

## HSSC Shared Interest Groups

We have a variety of groups that meet regularly throughout the year to share their interest in a particular activity. New participants are welcome at any time.

Bingo

Every Friday at 1:00

Book Buddies

We read and discuss thought provoking and well regarded books suggested by participants and loaned to us for a month by the Bangor Public Library. When a movie of the month's selection is available, it is shown a few days after our regular meeting day and time. Watch the Couri Times for movie dates and times, as well as each month's book selection. Copies of the book are available from Barb; there is no charge.

Day & Time: 2<sup>nd</sup> Wednesday of each month 3:00 – 4:00

Group Leader: Barb Friedman

Brain Games

The latest research and age-old common sense are telling us that by exercising our mental abilities we are best able to retain our maximum mental agility and sharpness. There are many fun and challenging ways to exercise our brains, whether we do it alone or as a group. We will learn about new puzzles and games and meet other "brain gamers" for additional brain exercise sessions.

Day & Time: 4<sup>th</sup> Tuesday of each month 1:00 - 2:00

Leaders: Alex Turallo

Fee: Free

Bridge

Individuals wishing to play bridge have several opportunities at HSSC. Existing bridge groups are often looking for "subs," many of whom can become "regulars." We are also happy to accommodate new groups of bridge players; please contact Alex.

Cash Cribbage

Every Monday & Wednesday at 1:00

Garden Gnomes

Gardens and garden-related topics are the focus of this group. Whether you have a garden of your own or long for one, join us and learn new techniques, take trips, and share garden wisdom.

Day & Time: 1<sup>st</sup> Tuesday of each month 2:00 – 3:00

Group Leader: Barb Friedman

Fee: Free

### History Hounds

This group is for members who like history and enjoy digging into the history of places, buildings, wars, and industries. We share knowledge and insight via discussions, trips, programs with invited speakers, and collaboration with area historical organizations.

Date & Time: 4<sup>th</sup> Tuesday of each month 2:00 – 3:00

Group Leader: Barb Friedman

Fee: Free

### Needleworks

This is a drop-in group for people who like needlework of any kind. Bring your own craft to work on or help with some of the volunteer projects which help support HSSC. We will be working on seasonal items.

Day & Time: Friday 10:00 - 12:00

Group Leader: Alex Turallo

Fee: Free

### Outdoor Adventure

Enjoy fresh air, good company and easy to moderate exercise on outings to local sites. A variety of activities will be included as the season allows.

Day, Time & Activity: Check Couri Times for dates and times

Group Leader: Louise Bonawitz

Fee: Free

### Quilting Projects

Participants in both of these quilting groups volunteer their time to create beautiful pieced or appliqué quilted items. These items are later sold to help support HSSC and its soft crafts program. Quilters of all skill levels are welcome, but we request a commitment to attend as regularly as possible.

Day & Time: Tuesday & Thursday 10:00 - 12:00

Group Leader: Denise Gault or Alex Turallo

Fee: Free

### Yarn Winders

Members who love working with yarn in all its colors, textures and fiber combinations are encouraged to join us. We share conversation and techniques for knitting, crocheting and Swedish weaving as we create beautiful items for HSSC to sell to raise money. Yarn, patterns, tools and lots of experience are available to those who attend and all skill levels are always welcome. Meet us in the dining room to: teach, learn, work on a project or just laugh with friends.

Day & Time: Thursdays 12:00 – 1:00

Group Leader: Barb Friedman

Fee: Free