Old Town – Orono YMCA

HERBERT E. SARGENT CENTER for Community Connection

the YMCA



NOVEMBER 2026

ISSUE 11.26

DROP-IN ACTIVITIES

SPECIAL GUESTS

GATHERINGS & CELEBRATIONS

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From Our Director

Dear Friends,

We're excited to officially begin this new way of connecting with our community and sharing all the wonderful things happening at the Sargent Center. Think of this Circular as your invitation to come through the doors, meet new people, try something different, and be part of something special. At the heart of what we're building is a simple idea: everyone deserves opportunities to connect, learn, create, and belong at every stage of life.

Our community is stronger when people have places where they can gather, share their experiences, discover new interests, and simply enjoy being together. This is about more than filling a calendar with activities. It's about creating opportunities for friendship, laughter, creativity, and continued growth.

COME CONNECT • We're bringing people together through social events and activities, games, gatherings and outings, and good old-fashioned conversation.

COME LEARN • Curiosity doesn't retire! Our workshops and educational programs are designed to encourage lifelong learning and give you opportunities to explore new topics, build skills, share knowledge, and discover interests you may not have had time to pursue before.

COME CREATE • There is something wonderfully satisfying about making something with your own hands, trying a new idea, or simply letting your imagination take the lead. No experience is necessary and perfection is definitely not required!

Creating these opportunities is important because community doesn't happen by accident. We want the Sargent Center to be more than a building with programs on a calendar. We want it to be a place where people feel welcome, make new friends, and look forward to coming back.

This is just the beginning! We hope you'll find something that catches your eye. Try an activity you've never tried, join a workshop, come to an event, bring a friend, or simply stop in and say hello.

So, welcome to our first newsletter and welcome to this next chapter for our community! Let's connect. Let's learn. Let's create. And most importantly, let's do it together.

With excitement and gratitude,

Nicole McClendon-Walker

HERBERT E. SARGENT CENTER FOR COMMUNITY CONNECTION DIRECTOR

Community Partners

EASTERN AREA AGENCY ON AGING

Did you know Eastern Area Agency on Aging offers nutrition assistance, caregiver support, and resources that help people maintain their independence? In September, they joined us to talk about the many programs and services available to older adults in Eastern Maine!

Thank you to the EAAA team for sharing these valuable resources with our community!



We loved welcoming Valerie Curtis from Old Town Hannaford for a Heart Healthy Eating & Cooking class! Valerie shared helpful tips for making heart-healthy food choices and preparing nutritious meals at home.

Thank you, Valerie & Hannaford, for helping us bring opportunities to learn something new and support healthier living in our community!



What a treat to have live music at the Sargent Center! Thanks to the Bangor Symphony Orchestra's Music & Wellness program, we welcomed Lynn Brubaker & Marisa Solomon for a special duet performance.

We're so grateful to the BSO for making this experience possible and sharing the joy of live music with everyone!







Have you noticed how clean our garden beds look this fall? You have Camden National Bank to thank for that! As part of their Community Well-Being Day, staff rolled up their sleeves to spruce up our outdoor spaces and help make our grounds a safer, more welcoming place for everyone who visits.

We appreciate the CNB team for their hard work and willingness to give back to our community!

Camden NATIONAL BANK

Caught on Camera



















Get Involved

GIVE TODAY. HELP A NEIGHBOR.

Your gift to the Old Town–Orono YMCA Annual Campaign provides financial assistance so local children, families, and individuals can participate in Y programs and activities, regardless of their ability to pay.

Together, we can make sure cost is never a barrier to belonging, growing, and thriving at the Y.

FULL NAME: _____

PHONE NUMBER: (___ ___ ___) ___ ___ ___ - ___ ___ ___ ___

EMAIL: _____

DONATION AMOUNT: $ _____ □ One time □ Monthly

□ Check □ Credit Card* □ Please send me an invoice

* A member of our Front Desk staff will call to take credit card payments over the phone

GIVE ONLINE

DON'T WANT TO MAKE YOUR GIFT ONLINE?

Cut out this donor card and drop it off at the Y or mail it to:

472 Stillwater Avenue
Old Town, ME 04468

GROW YOUR BUSINESS.
STRENGTHEN OUR COMMUNITY.

