



March 2019

# HILLCREST HERALD

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

## Recognizing Scams with David Leech

Wednesday March 6th 10:30 a.m.

### Hillcrest Community Center

Join us at the Community Center as David Leech, from the State of Maine, speaks about Financial Protection and how to recognize potential scams.

David is a Maine native, with 29+ years in Maine State Government in both bank and non-bank credit regulation. The author or co-author of 10+ consumer protection guides and the writer and executive producer of the Time Warner Cable TV series "Consumer Credit 101." David will be here to speak on how to recognize of the latest scams including; Debt Collection and Management, Phishing and IRS, and what you can do to help protect yourself.

**Lunch will be provided so please sign up by Friday March 1st.**

## 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](mailto: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:

Donald & Valerie Daly

424 Jacob Ave.

Pam Hinckley

411 Topaz Dr.

## In Memory Of:

Larry Clementz, husband of Peggy

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# Bulky Item Pick Up

On Tuesday April 16th “The Dump Guy” will be in our communities to help you dispose of unwanted bulky items.

## **How it Works:**

1. Call the office of State Manufactured Homes (883-2512) to let them know you have items you would like picked up. You will need a description of what is being disposed of (ie a dresser, mattress, bags of trash, etc.)
2. Pay in advance at the office of State Manufactured Homes
3. Sit back and let the “Dump Guy” do all the heavy lifting as you say good-bye to your unwanted items.

## **Fees:**

There is a \$20.00 minimum fee which includes one furniture item (dresser, mattress, table etc.) or up to 7 bags of trash, or boxes worth of debris, excluding any hazardous materials.

If you have more than one furniture item or 7 bags of trash, other items may be disposed of with an additional fee:

- \$10 per extra mattress
- \$5 per smaller furniture item
- \$10 per larger furniture items
- \$10 per TV
- \$5 per propane tank or tire
- \$20 per freon unit (Refrigerator, Air Conditioner, Dehumidifier)
- \$3 per gallon of paint (cannot take flammable liquids, stains, or oil)
- \$2 for each additional bag of trash, or box of debris

**To take advantage of this new program you must sign up and pay no later than 1:00 p.m. on Friday April 12<sup>th</sup>.**

Pick up of unwanted items will begin at 9:00 a.m. on Tuesday April 16<sup>th</sup>.

# Community Center Activities

Open to All Hillcrest and Pinecrest Residents

## Neighbor to Neighbor Coffee and Doughnuts

**Saturday March 2nd 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 March 12th 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 March 12th discussion will focus on **Hypertension**.

## 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.**

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 March 8th (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.**

### **March's Menu:**

**March 4<sup>th</sup>** - Shrimp Scampi with Garlic Bread, Tossed Salad, Fruit and Dessert

**March 11<sup>th</sup>** - Roast Turkey with Stuffing, Gravy, Mashed Potatoes, Veggies and Dessert

**March 18<sup>th</sup>** - Ziti with Peppers, Sausage, Garlic Bread, Tossed Salad, Fruit and Dessert

**March 25<sup>th</sup>** - Pot Roast with Carrots, Mashed Potatoes and Dessert

## Singles Group

**Tuesday March 12th 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.

## 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!

## 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.

## 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.

## Veterans Club

**Friday March 1st 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.

## Monthly Community Meal

FRIDAY MARCH 8TH

5:00 P.M.

AT THE COMMUNITY CENTER



BOILED DINNER  
CORNED BEEF & CABBAGE  
CARROTS  
POTATOES  
SALAD  
DINNER ROLL  
DESSERT



COST: \$5.00/PERSON



SIGN UP WITH ANDREW BY  
WEDNESDAY MARCH 6TH



PLEASE BRING A DESSERT TO  
SHARE WITH FRIENDS AND  
NEIGHBORS

DOORS OPEN AT 4:30 P.M.

