and cardiovascular endurance.

Neighbor to Neighbor Coffee and Doughnuts

Saturday January 5th 10:00 a.m.

Enjoy FREE coffee and doughnuts with friends and neighbors at the Community Center. This is a great way to meet new friends and get to know your neighbors!

Lunch and Learn

Tuesday January 8th 11:30 a.m.

Join DeeDee from Amedisys Home Health Care for a FREE blood pressure screening, lunch and presentation on the health issues that are important to you. Each month features a different topic. The January 8th discussion will focus on osteoarthritis.

Movie Theater

Wednesday January 9th

Time To Be Determined

We will travel to a local movie theater for an afternoon at the movies. Andrew will contact you on Monday January 7th with a selection of movies playing and what time the bus will be picking you up. Please be aware, because not all movies have the same start time, there may be a short wait either before or after your movie.

Pick and Paint Pottery

Color Me Mine Studio

Tuesday January 29th 12:30 p.m.

Portland, ME

Color Me Mine is Portland's largest paint your own pottery studio. Painting pottery is a relaxing, creative and fun project for all ages! All levels of artists are encouraged to come paint. Color Me Mine has a wide variety of pieces and paints for you to choose from. Whether you are looking for a simple mug, a dish/bowl for your pet, a personalize gift for someone special, or just looking to have some fun, Color Me Mine is the perfect place. So how does it work? Well it is as easy as 1-2-3. First you will select a piece from their wide selection. Second, you come up with your own design and colors. Third, you paint your piece. Once you are done painting and have paid for your piece it will be glazed and fired in the kilns. When the pieces are finished, Andrew will pick them up and deliver it to you.

On the Vine Marketplace

Wednesday January 23rd 1:00 p.m.

Join us as we travel On The Vine Marketplace, at Dunstan Corner. On The Vine offers fresh local produce and products, a butchers counter and bakery full of delicious treats.

Community Bus Trips

Open to All Hillcrest and Pinecrest Residents

Hillcrest Retirement Community and Pinecrest Community Bus

Whether you are an independent driver or not, all residents are welcome and encouraged to join us on our community bus. The 14 passenger wheelchair accessible bus travels to various destinations for fantastic outings and weekly shopping trips. We offer door to door service, pick you up and drop you off at your house. All transportation is FREE. Registration is required as space can be limited. Please see the calendar for when registration begins each month. You may register by calling Andrew (883-2512) or by e-mail (andrew@statemanufacturedhomes.com).



Preble St. Soup Kitchen

Wednesday January 30th 9:45 a.m.

Help out at the Preble Street Soup Kitchen! The mission of Preble Street is to provide accessible, barrier-free services to empower people experiencing problems with homelessness, housing, hunger, poverty and to advocate for solutions to these problems. Part of Preble Street's commitment to meeting people's basic needs include operating three soup kitchens in Portland that serve a combined 1,200 meals a day. Volunteering in the Resource Center soup kitchen includes helping with the preparation, service, and clean-up of a meal. Kitchen staff is present the entire time to provide guidance and support in the tasks that need to be completed for that meal.

Mystery Lunch

A-Tuesday January 15th 11:00 a.m.

B-Thursday January 17th 11:00 a.m.

C- Tuesday January 22nd 11:00 a.m.

Venture out to the great unknown for lunch. Board the bus for this monthly outing, sit back and relax as the driver brings you to a mystery location for lunch. The location is a mystery, and a good time is guaranteed! Because this trip is so popular, we have three separate trips this month. We may or may not travel to the same restaurant, but that is the fun of a mystery lunch.

When you sign up you have the option of picking which day you would like to attend. Please remember that you may sign up for only one of the mystery lunches per month to save room for your neighbors!

Breakfast Club

Thursday January 31st 8:00 a.m.

Join us and enjoy a delicious breakfast and meet some new friends. This month, the Breakfast Club will be going to IHOP in South Portland.

Community Bus Trips

Open to All Hillcrest and Pinecrest Residents

Errands

Thursday January 10th 9:00 a.m.

Thursday January 24th 9:00 a.m.

Let us help you run some of those pesky errands. We offer transportation twice a month. If you need to go to the pharmacy, bank, to a doctor's appointment or even to get a haircut, please give us a call (883-2512) and schedule your ride with Andrew. To help you plan accordingly, errands will take place on the following days at 9:00 a.m.:

- February 7th and 21st
- March 7th and 21st
- April 4th and 18th

Weekly Grocery Shopping

Fridays 9:00 a.m.

Hop on the bus every Friday and go to Hannaford for your weekly grocery shopping needs. Do not forget we also carry your bags into the house for you if you would like us to!

Market Basket

Wednesday January 2nd 8:00 a.m.

Sit back and relax as we take away the hassle of driving to Biddeford to shop at the only Market Basket in Maine.

Wal-Mart

Tuesday January 29th 9:00 a.m.

Let us do the driving to the local Wal-Mart for all your shopping needs.

Whole Foods & Trader Joes

Thursday January 17th 8:00 a.m.

Join us to shop at Whole Foods Market in Portland. After Whole Foods we will go to Trader Joes to finish your shopping needs.

Bowdoin Museum of Art

Thursday January 3rd 9:30 a.m.

Brunswick, ME

There is always something to see at the Bowdoin College Museum of Art! From highlights of their permanent collection, to rotating special exhibitions on a great variety of themes.

Currently the museum has three special exhibits:

Material Resources: Intersections of Art and the Environment

This exhibition explores the intersections of art and the environment with works drawn from the Museum's permanent collection. Featuring objects from antiquity to today, "Material Resources: Intersections of Art and the Environment" examines artists' dependence on Earth's material resources, while presenting art as an integral "material" resource in the study of the environment.

