

coming events

NOTICE: Please try to keep all coming events notices under 35 words so we may be able to publish as many as possible given space limitations.

ALL YOU CAN EAT PANCAKE BREAKFAST: February 11th, 8-9:30pm at Applebee's, Alfred Road in Biddeford. A great way to start off the Valentine's week. Special offerings for all the ladies. Your breakfast helps to feed a horse their breakfast. \$6 per person. FMI: 284-7721.

HEBREW SCHOOL: York County Community Hebrew School is in its 22nd year at Congregation Etz Chaim in Biddeford. Non-denominational Hebrew School for children between the ages of 6-15 meets each Thurs., from 3:45-6 pm. Most students go on to have their Bar/Bat Mitzvah, several continue to a confirmation class for teens. Teens who are confirmed spend 3 years in the class and have the opportunity to travel on a cultural trip to New York City each spring. The focus is teaching moral values as it relates to Jewish culture, Jewish holidays, Bible, teaching Hebrew & prayer. Call FMI David Strassler @ 967-5833.

CREATIVE ARTS FOR HEALING: 2nd Wednesday/mo. (February 8) from 6 - 7:30pm at SMMC Behavioral Health, 291 Alfred St., Biddeford. Free. Facilitated by Barbara Johnson, RN. Pre-registration required, call 283-7320.

MACROBIOTICS NATURAL FOODS COOKING CLASS: 4th Sat./mo. (February 25) from 10:30am - 12:30pm at Sweetser, 50 Moody St., Saco. Free. Macrobiotics is a natural approach to health and sickness. A macrobiotic diet consists of whole foods brimming with health-giving qualities. Should you be facing a serious illness or simply looking for better health, we encourage you to explore the possibilities. Presented by Macrobiotic Master Chef Connie Arnold. Pre-registration is required, call 283-7320.

SAFE BABY - INFANT SAFETY & INFANT/TODDLER CPR: February 23 from 6 - 9pm at SMMC, One Medical Center Dr., Biddeford. This class provides a non-certificate course by the American Heart Association to family and friends, as well as basic home safety for your baby as they grow. \$25/couple, \$15/person. Pre-registration req., please call 283-7350.

BIG BROTHER/BIG SISTER SCHOOL: February 16 from 6 - 7pm at SMMC, One Medical Center Dr., Biddeford. Free. Introduce your children, age 3 - 6 years old, to their new role as a sibling to a newborn. They'll visit our birthing suite, watch a video & talk about becoming big brothers or sisters. Please bring a stuffed animal or doll for holding & diapering. Pre-registration required, please call 283-7350.

BREASTFEEDING CLASS: February 28 from 6 - 8pm at SMMC, One Medical Center Dr., Biddeford. This free class, presented by one of SMMC's Board Certified Lactation Consultants, will cover how to breastfeed your baby, what's normal, and where to get help if needed. Pre-registration required, please call 283-7350.

CHILDBIRTH PREP CLASS: (aka Lamaze) 1 day class February 25 from 9am - 4pm at SMMC, One Medical Center Dr. Biddeford. \$75. This class is designed to prepare you and your partner for childbirth & instructs you on relaxation techniques to facilitate delivery. You will cover anatomy and physiology of birth, pain control, positions, breathing and a tour of the birthing suite. Mothers should be in their last trimester (Please bring a mat, blanket, two pillows & a watch w/ a second hand). Pre-registration required, please call 283-7350.

MAINE CHILD PASSENGER SAFETY SEAT PROGRAM: SMMC is a Maine Voucher Site, providing income-eligible families with free car seats, in addition to instruction on proper car seat use and installation. FMI call SMMC's Certified Passenger Safety Technician, at (207) 283-7352.

HEARTSAVER CPR: Courses include instruction, textbook and a two-year certification card from the American Heart Association. All courses will be held at Kennebunk Fire & Rescue and cost is \$35. Call 985-2102 FMI.

BE TOBACCO FREE SMOKING CESSATION CLASSES: 1st-Monday/mo. (February 6) from 5:30-6:30pm (4 week session). SMMC Cardiopulmonary Wellness Center, One Medical Center Dr., Biddeford. Free. SMMC & Coastal Healthy Communities Coalition have joined forces to offer free smoking cessation classes to assist you in being successful when you quit smoking. To pre-register, call 283-7272.

