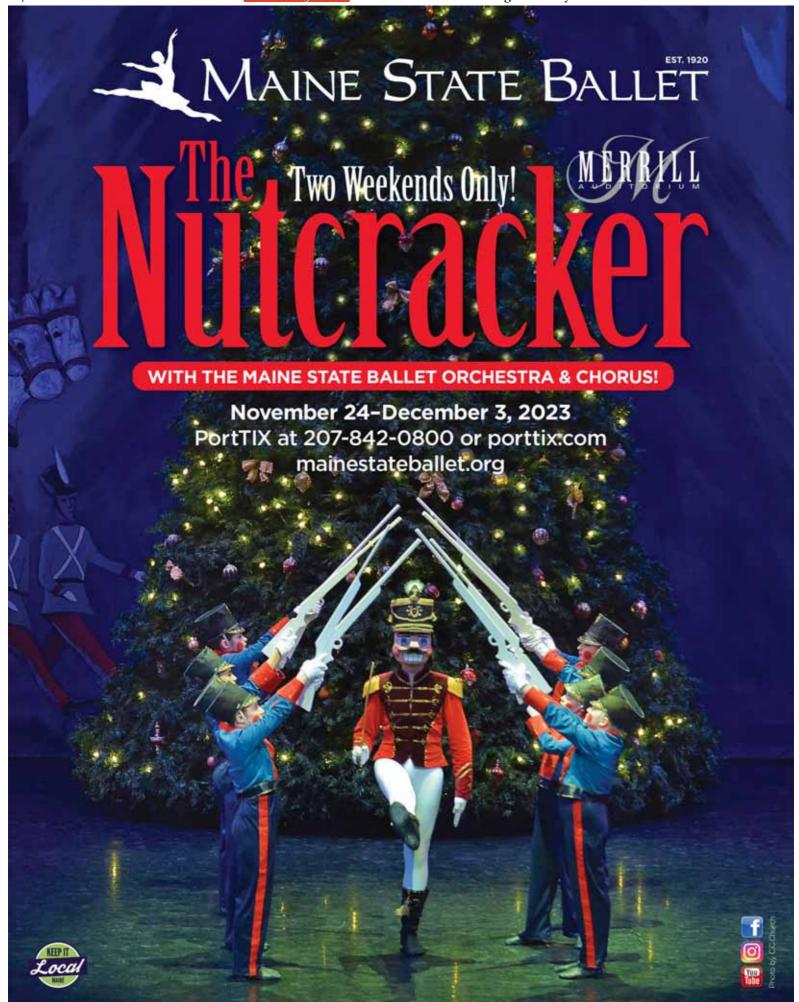


American Journal FORECASTER FORECASTER FORECASTER FORECASTER Lakes Region Weekly



NOVEMBER 2023 American Journal FÖRECASTER Lakes Region Weekly HOLIDAY GIFT GUIDE | 3



Get your girlfriends together for a fabulous and fun weekend out on the town. Prepare to be pampered with sales, giveaways & raffles!

Saturday & Sunday, Nov. 18th & 19th
Town of Bridgton

GIVEAWAYS! BAFFLES! DISCOUNTS! FUN!











Let Us Deck Your Halls!

Looking for that Special Gift?

Come to Maine Wicked Goods for our hand selected Maine Made Gifts, Antiques, Vintage, Furniture, Collectibles, Ornaments, China, Jewelry, Bar & Glassware, Vinyl, Home Decor & Art Gallery.

Bar & Grass...

We have something for everyone on your and some Great Events to Celebrate the Season!

December 16th, 1-3



November 18th, Noon to 5pm

Open House Celebration & Holiday Sale

SAVE 20% Shop Wide!*

Come Enjoy some Holiday Cheer and Goodies! View our great selection of Nutcrackers & Ornaments galore!!

*Percentage Savings for the Weekend Nov.18-19, 2023

Maine Author Talk & Book Signing Claire Ackroyd

Wicked Goods

304 US Route 1, Freeport mainewickedgoods.com 207.869.5251 * Open Daily



We're going Old School!

Clip this coupon & bring it into Maine Wicked Goods by December 31st and Save on Any one item!



Some restrictions may apply. *Must be redeemed by 12/31/2023.* NOVEMBER 2023

American Journal FÖRECASTER Lakes Region Weekly

HOLIDAY GIFT GUIDE | 5



This holiday season, and always, let KA ORA help you take care of yourself. And the women you love.