YOUR BUSINESS HERE!

QUARTER PAGE ADVERTISEMENT

$35/month

2.375"W × 3.875"H

SCAN TO ADVERTISE

VOLUNTEER AT THE SARGENT CENTER

Interested in getting involved and giving back? Stop by the Sargent Center or reach out to Nicole.McClendon@OTOYMCA.org for more information about upcoming volunteer opportunities, including:

- Responding to Holiday Extravaganza letters as one of Santa's helpers
- Leading Sargent Center Activities



BAKE IT FORWARD: PIE IN THE SKY

VOLUNTEER DAY!

Tuesday, November 24

Help us bake, prepare, and package delicious pies for our neighbors while supporting the Herbert Sargent Center.

NO BAKING EXPERIENCE REQUIRED!

SIGN UP TODAY



PIE SALES

October 15 – November 20

A delicious way to give back this Thanksgiving!

Pick up your pre-ordered pies Wednesday, November 25, 9:30 AM – 1:30 PM at the Herbert E. Sargent Center for Community Connection just in time for Thanksgiving!

$16 per pie, 2 for $30

PRE-ORDER TODAY

OFFERINGS

CHOCOLATE CREAM

PUMPKIN

APPLE

Introduction to Line Dancing & Partner Dance

November 12 • 12 PM – 1 PM

Kick up your heels and have some fun with this introductory line dancing and partner dance workshop. Learn simple, easy-to-follow line dance steps in a relaxed and welcoming atmosphere.

NO DANCE PARTNER OR DANCE EXPERIENCE NEEDED.
Just come ready to move, laugh, and enjoy some good music and great company!

MEET YOUR INSTRUCTORS



Dee (Delia Comeau) Carter is a native Old Town gal who grew up right on South Main Street. After spending many years in Maryland, she returned to Maine in 2013 with her husband, Jimmy Carter (yes, that's really his name!). Jimmy was born in Illinois, grew up in Pennsylvania and served more than 20 years in the United States Air Force.

Their story together began on a country western dance floor in Maryland in 1996, when Jimmy claims Dee asked him to dance. But, as Dee might tell you, there are always two sides to every story! They fell in love on the dance floor and have been happily dancing together ever since. They even celebrated their wedding with an old-fashioned country western party, complete with potluck food and plenty of dancing with family and friends!

Now, while enjoying retirement in Old Town, Dee and Jimmy are excited to share their love of country western dancing with the community. They look forward to meeting y'all for some fun and dancing this fall!

SCAN TO REGISTER

The County Federal Credit Union presents:

Fraud Education Workshop

November 20 • 10 AM – 11 AM

Protect yourself and your loved ones from scams and fraud! This informative and engaging workshop is designed to help seniors recognize common scams, identify warning signs, and learn practical ways to protect personal and financial information.

We'll discuss common fraud tactics, including suspicious phone calls, emails, text messages, online scams, and impersonation schemes. Come learn, ask questions, gain helpful tips on what to do if something doesn't seem right and where to turn for assistance, and feel more confident navigating today's world while keeping your information safe!

THE COUNTY FEDERAL CREDIT UNION

SCAN HERE TO REGISTER

Versant Power presents:

Energy Literacy

November 23 • 10 AM – 11 AM

Understand bills, rate changes, scams, assistance programs, and more! VERSANT representatives will also be available for a Q&A immediately following this presentation.

VERSANT POWER

SCAN HERE TO REGISTER

Betsy Paradis presents:

Genealogy 101

December 4 • 10 AM – 11 AM

Take a fascinating look into family history and genealogy! We'll explore how family stories, historical records, ancestry, and generations of relatives come together to tell the story of where we come from. You'll learn about the process of tracing family roots and discovering the people, places, and events that shaped your family history.

SCAN HERE TO REGISTER

GATHERINGS & CELEBRATIONS



GROW YOUR BUSINESS.
STRENGTHEN OUR COMMUNITY.

YOUR BUSINESS HERE!