FREE TOTAL JOINT REPLACEMENT EDUCATION CLASS: 2nd Wed./month (February 8) from 1-2:30pm. 4th Wed. of each month (February 22) from 3-4:30pm. Location: SMMC, One Medical Center Drive, Biddeford. Free. An educational session for those considering total joint replacement, participants will learn what to expect before, during and after their procedure and stay in the hospital. Open to anyone interested. For more information and to pre-register (NOT a requirement), please call 283-7980.

THE "GRAND" PARENT: February 13 from 6 - 8pm. SMMC, One Medical Center Drive, Biddeford Free. A class for grandparents-to-be. Grandma/Grandpa, Nana/Pop, Mémère/Pépère, what's your name going to be? Information to prepare you for your baby's baby, so many changes and so many choices. Come join us to learn basic Infant CPR, Car Seat Safety and review new information since your child was a newborn. Pre-registration required, please call 283-7350.

WEIGHT LOSS SURGERY INFORMATION SESSION: Second Wednesday of the Month (February 8) from 6 to 7pm. Location SMMC, One Medical Center Dr., Biddeford. Is weight loss surgery the right decision for you? Have you tried other

weight loss surgery and nothing seems to work? If you would like to explore the specifics of gastric bypass or lap band surgery and learn more, then this information session is for you. FMI call 283-7987.

BREAST CANCER SURVIVORS SUPPORT GROUP: Every other Thursday (February 9 and 23) from 5 to 6pm. Location: SMMC Webber Building, 2nd floor conference room, One Medical Center Drive, Biddeford. FMI please contact Helene Langley at (207) 283-7805.

WEIGHT LOSS SURGERY SUPPORT GROUP: 2nd Wed./mo. (February 8) from 7 - 8pm SMMC, One Medical Center Dr., Biddeford. Nutrition, resources, and other topics to help with the lifestyle and emotional adjustments you may face. Talk with others who have faced similar challenges. FMI call 283-7987.

4-H 101 WORKSHOP: Are you interested in starting a 4-H club or working with 4-H youth? A 4-H 101 workshop & training will be offered on February 13, from 9am - 2pm at the Frisbee School, 120 Rogers Road, Kittery. The workshop is designed for volunteers or staff who are starting new 4-H clubs or working with existing clubs. Participants will receive a general overview of the 4-H program and will learn about the essential elements of 4-H and life skills, starting a 4-H club and how to work with 4-H club youth. Special emphasis will be put on 4-H science and how to use fun experiments to spice up youth meetings. The workshop is free & open to the public. Military spouses are encouraged to attend. Pre-registration is required by February 8, 2012. Please call the UMaine Extension in York County at 1-800-287-1535 (in-state) or 324-2814 to leave your name and a contact number. You may also pre-register by emailing heidi.thuotte@maine.edu.

AWS

IF YOU ARE INTERESTED IN ADOPTING: Please contact The Animal Welfare Society at 985-3244 or visit us online at www.animalwelfare.org

ALFRED

FRIENDS OF ALFRED SHAKER MUSEUM: Essay contest, for students in Grades 7 & 8 & Grades 9 & 10. 2 \$100 prizes in each. Students in York County Schools or are home-schooled may participate. Essay should be 1,000-1,200 words. Non-fiction material about Shakers & Shaker life in Alfred. Factual info & ref. sources at the end of the paper. A cover sheet w/ name, address, phone # & email address (if any), school's name, grade level, title of paper. Papers should have 1" margins, be double-spaced, employ a 12-point Times-Roman font. Choose 1 of the following topics Alfred's Place Among U.S. Shaker Communities, Alfred's Most Prominent Shaker(s), Dining with the Shakers, Your Family's Relationship w/ the Shakers, The Shakers & Their livelihood, The Shakers & their Arts, The Shakers & the Town of Alfred. We will accept papers on-line at www.alfred-shakermuseum.com's Essay Contest page till Feb. 15, 2012. Papers become property of the Friends organization. Prize-winners announced in April, awards presented at a event in the spring. Judges are Alfred Carlson, Elizabeth DeWolfe & Harland Eastman. Judged on originality, creativity, range of sources adherence to instructions, spelling & grammar.