Using traditional jewelry making techniques, our bracelets are hand-embossed and made with locally sourced brass-plated silver. Each bracelet carries a message of personal identity, passion, accomplishment, or positive encouragement. Offered in three sizes, these bangles can be worn alone or comfortably stacked.

Now in our seventh year, KA ORA is proud to be a strong and supportive New England-based small business. To place your order or to learn more about us visit kaorabracelets.com. And, join us on social media.





www.kaorabracelets.com







Order any 3 bracelets from the MAINE

collection and 10% of the sales will go to the Lewiston-Auburn Area Response Fund to help those impacted by the mass shooting.



Scarborough High School

11 Municipal Drive Scarborough

FRIDAY, NOVEMBER 24 – 10-4 SATURDAY, NOVEMBER 25 – 9-4

Over 85 crafters from the Society of Southern Maine Craftsmen to benefit the Scarborough Swim Team

www.societyofsouthernmainecraftsmen.org



NOVEMBER 2023 American Journal FÖRECASTER Lakes Region Weekly HOLIDAY GIFT GUIDE | 7







From keeping your loved one safe to questions you should think about

this is your Home For the Holidays Guide.

It can be difficult to tell how your senior parents are really doing at home when you don't live near them. This guide will help you know what to look for when you are visiting with your parents this holiday season. Print it out and keep it close by!

Personal Health and Well-Being

- Are they neglecting their personal hygiene?
- Do you notice unkempt hair, dirty or lengthy nails, poor oral hygiene or body odor?
- Are they wearing the same clothes repeatedly?
- Do you see a significant change in their weight?
- Are they eating a healthy diet/nutritious meals?
- Are they repeating themselves? Do they seem lost or confused during regular conversations?
- Do they still get out and do the activities they enjoy, or are they hesitant to leave the house?

Around the House

- ___ Is their home, that was once tidy, now being neglected?
- Are things as clean as they used to be?
- Do you see potential tripping hazards, such as cords, rugs or newspapers piled up in the middle of the floor?
- ____ Is there enough bright lighting inside and outside of the home as well as stairwells?
- ____ Is there a lot of unopened mail or unpaid bills piled up on the desk or counter?
- ___ Do they have expired or spoiled food in the refrigerator or pantry?

Overall Safety

- Do they lose track of their medications…or skip them altogether?
- Are they having trouble with mobility getting in and out of bed or a chair; in and out of the bathtub or shower; on and off the toilet?
- Are they navigating the stairs OK, or would they benefit from more secure railings on both sides of the stairs?
- ___ Do they repeatedly forget to turn off the oven or stove?
- Has driving become an issue, especially at night?
- ____ Are there new dents or scratches on their vehicle?

At FirstLight® Home Care, our caregivers are taught to watch for potential hazards and manage them before an accident occurs. Call us today to learn how we can help keep your loved one safe and about the many other services we provide.

207-627-1125

FirstLightHomeCare.com





A big thank you to my amazing team as Organize ME! celebrates 15 years of helping Southern Maine homeowners clear their clutter & get organized



Angie • 8 yrs

Yvette • 5 yrs

Diane • 5 yrs

Phyllis • 2 yrs

Jenn • 2 yrs



Plan ahead for 2024!

Purchase a gift certificate — for yourself or a friend — during the month of December and a percentage of the proceeds will be donated to the victims and families of the shooting from my hometown of Lewiston, Maine.



207-318-5905 • dawna@organizemaine.com www.organizemaine.com









Treat yourself or someone you love to

BOATMAN SHOES

this Holiday Season

STYLE WITH SUBSTANCE

Our shoes are made with breathable, flexible and stain repellent cactus leather. These shoes were made to adventure with you.





Cruelty-free with a low carbon footprint



From sustainably harvested rubber trees



Luxurious lifestyle without having a negative impact





boatmanstyle.com

Pawz & Clawz Petz Puppies, Kittens, Critters & Supplies







We offer a LARGE
Selection of Toys
and Treats; as
well as Coats,
Sweaters, Fleeces
and Hoodies

to keep your pet warm and comfortable throughout the cold weather.



For pricing information and other questions please call the store at 207-892-5366 or PM. Please note we are CLOSED Mondays. All puppies are up-to-date on shots for their age, microchipped, and sold with a one year warranty against any life-threatening hereditary or congenital conditions.

Pawz & Clawz Petz

We only use USDA approved, licensed, inspected kennels

Rt. 302, Windham, ME • (207) 892-5366 • pawzclawzpetz.com





Open Daily 9 a.m. - 6 p.m.