HALF PAGE ADVERTISEMENT

$60/month

5"W × 3.875"H

SCAN TO ADVERTISE

STARS, STRIPES AND SERVICE:
A Veterans Day Celebration

Celebrate Veterans Day with coffee, light refreshments, and a special visit from Bear, UMaine PD's Comfort K-9! Enjoy good company and a furry friend who brings smiles wherever he goes.

FREE EVENT

ALL ARE WELCOME. NO REGISTRATION REQUIRED!

Need a ride? We can help!
Email Nicole.McClendon@OTOYMCA.org or call (207) 827-6112 for transportation assistance.

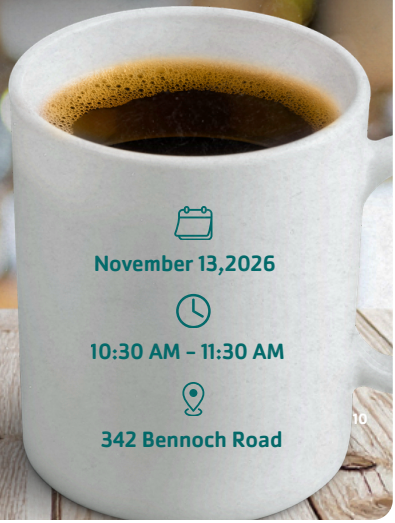
NOVEMBER 11,2026 | **10:00 AM - 11:30 AM** | **342 Bennoch Road**

Coffee, connection, and community with
HOMETOWN HEROES

Share a cup of coffee with the first responders who help keep our community safe!

- Meet local first responders
- Hear their stories and ask questions
- Connect with neighbors and show your appreciation for our hometown heroes!

FREE COFFEE SERVED
ALL ARE WELCOME!



November 13,2026

10:30 AM - 11:30 AM

342 Bennoch Road

YOU ARE INVITED TO OUR

MOVIE MATINEE: BREAKFAST AT TIFFANY'S

NOVEMBER 16 • 10:30 AM

EMBRACE YOUR INNER AUDREY HEPBURN AND ADORN YOURSELF WITH YOUR BEST JEWELS AND PEARLS OR COME AS YOU ARE!





Hannaford presents: Heart Healthy Trip & Tour

November 19 • 9:45 AM – 11:00 AM

Meet us at the Sargent Center and hop on the Y bus for a field trip to Hannaford to learn all about their Guiding Stars, label reading, and cooking shortcuts! We'll also learn simple tips for making nutritious, heart-healthy food choices and recipes you can prepare right at home along with practical cooking ideas, healthy ingredient swaps, and other information to support a healthier lifestyle.

SCAN TO REGISTER

Family Hot Cocoa

PAINT & SIP

Get creative with a cozy winter painting experience for the whole family!

- Paint your own snowman masterpiece on canvas
- Enjoy delicious hot cocoa while you create
- Step-by-step painting tutorial provided
- Ages: 5+
- No experience needed!



$20 per canvas

SIGN UP TODAY

December 11, 2026 | 6:00 PM – 7:30 PM | 342 Bennoch Road

HOLIDAY LIGHTS EXPRESS

An Exclusive Christmas Lights Tour for Older Adults

$5



DECEMBER 19,2026 • 5:00 PM – 5:30 PM

Old Town – Orono YMCA (472 Stillwater Avenue)

Enjoy a festive bus ride through Hamel Lane's beautiful Christmas lights and holiday displays!

- Exclusive to older adults
- Cozy ride aboard our small bus
- Complimentary hot cocoa and cookies during the ride
- Sit back, relax, and enjoy the holiday magic!

SIGN UP TODAY

GAMES & ACTIVITIES

Price Is Right Game!

November 6 • 10:30 AM – 11:30 AM

COME ON DOWN...and join us for a fun-filled Price Is Right-style game! Test your guessing skills as we try to guess the prices of everyday items without going over. Plus, enjoy some friendly competition, laughter, and maybe even a few surprises along the way!

SCAN HERE TO REGISTER

Ribbon Wreath Workshop

November 18 • 11:30 AM – 1:00 PM

Get creative and add a festive touch to your fall décor! Head to the Sargent Center and learn to combine beautiful autumn-inspired ribbons, colors, and textures to create a charming seasonal wreath.

These wreaths are perfect for decorating doors, baskets, or adding a little fall flair to your home. Plus, your finished creation will be uniquely yours!