## Community Meal Prep

**Friday March 8th 1:00 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.

# March

Sunday	Monday	Tuesday	Wednesday
<p>Registration for March Activities will Open on Monday February 25th at 8:00 a.m.</p>		<p>Color Key:            Bus Trip            Activity at Community Center            Exercise Class at Community Center</p>	
<p>3</p>	<p>4            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>5            Market Basket 8:00 a.m.            Yoga 9:00 a.m.            Exercise 10:30 a.m.            Bible Study 2:00 p.m.</p>	<p>6            Recognizing S            10:30 a.m.            Crafter's Club</p>
<p>10</p>	<p>11            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>12            Breakfast Club 8:00 a.m.            Yoga 9:00 a.m.            Exercise 10:30 a.m.            Lunch and Learn 11:30 a.m.            Singles Group 1:00 p.m.            On the Vine 1:00 p.m.            Bible Study 2:00 p.m.</p>	<p>13            Casino 8:30 a.m.            Crafter's Club</p>
<p>17</p>	<p>18            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>19            Yoga 9:00 a.m.            Wal-Mart 8:00 a.m.            Exercise 10:30 a.m.            Mystery Lunch B 11:00 a.m.            Bible Study 2:00 p.m.</p>	<p>20            Movies 'Time'            Crafter's Club</p>
<p>24 Community Center Closed for Private Function 12:00 p.m. - 7:00 p.m.</p>	<p>25            Registration for April 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>26            Yoga 9:00 a.m.            Freeport Shopping 9:30 a.m.            Exercise 10:30 a.m.            Bible Study 2:00 p.m.</p>	<p>27            Soup Kitchen            Crafter's Club</p>
	<p>31</p>		

# 2019

Wednesday	Thursday	Friday	Saturday
		<p>1  <b>Hannaford 9:00 a.m.</b>            Veterans Club 1:00 p.m.            Bridge Lessons 4:00 p.m.</p>	<p>2            Neighbor to Neighbor            Coffee and Doughnuts            10:00 a.m.</p>
<p>Scams            1:00 p.m.</p>	<p>7  <b>Errands 9:00 a.m.</b>  <b>Exercise 10:30 a.m.</b>  <b>Bowling 12:30 p.m.</b>            Bingo 6:30 p.m.</p>	<p>8  <b>Hannaford 9:00 a.m.</b>            Meal Prep 1:00 p.m.            Monthly Community            Meal 5:00 p.m.</p>	<p>9            Community Center            Closed for Private            Function            12:00 p.m. - 5:00 p.m.</p>
<p>m.            1:00 p.m.</p>	<p>14  <b>Whole Foods/Trader Joes            8:00 a.m.</b>  <b>Exercise 10:30 a.m.</b>  <b>Mystery Lunch A 11:00 a.m.</b>            Bingo 6:30 p.m.</p>	<p>15  <b>Hannaford 9:00 a.m.</b>  <b>Library 1:00 p.m.</b>  <b>Fit to Live 1:00 p.m.</b>            Bridge Lessons 4:00 p.m.</p>	<p>16</p>
<p>TBD            1:00 p.m.</p>	<p>21  <b>Errands 9:00 a.m.</b>  <b>Exercise 10:30 a.m.</b>            Scarborough Garden Club            12:00 p.m.            Bingo 6:30 p.m.  <b>Portland Players 6:30 p.m.</b></p>	<p>22  <b>Hannaford 9:00 a.m.</b>  <b>Fit to Live 1:00 p.m.</b>            Bridge Lessons 4:00 p.m.</p>	<p>23</p>
<p>9:45 a.m.            1:00 p.m.</p>	<p>28  <b>Exercise 10:30 a.m.</b>  <b>Maine Flower Show            12:30 p.m.</b>            Bingo 6:30 p.m.  <b>Lyric Theater 6:30 p.m.</b></p>	<p>29  <b>Hannaford 9:00 a.m.</b>  <b>Fit to Live 1:00 p.m.</b>            Bridge Lessons 4:00 p.m.</p>	<p>30</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 & Thursdays 10:30 a.m.**

**Instructor: Denise Lord, Hillcrest Resident**

A new program has been developed by Denise to include balance control, movement of joints and different music for each session. Strengthening exercises are also included. A chair is always nearby.