CUMBERLAND CENTER, MAINE

Through Sunday, December 3rd

Apples – Cider
Cider Donuts
Baked Goods
Maple Syrup – Honey
Jams and Preserves

Order Your
Thanksgiving Pies
by Nov. 16th

Farm Stand Location
19 Blanchard Road.

Just off Rt. 9, Cumberland Ctr.
(on the way to the Cumberland
Fairgrounds)

207-829-6599

info@maineapple.com | maineapple.com



OPEN 7 DAYS A WEEK





A WALNUT HILL HOLIDAY CRAFT SHOW

SATURDAY, DECEMBER 2
FROM 9 TO 4

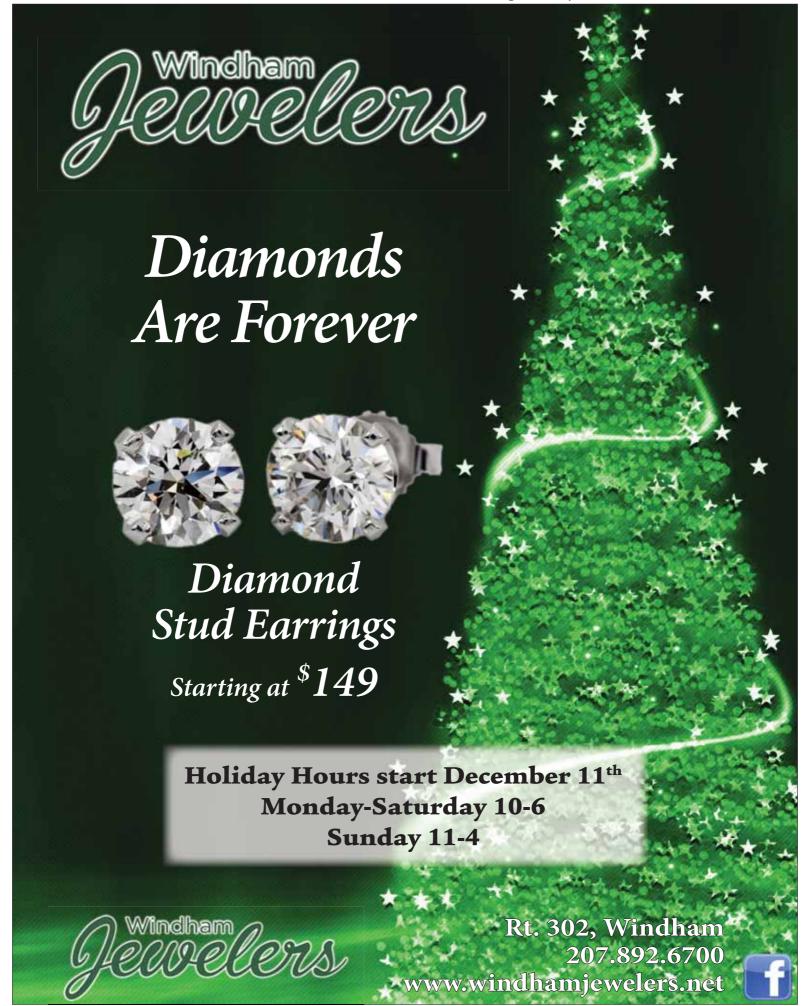
Westcustogo Hall & North Yarmouth Community Center

ROUTE 9, 120 MEMORIAL HIGHWAY, NORTH YARMOUTH, ME

Featuring: Photography, Jewelry, Fine Art, Personal Care, Food, Stained Glass, Needlecraft, Decorative arts and more!

Sponsor CRAFTSMEN MAINE

November 2023





DIRFY GENERATORS

SALES * SERVICE * INSTALLATION * INSPECTIONS

Dirfygenerators.com | dirfygenerators@yahoo.com

DIRFY HEAT PUMPS

A division of your #1 Choice in Generators, Dirfy Generators

- · Same Great Service
- · Great Reputable Company
- Knowledgeable Sales
 & Installation Team
- #1 In Customer Service

Call to schedule an appointment for a quote and be ready to take advantage of a cost-effective cool home this summer and warm this winter.



DIRFY HEAT PUMPS

Sales • Service • Installation 207-637-3346 • Dirfyheatpumps.com 207-637-3346



"Doing It Right For You"

The BEST Protection
in the business.

ALWAYS FREE CONSULTATIONS



SerenityMe offers yoga, meditation and breathworks on a donation basis, so everyone in our community can access these stress-reducing practices regardless of financial means. We share 25% of all donations with the "Charities of the Month" listed below.