NO EXPERIENCE NECESSARY! Just bring your creativity and enjoy some seasonal crafting fun with us.



SCAN HERE TO REGISTER BY 11/11

Backyard Buck NERF Hunt

December 3 • 9:00 AM – 12:30 PM

Get ready for an action-packed adventure inside the Sargent Center gymnasium! We're bringing the excitement of an outdoor hunt, complete with obstacles to duck behind, hide around, and navigate through. Grab your NERF gear, take aim, and test your skills as you maneuver through the course in search of the bucks! Whether you're sneaking through the obstacles or lining up the perfect shot, it's sure to be a fun-filled time full of friendly competition, teamwork, and adventure. Come ready to aim, dodge, and have a blast!

SCAN HERE TO REGISTER



the YMCA

WINTER CRAFT FAIR

December 5, 2026 • 9 AM – 1 PM

The Old Town – Orono YMCA's
Herbert E. Sargent Center for Community Connection

$25 PER TABLE

For more information, please contact Nicole.McClendon@OTOYMCA.org

SIGN UP TODAY

Stillwater Room Activity Calendar

NOVEMBER 2026

MONDAY	TUESDAY
2 9:30 AM – 11:30 AM Cribbage Corner (BYOB: Bring Your Own Board) 12:30 PM – 1:30 PM Gratitude Garland	3 9:30 AM – 10:30 AM Technology Tuesday 12:30 PM – 1:30 PM Fall Talk Dice Game
9 9:30 AM – 11:30 AM Knit Happens • Bring Your Own Project 10:00 AM – 12:30 PM Cards of Kindness for First Responders	10 9:30 AM – 10:30 AM Technology Tuesday 10:00 AM – 12:00 PM Day In The Life Drawing
16 9:30 AM – 11:30 AM Cribbage Corner (BYOB: Bring Your Own Board) 10:30 AM – 12:30 PM MOVIE MATINEE Movie: Breakfast At Tiffany's	17 9:30 AM – 10:30 AM Technology Tuesday 11:30 AM–12:30 PM FRIENDSGIVING POTLUCK LUNCHEON
23 9:00 AM – 10:00 AM Knit Happens • Bring Your Own Project 10:00 AM – 11:00 AM SPECIAL GUEST: VERSANT Energy Literacy: Understanding bills, rate changes, scams, assistance programs and more!	24 9:30 AM – 10:30 AM Technology Tuesday SENIOR CINEMA DAY • Field trip to Black Bear Cinemas $5/person plus concessions MUST REGISTER BY 11/20 BAKE IT FORWARD: PIE IN THE SKY VOLUNTEER DAY!
30 9:00 AM – 10:00 AM Cribbage Corner (BYOB: Bring Your Own Board) 10:00 AM – 11:30 AM Name That Tune!	

WEDNESDAY	THURSDAY	FRIDAY
4 10:00 AM – 11:30 AM Drop-In Craft: Butterfly Leaf Print 11:15 – 11:30 & 11:45–12:00 PM Guided Meditation with Angie	5 9:00 AM – 12:30 PM Badminton 10:00 AM – 11:30 AM Bingo!	6 9:30 AM – 10:00 AM Poetry Share 10:30 AM – 11:30 AM Price is Right Game! MUST REGISTER BY 11/6 (9 AM)
11 10:00 AM – 11:30 AM Stars, Stripes, and Service w/ Bear (UMPD's Comfort K-9) 11:15 – 11:30 & 11:45–12:00 PM Guided Meditation with Angie HAPPY VETERANS DAY	12 9:00 AM – 12:30 PM Cornhole 10:00 AM – 11:30 AM Bingo! 12:00 PM – 1:00 PM Introduction to Line Dancing & Partner Dance	13 10:30 AM – 11:30 AM SPECIAL GUESTS Coffee with Hometown Hereos: Celebrating Our Local First Responders
18 11:15 – 11:30 & 11:45–12:00 PM Guided Meditation with Angie 11:30 AM – 1:00 PM Fall Ribbon Wreath • $ 15 per person MUST REGISTER BY 11/11	19 9:00 AM – 12:30 PM Badminton 10:00 AM – 11:30 AM Bingo! 9:45 AM –11:00 AM Heart Healthy Hannaford Trip and Tour: Guiding Stars, Label Reading and Cooking Shortcuts	20 10:00 AM–11:00 AM SPECIAL GUEST: THE COUNTY FEDERAL CREDIT UNION Fraud Education Workshop MUST REGISTER BY 11/20 (9 AM)
25 9:30 AM – 11:00 AM Clay Leaf Trinket Dish 11:15 – 11:30 & 11:45–12:00 PM Guided Meditation with Angie 9:30 AM – 1:30 PM BAKE IT FORWARD: PIE PICK-UP DAY	26 – 27 ALL OTO YMCA FACILITIES ARE CLOSED 11/26 & 11/27 HAPPY THANKSGIVING We are so grateful for YOU!	

