



Eagles' Eye View

*The monthly newsletter for the
Eagles' Nest Clubhouse*



Where Dreams Take Flight!

We're Back!

Eagles' Nest Clubhouse is open again and we are glad to be back in action!

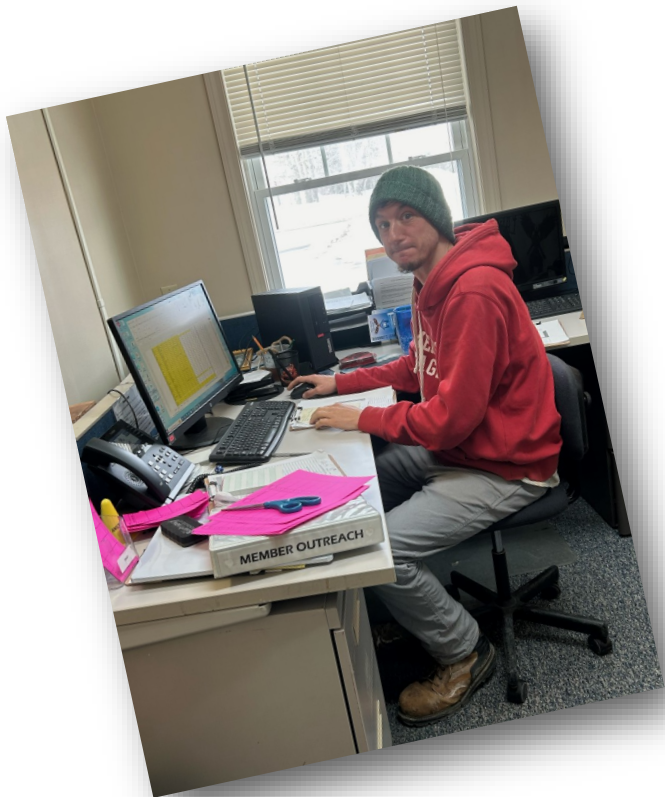


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Announcement!

For the safety of our staff, members and transportation providers, Eagles' Nest Clubhouse will be changing its hours of operation to 7 AM to 3 PM starting on December 1st until April 30th, 2025. We will resume our regular hours of 8 AM to 4 PM starting on May 1st, 2025. Thank you for your support.

Psychological First Aid

Janet from Healthy Acadia came to teach us about psychological first aid! It was an all day class and members were excited to participate and we all learned a lot!



We had 13 members take the course! It was a great turn-out!

Open House!

We are having our Soft Open House on the 27th from 2 to 5 PM!
We will be giving tours and there will be refreshments! Stop by to see what our Clubhouse is all about!

We will also be having a Silent Auction to benefit the Clubhouse.
Members went out into the public to fundraise and brought back some amazing things.

We hope to see you there!





Nerd Corner

With Daniel Schaeffer

Your Friendly Neighborhood Spiderman : The Pressures of Everyday life and Mental health

We are digging back into my childhood nerdy nostalgia. I am a 90s baby who grew up with some of the best Superhero animation. I.E. X Men Superman the animated series, Batman and my 2nd all time favorite Spiderman the animated Series. We are throwing back a little and reviewing a show that reminds of the old style comic animation. Sit down and strap yourselves in and we are reviewing Your Friendly Neighborhood Spiderman. The tie in is The pressures of everyday life and mental health

Your Friendly Neighborhood Spiderman: This was a brand new take in animation for the superhero genre. This animation style known as 3-D cel shaded was an homage to the very early days of the Amazing Spider man comics. Watching it was like a day dream to me . I enjoy the shows that use a little throwback but have amazing storylines. I remember hearing that a show going back to Peter's younger years as spider man was in the works. I was surprised. It's been 6 years since that panel. Wow there were some surprise cameos. IE Doctor Strange Nico from Runaways freaking an old style Iron Man . Also the fact that this was set post Captain America Civil War with the Sokovia accords in full effect. It was a really cool thing to see a younger Peter Parker in his prime. Getting to see Dr Octavius and Scorpion was one of my favorite vestige of this season. Dr Strange and Iron Man himself showing up was something I had heard rumored but wrote it off, This was surprisingly a great animation and expanded the story beyond what is shown in comic canon. I enjoyed it and it was a refreshing take on his early years. I give this an 9.45 / 10

The pressures of everyday life and Mental health: A part of this show was the everyday struggle. Balancing his normal life job and school. Speaking from a mental health standpoint. Life needs to be prioritized and put first. Balance is key to having a good stance on mental health.



Poetry Corner

Searching

By Jane Winslow Lennon

When I'm looking for the answers that I know I will find,
I'm drowning in my sorrows I keep looking for behind.

I hope to solve my problems with some guidance along the way,
To find all my goodness and stay afloat for one more day.

For you are my good friend picking roses as we go.
Being oh so sentimental instead of full of woe.

For we are good people in the daylight you shine,
We are making steps to go forward and it feels just divine.



Art Corner



Art
By Kevin



We are teaching some of our members new skills like how to use computers, so congratulations to those who are broadening their horizons!

Thanks to Downeast Community Partners for donation art supplies! We appreciate it greatly!
Also thanks to Sue Clark for the donation of a bunch of plants to liven up our space!

Upcoming Trainings!

New Ventures will be coming to do Budgeting classes such as how to set up a checking account for those interested in learning. The class will be on the 25th from 10 to 12!

Recovery Coaching with Healthy Acadia

CPR and First Aid (\$20 per member wishing to take it)

A Special Thanks!

A thank you to the Community of Christ Church for the donation of:

\$69.29

Food

Craft Supplies

Bottle Tabs

We appreciate the help!



Rotary Club Presentation

Members visited the Rotary Club to give a presentation about Clubhouse. Thank you so much to the Rotary Club for hosting us. Members Laura and Paige presented alongside our director Alice and Advisory Board Member Rema.





Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Lunch	4 Pork Tenderloin	5 Haddock Chowder	6 English Pizza	7 Leftovers
10 Breakfast Lunch	11 Fish Sticks	12 Chicken	13 English Pizza	14 Leftovers
17 Breakfast Lunch	18 Pork Tenderloin	19 Chop Suey	20 English Pizza	21 Leftovers
24 Breakfast Lunch	25 Pulled Pork	26 Chicken Breast	27 English Pizza	28 Leftovers
31 Breakfast Lunch				



MARCH 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Group Wellness Walk 1-2 PM	5 Cuts for Christ @ Loaves and Fishes	6	7	8 Online Game Night—9:00 PM
9	10	11 Skill Share: Computers 1-2PM	12 Skill Share: Nutrition 1-2 PM	13 Game Night 2-4 PM CPR First Aid (May Change)	14 Group Wellness Walk 1-2 PM	15 Online Game Night—9:00 PM
16	17	18 Group Wellness Walk 1-2 PM	19 Skill Share: Nutrition 1-2 PM	20 Game Night 2-4 PM Recover Coaching (May Change)	21	22 Online Game Night—9:00 PM
23	24	25 New Ventures Budgeting Class 10 to 12	26	27 ENC Soft Open House 2-5 PM	28	29 Online Game Night—9:00 PM
30	31 Skill Share: Mobile/Tablet 1-2 PM					