We also offer affordable memberships to individuals and businesses that provide discounts to other SerenityMe offerings, and our memberships include the entire family. In 2024, we will begin donating 50% of Basic Membership fees to five local charities including Preble Street and Dempsey Center.

An investment in SerenityMe is not only an investment in yourself and your family. It is not only an investment in your employees. It is an investment in your community.

SerenityMe has finalized their 2023 "Charities of the Month"







June 2023

July 2023

August 2023









September 2023

October 2023

November 2023

December 2023

CHOOSE SERENITY



Buy (2) T-Shirts for \$40.00



Buy (1) Membership, gift a second







Buy Yoga pants for \$70.00, get a **FREE** pair of SerenityMe earrings

449 FOREST AVE. SUITE 210, PORTLAND ME, 04101 • (207) 808-8268

Town of Falmouth, Falmouth-Cumberland Community Chamber of Commerce & Falmouth Memorial Library present



American Legion, Depot Road

NOVEMBER 30-DECEMBER 2, 2023

www.VeryMerryFalmouth.com

THURSDAY, NOVEMBER 30 5:30pm Annual Community Tree Lighting at Village Park FREE

FRIDAY, DECEMBER 1

6:00-8:00pm Family-friendly, open-air, Merry Mix & Mingle, American Legion FREE

- * Music, Kids Games, Crafts & Activities (including Centerpoint Martial Arts!)
- * Gourmet Hot Chocolate, Cookies & Popcorn
- * FCCC Scholarship Gift Basket Raffle
- Photo Booth Fun, Touch-A-Truck & More!

7:00pm Fireworks! Launched from Legion Field FREE

Best viewed from the Merry Mix & Mingle at the American Legion or along Route 1

SATURDAY, DECEMBER 2

9:00am Ugly Sweater 5K & Merry Mile Walk/Run annual race along Route 1 & Route 88 to benefit Falmouth Memorial Library

Register at www.verymerryfalmouth.com

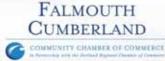
8:30am-12:30pm Foreside Community Church **Christmas Fair** (opens 8:30am) & Episcopal Church of Saint Mary's **Sparkles Fair** (opens 9am)

10:00am-2:00pm Ice Skating at Twombly Pond (weather permitting) FREE



More Info & Race Registration at: www.verymerryfalmouth.com















BACK COVE FINANCIAL





















66 I knew from my first visit that The Park Danforth was the place for me. Everyone is so friendly here and I've made some very close friends in a short amount of time. I met Shirley in the dining room and we've become good friends.

much as I do! The Park Danforth is a non-profit community which makes a huge difference! The staff really care about us. I've lived in Maine all my life and I'm happy as a clam living at The Park Danforth! 99

– F. Dickey



Are you Considering Senior Living?

- No Community Fee
- Free and Ample Parking
- Ask about our financial "safety nets"
 - Flexible Meal Plans

Reserve your apartment now!



See why The Park Danforth is The Right Place. The Right Choice.

JOIN OUR WAITLIST!

207.797.7710 • www.parkdanforth.com



November 2023 American Journal FÖRECASTER Lakes Region Weekly Holiday GIFT Guide | 19



AVOID LONG LINES AND IMPERSONAL SERVICE - AT OUR CORE, WE BELIEVE IN THE MAINE WAY. EMBRACE DAILY, SEASON-TAILORED SHIPPING FOR ULTIMATE CONVENIENCE!

Now Introducing your new UPS Drop Point at 262 Route 1, Freeport



"As a community advocate and entrepreneur, my mission is to support and give back to Mainers and small business. Through my ventures, volunteering, and promoting financial literacy, I'm here to create a positive impact for you and your family!"

- Richard W. Chadbourne, Entrepreneur & Small Business Advocate of Maine





(207) 865-9557

20 | HOLIDAY GIFT GUIDE American Journal FÖRECASTER Lakes Region Weekly November 2023



FLOAT EFFORTLESSLY, IN WARM, SALINE CONTAINING OVER 1,000 LBS OF EPSOM SALT

BENEFITS INCLUDE

Relaxation & Stress Relief:

reach a peaceful meditative state

Reduces:

- blood pressure
- inflammation
- joint & muscle tension

Aids with:

- physical rehabilitation
- discomfort during pregnancy
- mental clarity & concentration

Eases the symptoms of:

- Jet Lag
- Migraines & Headaches
- Insomnia
- Fibromyalgia
- Scoliosis
- Arthritis
- PTSD
- Depression
- Anxiety