OPEN WEEK DAYS
9:30 AM – 1:30 PM

Around the Sargent Center



FRIENDSGIVING POTLUCK LUNCHEON

November 17, 2026
11:30 AM – 12:30 PM

Gather with friends, neighbors, and loved ones for a warm and festive Friendsgiving Potluck Luncheon! Bring your favorite dish to share and enjoy an afternoon filled with delicious food, laughter, friendship, and gratitude.

COMING THIS WINTER

Fitness Classes at the Sargent Center! Stay tuned for more information in November...

> Old Town and Orono seniors finally have a place to call our own at the Herbert E. Sargent Center! With a schedule that includes crafts, movie matinees, trivia, bingo, guest speakers, musical entertainment, nature walks and peaceful meditation, there is truly something for every taste and interest. Come enjoy the vibrant new space and great company!
> – Anita McCormick

There are so many people in this area that live alone or too far from their neighbors who are not socialized. The Y's Herbert Sargent Center is a great place for us to raise our spirits. They offer many fun things to do: crafts, bingo, cribbage, puzzles, etc. I am greeted at the door with smiling faces, a cup of coffee, and something special to do everyday. Nicole, Kay, Maci, Mark, Wen, Grace, Julie, and Julie make everyday very special and Angie's meditations are especially rewarding. All in all, the Y's Herbert Sargent Center has something to offer everyone! Come on over! It's fun! – Janet Morgan

FEATURED ACTIVITY

GUIDED MEDITATION WITH ANGIE

Vippasana meditation is an ancient practice focusing on physical sensation throughout the body without judgement. The practice can help bring clarity of mind, reduce stress and anxiety and increase emotional stability.

With continued practice the practitioner will have greater self awareness, lasting peace of mind and a more compassionate outlook on life.

Come join Angie on Wednesdays, 11:15 AM – 11:30 AM and 11:45 AM – 12:00 PM, to clear your mind and give vippasana meditation a try!







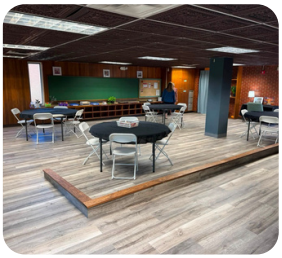
The Old Town - Orono YMCA's

HERBERT SARGENT
CENTER FOR COMMUNITY CONNECTION



FACILITY RENTALS
Your Space for Every Occasion!

STILLWATER ROOM



Great for parties, celebrations, showers, and large gatherings.

MAXIMUM CAPACITY
64 people
RENTAL RATE
Starting at $100/hour
AMENITIES
Tables & Chairs

CONFERENCE ROOM



Ideal for meetings, trainings, and small group events.

MAXIMUM CAPACITY
8-10 People
RENTAL RATE
Starting at $50/hour
AMENITIES
Seating & WiFi

GYMNASIUM



Perfect for pickleball, basketball, and group activities.

PRIVATE RENTAL RATES*
Pickleball
$50/hour (up to 4 players)
Basketball
$125/hour
*Includes equipment upon request

GOOD TO KNOW!

- Bring your own food and refreshments! Trash cans and bags provided.
- 30 minutes each of setup and cleanup are included.
- Additional setup and cleanup time may be available upon request.
- Ask about non-profit and community groups discounts!
- Gymnasium Rules: Water only, non-marking shoes required.