## Chair Yoga for Everyone

**Tuesdays 9:00 a.m.**

**Instructor: Sharon Wilke**

This yoga class is designed for everyone, with a gentle approach and is user friendly. The hour long class will focus on breathing, meditation and deep stretching to help increase mobility, range of motion and build strength and flexibility.

## Fit to Live Fit to Dance

**Fridays 1:00 p.m.**

**Instructor: Patty Medina, Certified by the American Council on Exercise, Fitness Coach**

“Dancing makes you smarter” Stimulating one’s mind by moving can ward off Alzheimer’s disease. (N.E. Journal of Medicine) Join us in a complete work-out, of dancing, strength training, balance and stretching specifically designed to keep your body functioning properly which will give you more energy, joint mobility and fitness and improve the quality of your life. **Class begins on Friday March 15<sup>th</sup>.**

## Movie Theater

**Wednesday March 20<sup>th</sup>**

**Time To Be Determined**

We will travel to a local movie theater for an afternoon at the movies. Andrew will contact you on Monday March 18<sup>th</sup> 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.

## On the Vine Marketplace

**Tuesday March 12<sup>th</sup> 1:00 p.m.**

Join us as we travel to 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.

## Oxford Casino

**Wednesday March 13<sup>th</sup> 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.





# 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](mailto:andrew@statemanufacturedhomes.com)).



## Preble St. Soup Kitchen

**Wednesday March 27th 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-Thursday March 14th 11:00 a.m.**

**B-Tuesday March 19th 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 two 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

**Tuesday March 12th 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.

## 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 March 25th (registration day).

# Community Bus Trips

Open to All Hillcrest and Pinecrest Residents

## Errands

**Thursday March 7th 9:00 a.m.**

**Thursday March 21st 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.:

- April 4th and 18th
- May 9th and 23rd
- June 13th and 27th

## 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

**Tuesday March 5th 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 March 19th 8:00 a.m.**

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

## Whole Foods & Trader Joes

**Thursday March 14th 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.

## Freeport Shopping

**Tuesday March 26th 9:30 a.m.**

**Freeport, ME**

Join us as we venture to Freeport for a day of shopping. Enjoy shopping at L.L. Bean's flagship campus, the outlet shops of Freeport Village or along Main Street with a variety of boutiques. The bus will begin picking you up at 9:30 a.m. We will leave Freeport by 2:00 p.m. Lunch will be on your own.

## Scarborough Library

**Friday March 15th 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.

## Big 20 Bowling

**Thursday March 7th 12:30 p.m.**

**Scarborough, ME**

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.



# Community Bus Trips

Open to All Hillcrest and Pinecrest Residents

## Camelot

**Thursday March 21st 6:30 p.m.**

**Portland Players Theater  
South Portland, Maine**

Join the fun as the bus travels to the Portland Players Theater for the next production of the 2018/2019 season, "*Camelot*"

"An idealistic young King Arthur hopes to create a kingdom built on honor and dignity, embodied by his Knights of The Round Table. His Ideals, however are tested when his lovely queen, Guenevere, falls in love with the young Knight, Lancelot and the fate of the kingdom hangs in the balance. *Camelot* features a rich score boasting such gems as "If Ever I Would Leave You," "I Loved You Once in Silence," "The Lusty Month of May," and of course, "Camelot."