BIDDEFORD

ALL YOU CAN EAT PANCAKE BREAKFAST: February 11, 8-9:30 AM, Applebee's, Alfred Road, Biddeford. A family event! A great way to start off the Valentine's week. Special offerings for all the ladies. Your breakfast helps to feed a horse their breakfast. All proceeds to benefit Ever After Mustang Rescue. \$6 per person. For tickets call 284-7721 FMI: www.mustangrescue.org

5TH ANNUAL BENEFIT DANCE: February 18, 7 PM - midnight with DJ Steve Clancy, Eagle's Hall, Birch Street, Biddeford. This is the event when the people get to "kick up their heels". Great time and great FUNdraiser. \$10 per person. Call for tickets - Dolly at 571-4172, Lori at 590-8308 or Mona at 284-7721. All proceeds to benefit Ever After Mustang Rescue. FMI: www.mustangrescue.org

BUXTON

VALENTINES DANCE: To benefit Bonny Eagle Ice Hockey. Friday, February 10th from 8pm-12pm, at the Roost, Chicopee Rd., Buxton. Adults 21+ only. Tickets at the door \$20/couple, \$10/single. With Parking Buicks and Steve Berry Band. Limited seating, only 300 tickets. Silent auction. Cash bar.

HOLLIS

HELP US RECEIVE A \$5,000. GRANT: From the Bangor Savings Bank Foundation. Please vote for the Hollis Center Library. Voters must be a Maine resident, 1 ballot per person, vote for up to 3 Maine non profits organizations from any of the regions listed, vote online at www.bangor.com/cmm or vote at any Bangor Savings Bank branch. Voting begins Jan. 23 and ends March 5.

LYMAN

PARSONSFIELD

AN ELEGANT VALENTINE'S BRUNCH: Saturday, February 11, from 9:30-12:30 (Snow date Feb. 12), at Parsonsfield Seminary, 504 North Rd., No. Parsonsfield, Maine (Rt. 160). Tickets \$12. (\$5.age 10 & under). FMI 207-793-8519 or 603-539-5233. Benefit The Friends of Par Sem.

SANFORD/SPRINGVALE

READ & ROMP AT SPRINGVALE PUBLIC LIBRARY: For children ages 3-6 at 10am on Mondays, thru March 26. This free program features a variety of stories, finger plays, songs & activities. No registration required. Baby Rhyme Time for children under 3 at 10am on Thursdays, parents & caregivers invited to come to a 20 minute program of rhymes, songs & books for babies under 3. Learn Mother Goose rhymes with your baby. Springvale Public Library, 443 Main St., Springvale. FMI call 324-4624 or visit www.springvalelibrary.org.

MOM AND ME PROGRAM: free family films that are playing

at Smitty's Cinema in Sanford. Wednesday, February 8, we'll be showing "101 Dalmatians" The show starts at 11:30 and the doors open at 11:00.

2ND ANNUAL HUMAN DOGSLED RACE: To benefit Springvale & Goodall Libraries. Feb. 18, 2012. More info to follow.

BEGINNER BEE SCHOOL: 5-week intro beekeeping course, Tuesdays., starting March 6 - April 3 from 6 - 8:30pm. Instructors from the Maine State Beekeepers Assoc. and York County Beekeepers Assoc. will cover topics, Honey Bee Colony, Constructing Hives, Pests and Disease, Medications and Honey Production. Students will visit local hives for observation and hands-on experience during a field lab on Sat., April 7, thru the York County Bee Club. Fee is \$90/person, or \$140/pair of students sharing the text & materials, and includes a 1-year membership in the York County Beekeepers Assoc. Registration deadline for Beginner Bee School is Feb. 28. For those with 1 year beekeeping experience, an Intermediate Bee School course is offered, starting on Thurs. evenings, March 22 - April 21, from 6 - 8:30 pm, with a field lab scheduled for Sat., April 21. Intermediate level course topics, Honey Bee Anatomy / Communication, Foraging / Botany, Problems of the Hive, Mating and Rearing Queens, and Hive Manipulations. Fee is \$95/person, or \$145/pair of student sharing the text and materials. Deadline to register for Intermediate Courses Bee School, March 15. Anderson Learning Center at 21 Bradeen St., Springvale. FMI <http://extension.umaine.edu/york/> or contact the York County office of UMaine Ext. at 1-800-287-1535 (in state) or 207-324-2814, or rebecca.gowdy@maine.edu.