SCAN TO INQUIRE

AROUND THE TABLE:

Maple Roasted Butternut Squash & Chickpea Bowls

Serves: 4
Prep: 15 minutes
Cook: 30–35 minutes

INGREDIENTS

- 1 medium butternut squash, peeled and cubed
- 1 can chickpeas (15 oz), drained and rinsed
- 2 tbsp olive oil
- 1 tbsp pure maple syrup
- 1 tsp cinnamon
- ½ tsp smoked paprika
- ¼ tsp salt
- 4 cups baby spinach*
- ½ cup cooked quinoa
- ¼ cup pumpkin seeds

* Can substitute mixed greens

OPTIONAL

- Crumbled feta
- 1 apple, sliced thin
- Dried cranberries

SIMPLE DRESSING

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- Salt and pepper, to taste

DIRECTIONS

1. Heat oven to 425°F (220°C)
2. Toss the squash and chickpeas with olive oil, maple syrup, cinnamon, paprika, and salt.
3. Spread on a baking sheet and roast for 30–35 minutes, stirring halfway through, until the squash is tender and lightly browned.
4. Whisk together the simple dressing ingredients.
5. Divide the spinach and quinoa among four bowls.
6. Top with the roasted squash and chickpeas.
7. Drizzle with dressing and sprinkle with pumpkin seeds. Add feta if desired.

FALL BONUS

Add sliced apple or dried cranberries for a little extra sweetness and crunch.

JUST FOR FUN

FIND YOUR FUN AT THE SARGENT CENTER!

Find 15 hidden words across, down, and diagonally.

G C O P J F M B C G E S R Z U
R Y V A U M C V B G R A N H X
C E O I G I V I N G E R K L K
O Y L N V X B S P L D G E H A
C T U T H C M P M F H E J U L
O H N I A O U O G S Y N L L G
A A T N U F E D V T U T A H M
J N E G T F C Q I I J B C E A
P K E W U E D N D K E S W R C
U F R Z M E U X T L E S V O O
N U C A N M U I K I I B W E N
H L V N M K K C P Q O I F S N
S E Z O B E I G S O Y N T X E
M X C U X P X V C P U G O N C
M N G Z U Q Y U V A B O W B T

AUTUMN BINGO COCOA COFFEE COMMUNITY
CONNECT GIVING HEROES MOVIES PAINTING
PICKLEBALL PIES SARGENT THANKFUL VOLUNTEER

GROW YOUR BUSINESS.
STRENGTHEN OUR COMMUNITY.

Advertise in our monthly newsletter and connect with local families and neighbors while supporting the Y's mission to help our community learn, grow, and thrive!

YOUR BUSINESS HERE!

FULL PAGE ADVERTISEMENT

$100/month

5"W × 8"H

SCAN TO ADVERTISE

JOIN TODAY!

Want to take advantage of everything the Old Town – Orono YMCA's Herbert E. Sargent Center for Community Connection has to offer? Start your Sargent Center membership or bundle it with your existing Old Town – Orono YMCA membership for the best rates today!

SARGENT CENTER MEMBERSHIP & DAY PASS RATES

Sargent Center ONLY: $25/month

Sargent Center & OTO YMCA bundle: $15/month + OTO YMCA membership rate

Sargent Center Day Pass: $5/visit

PLUS, FREE MEMBERSHIPS FOR ADULTS AGED 90+

Want to see what the Sargent Center is all about before you commit? Stop by and grab a New Neighbor Punch Pass, good for FIVE free visits (must present pass at time of visit)!

At the Y, we are committed to reducing financial barriers for families so that everyone has access to opportunities to learn, grow, and thrive.

Thanks to the generous support of our Annual Campaign donors, we are proud to provide income-based Financial Assistance for Membership, Child Care, and Program fees to ensure everyone in our community can access our Y.

Visit OTOYMCA.org/join and select "APPLY NOW!" under "Financial Assistance" to see if you qualify for financial support today!

The Old Town – Orono YMCA's

HERBERT E. SARGENT CENTER FOR COMMUNITY CONNECTION

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- 207-827-6112
- Nicole.McClendon@OTOYMCA.org
- OTOYMCA.org
- facebook.com/groups/otoymcasargentcenter