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

## The Bridges of Madison County

**Lyric Music Theater**

**Thursday March 28th 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 Bridges of Madison County*".

"Based on the best-selling novel, a forbidden love affair between a photographer and a housewife changes them forever. *The Bridges of Madison County* captures the lyrical expanse of America's heartland along with the yearning entangled in the eternal question "What if...?" This sweeping romance about the roads we travel the doors we open and the bridges we dare to cross will leave audiences breathless."

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

## Maine Flower

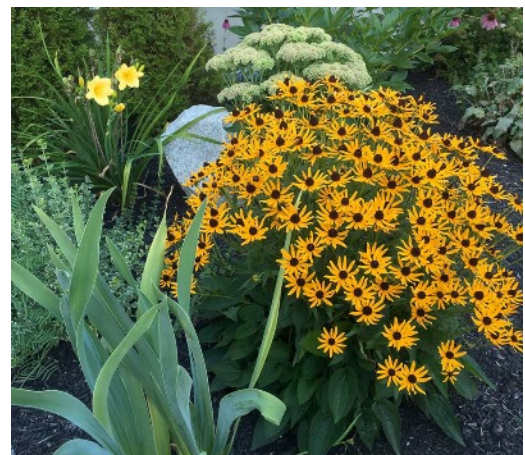
**Show**

**Thursday March  
28th**

**12:30 p.m.**

**Portland, Maine**

Don't miss the 3rd Annual Maine Flower Show!! One of the biggest gardening and horticultural shows in the region where landscapers, exhibitors, designers, and horticulturists come together for this highly anticipated annual event. This year's theme is *A Walk in Maine* will immerse you in the colors, smells and sounds of the great state of Maine and experience its natural beauty firsthand. Stroll through the plantings, stone structures, waterscapes and covetous blooms, and don't be surprised if on your walk you feel you've been transported to a spring garden in Down East Maine, a coastal backyard, or a charming Maine neighborhood where the designers and growers have transformed the block. In addition to 13 display gardens, the Maine Flower Show will have 115 exhibits of plants, hardscape, arbor and garden supplies, and all things related to outdoor yardscaping and living. Hundreds of Products and Supplies for Outdoor Gardening Enthusiasts! Tickets are just \$15.00 and can be purchased at the door. Because this is such a popular trip, multiple bus trips will be made if needed.



# Home of the Month

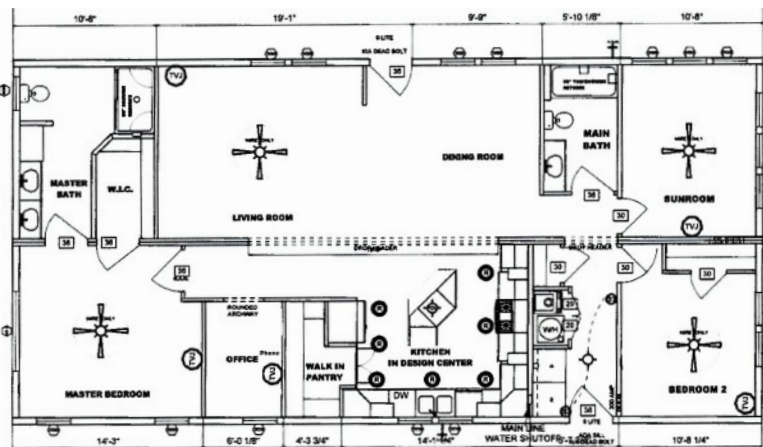
1 Skyline Street

Pine Grove "Harpwell" Manufactured Home  
1,568 Sq. Ft., 2 Bedrooms, 2 Baths, Sunroom, Office

- \*Designer Kitchen with Walk In Pantry
- \*White Kitchen Cabinets
- \*Stainless Steel Kitchen Appliance Package
- \*Oak Hardwood Flooring in Living Areas and Bedrooms
- \*Spacious Living Area



- \*Energy Star Program Certified
- \*Smooth Sheetrock Walls and Ceilings
- \*Recessed Can Lights and Ceiling Fans with Lights
- \*Located on Corner Lot



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