Spring of Discontent: The Photography of Michael Ruet

In a visual diary of iconic photographs, Ruetz captured the events and circumstances of 1968 and the ideas and socio-political changes associated with the '68 Movement in Germany and beyond.

Among Women

This exhibition explores the artistic portrayal of women in the United States over the last three centuries. Featuring outstanding portraits in all media from the Museum's permanent collection and several important loans, it examines the myriad ways that artists have represented women in the history of American art.

After spending time at the museum we will stop for lunch at a local restaurant in Brunswick. Admission to the museum is free, but a donation is suggested.

Community Bus Trips

Open to All Hillcrest and Pinecrest Residents

Big 20 Bowling

Thursday January 10th 12:30 p.m.

Time to lace up those bowling shoes!! We will be heading down Route One to bowl at The Big 20. The Big 20 is a classic New England style candlepin bowling alley. We will receive a special rate of just \$5.00/person (pay at Big 20) for two strings of bowling and shoe rentals. Bowlers of ALL levels are welcome to join the fun.

Oxford Casino

Wednesday January 16th 8:30 a.m.

Hop on the bus for some "*wicked good fun*" as we travel up Route 26 to the Oxford Casino. While there, you will be able to try your luck at 850 action-packed slot machines and tables. After spending the morning playing the one-armed bandits, you can enjoy lunch at the in house restaurant or cafe. The bus will begin picking you up at your house at 8:30 a.m. We will leave the casino by 1:30 p.m. Transportation is FREE.

One Flew Over the Cuckoo's Nest

Thursday January 24th 6:30 p.m.

Portland Players Theater

South Portland, Maine

Join the fun as the bus travels to the Portland Players Theater for their next production of the 2018/2019 season, "One Flew Over the Cuckoo's Nest"

"Mental hospital patient Randle McMurphy leads a revolt against cold Nurse Ratched in this stage adaptation of the Ken Kesey novel."

Tickets are just \$5.00 (to be paid to the theater at the time of the show) for this special preview showing.

The Mousetrap

Lyric Music Theater

Thursday January 31st 6:30 p.m.

South Portland, Maine

Hop aboard as the bus whisks you away to the "theater just off Broadway" for an evening of musical theater. The Lyric Music Theater continues their 2018/2019 season with "The Mousetrap".

"Seven strangers are stranded at Monkswell Manor during a blizzard. A police sergeant unexpectedly arrives, worried that a murderer-at-large is among the guests of the Manor. One of them is the killer and another one of them may be the next victim. Will the sergeant be able to solve the case before another "mouse" falls?"

Tickets are just \$10.00 (to be paid to the theater at the time of the show) for this special preview showing.

Scarborough Library

Friday January 18th 1:00 p.m.

Come along to the Scarborough Public Library. While at the library you will be able to browse the latest new releases or go back in time to one of your favorites. The Scarborough Library also offers a selection of large print and audio books, movies and computers with Internet access.

Walking

Maine Mall

Mondays 8:00 a.m.

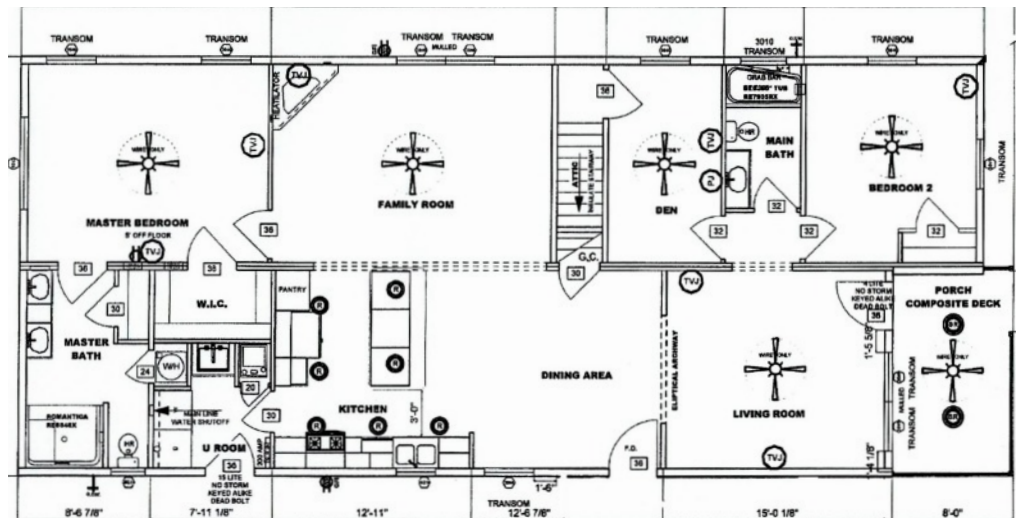
Join us for a walk at the Maine Mall in South Portland. Our walks last approximately 45 minutes and you go at your own pace. There will be no walking on Monday January 28th (registration day).

Home of the Month

641 Butternut Lane

1,792 Sq. Ft., 2 Bedrooms, 2 Baths, Den, Family Room

- *Designer Gourmet Kitchen
- *Front Covered Porch
- *White Raised Panel Cabinets in Kitchen and Baths
- *Stainless Steel Kitchen Appliance Package
- *Gleaming Hardwood Flooring Installed
- *Walk Up Attic Storage
- *Energy Star Program Certified
- *Recessed Can Lights
- *Ceiling Fans with Lights
- *Corner Gas Fireplace
- *Step In Shower in Master Bath
- *Transom Windows
- *Separate Laundry Room with Deep Sink
- *Attached TWO Car Garage!



STATE
MANUFACTURED
HOMES, INC.

126 US Route One
Scarborough, ME 04074
(207) 883-2512
Statemanufacturedhomes.com

SINCE 1944

*Remember the most important thing
about buying a manufactured home is
who you buy it from*