SANFORD UNITARIAN UNIVERSALIST CHURCH: Is proud to present an evening of jazz concert by the Joan Hager Jazz (and more) Group featuring Chris Humphrey on piano, Dr Fitzgerald Jenkins on bass, Bill Manning on drums and Willie Johnson on the trombone. The concert will be on Saturday, Feb. 11th at 7pm. The cost is \$10/person or \$25/ family. The Sanford UU Church is located at 5 Lebanon St., Sanford, on the corner of Main & Lebanon St. FMI call the church office at 324-3191.

YORK COUNTY WOMEN'S CONNECTION: February 6th, 7-8:30pm at Christo's Place, 1299 Main St., Sanford. Featuring Sydney Sirois, advising How to stretch your Budget, and make Economical, Nutritional Meals. Also Marion Dickinson, who finally found True Love after looking for Love in all the Wrong Places. \$14 includes Program, Dinner, Dessert, Tax and Tips. Reservations Call 929-6509 or e-mail: lovedy47@gmail.com

WATERBORO

CABIN FEVER SATURDAY: Feb. 4th, 4-7pm, (Snow date Feb. 11th), St. Stephen the Martyr Church, 424 Sokokis Trail (Rte.5), Waterboro. Join us for fun & friendship! Potluck supper, feel free to bring something you like (no charge). Play cards & board games, feel free to bring your own games. Kids welcome! Please RSVP with number of people coming, to the church, 247-6244, or Jane McCarthy, 727-3228.

WESTBROOK

SPAGHETTI SUPPER AND KARAOKE NIGHT: The American Legion Post 62, 17 Dunn Street, Westbrook, Maine. Friday, February 3, 5:30pm with Karaoke to follow. Music By: Jim & Jimmy. Menu: Spaghetti & Meat Balls, Italian Bread, Salad, Dessert / Coffee / Punch. \$7.00 Adults / \$3.00 children under 12. FMI: call Pat @ 727-5592 or Carolyn @ 854-8478

SUPPERS

BEAN SUPPER: 1st Sat/mo. Feb. -Nov. from 4:30-6 at Waterboro Central Fire Station. Serving 2 kinds of beans, chop suey, cole slaw, ham & more. Adults/\$7., Kids/\$5. Under 5 free.

HADDOCK DINNER: Last Sat/mo. at 5pm at Living Water Christian Church, 197 Parker Farm Rd. Buxton. Haddock, baked beans, spaghetti, chop suey, potato, salad, bread & more. Adults/\$8., children/\$4. Come early, food goes fast. FMI call 727-4444.

FREE MEAL: 3rd Thurs/mo. from 5:50-6:30pm at North Parish Church, 893 Main St. in Sanford. All welcome for good food, good people & good fellowship.

PUBLIC SUPPER: West Gorham Union Church, just 3 miles west of Gorham Village, Rt. 25 near intersection of 112. 1st Thurs/mo. Serving from 5 - 6. Adults/\$7., under 12 is free. 3 kinds of beans, hot dogs, chicken pie, chop suey, casseroles, salads, pies & more.

BEAN SUPPER: Union Cong. Church, 80 Main St., Union NH. 2nd Thurs. of mo. Soldier & Navy beans, tossed salad, cole slaw, hot dogs, rolls, dessert & more.

LIONS BEAN SUPPER: 2nd Sat./mo, Massabesic Medical Ctr., Rt. 202, 4:30-6:30 pm. Adults \$7., child 5-12 \$4., under 5 free. Proceeds support Massabesic Lions Club Reg. Medical Center.

FREE FRIDAY NIGHT SUPPER: Faith Christian Center, Washington St. Open to the public. Join us at 6:30pm for good food & good conversation. 793-8444.

ongoing events

NEW ENGLAND LABRADOR RETRIEVER RESCUE: Labrador Retrievers avail. Healthy, young, yellow, chocolate and black. See pictures on our Facebook page & adoption application. FMI call 615-3126.

LUCKY PUP RESCUE IS A SMALL: Non-profit, family-run rescue based in S. Maine. We believe all dogs deserve a safe & happy home. We work to re-home dogs from overcrowded shelters. We do not have a physical shelter but bring all our dogs to safety by using a network of foster homes. We're

committed to finding the best "doggie" fit for many happy years together. Donations help care for dogs that are abandoned, abused. www.luckypuprescue.org

SOUTHERN MAINE MEDICAL CENTER: & Visiting Nurses believe that they have a responsibility not only to treat those suffering from acute illness or injury, but also to serve as a community resource for prevention/health management. A listing of health classes is available on the website at www.smmmc.org under Community Education and Resources.

WOULD YOU DRIVE A MILE TO SAVE A LIFE?: Cancer patients need rides to treatments. Call 800-227-2345 to register for local training or email nicole.heanssler@cancerl.org.

ALFRED

THE YORK COUNTY SHELTER PROGRAMS: Is looking for items to help in the setting up one of their houses. They are in need of pictures for the walls, area rugs, curtains & curtain rods, etc. FMI call Karen 324-1137 or email karenm@ycspi.org

ALFRED GIGANTIC ONGOING BOOK SALE: To benefit York County Shelter. Open every day. Dining Commons across from Bakery at Notre Dame off of Shaker Hill Rd. from 9-11 a.m. and 1-3 p.m. Thousands of books. Paperbacks 50 cents and hardcovers \$1.

YORK COUNTY SHELTER PROGRAMS: Is looking for donation of new socks, hats, gloves, pillows, towels, sweatshirts & sweatpants & underwear for men and women (especially x large). Call Patty at 324-1137.

ANCESTRY® LIBRARY EDITION: Is now available at the Parsons Memorial Library. Ancestry Library Edition brings the world's most popular consumer online genealogy resource to the library. It's an unprecedented online collection of individuals from North America, the UK, Europe, Australia, and more. Patrons may log on using one of the library's Patron Access computers or with their own laptops using the wireless network. There is no charge for this service.

HOLLIS

COMMUNITY CLOTHING CLOSET: Is open at Hollis Center Fire Dept., Rt. 202, Hollis. Open to all. Winter hours Tue. 9-11, Wed. 2-4. 1st & 3rd Sundays from 1-3, 2nd & 4th Saturdays 1-3. If no school, will not be open. Closed all Holidays. FMI call Bonnie 727-4015. Tootsie 727-3479, Deanie 651-3592.

NEWFIELD

LIBRARY TEA TIME: Every Wednesday at 3pm at the Newfield Library & Reading Room, located in the municipal office building on Water St., Newfield. "Have a cup and catch up" See what's new on the shelves. FMI Betsey Stead at bstead@metrocast.net.

SANFORD/SPRINGVALE/SHAPLEIGH

SAFE HAVEN: 251 Country Club Rd, Sanford. We have many wonderful cats & kittens that are patiently waiting for their forever home. We have all colors, ages, long hair, short hair and all waiting for your love. We would love to talk with you about our foster and volunteer programs. FMI please call Marilyn at 490-2855.

THE SANFORD UNITARIAN UNIVERSALIST CHURCH: Located on the corner of Main & Lebanon St., Sanford, has worship service & church school every Sunday at 10:30am, everyone is welcome. Child care provided. FMI call 324-3191, visit our website at www.sanforduuchurch.org or you may find us on Facebook.

MAINE LIFE GATE CHURCH: A non denominational Christian church, 725 Gore Rd, Alfred has opened its doors. Service is every Sunday at 9:30am. Pastor John Short Jr. of Shapleigh invites anyone who is looking for a new church home to come, visit and hear the word of the Lord directly from the Bible.

WATERBORO

BINGO: At Massabesic Lions club every Monday night at Massabesic Medical building, Rt 202. Lunch avail. at 4:30, Bingo starts at 6pm. All proceeds are used to support scholarships, eye glasses, fire victims, medical equipment & other needs.

YORK COUNTY SEXAHOLICS ANONYMOUS: Meeting weekly in Waterboro/Newfield/Limerick, A 12-Step program for recovery from sexually addictive thinking and behavior Call 207-370-0574, Email: newfreedomsa@gmail.com. Website: <http://www.sanemaine.org/>