



HIGH HOPES VISIT



On Wednesday, February 28th, High Hopes Clubhouse came to visit us here at Eagles' Nest Clubhouse for the clubhouse swap. One Staff and four members from High Hopes spent the day getting to us and how we run our clubhouse. We played the game two truths and a lie as an ice-breaker game to get to know each other. Then together we made potato skin taco's and shared a large chocolate cake for desert. We were all surprised at how comfortable we all felt around each other and felt sad when the afternoon came to an end. Above is the picture we took of the group before they departed. We can't wait to see them again .

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Will's BBQ Dorito Nacho Recipe



INGREDIENTS:

- 1 lb Ground Beef
- 1 Package of Taco Seasoning
- 1 Bag of BBQ Dorito Nachos
- 2 Cups Shredded Cheddar Cheese

OPTIONAL INGREDIENTS:

- Sliced Avocado
- Red Onions
- Tomatoes
- Salsa
- Sour Cream

INSTRUCTIONS:

1. Brown Ground Beef and season with Taco Seasoning.
2. Lay Doritos out on sheet pan, or microwavable Party Tray.
3. Top with cooked Ground Beef and cover fully with Shredded Cheddar Cheese to melt in oven or microwave.
4. Top with your favorite Nacho Toppings and Enjoy!

HAPPY ST. PATRICK'S DAY



THE CLUBHOUSE IS A GLOBAL CONCEPT THAT HAS BEEN AROUND SINCE 1977.

Lunch is Served Daily at 12:00 p.m. for \$2.00.

Eagles' Nest Clubhouse Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Tacos
Breakfast Sandwiches	Potatoe skin tacos	Chef Salad	Spaghetti Garlic Bread	Leftovers
Pork Ribs	Pulled Pork	Taco Salad	Cheese Burgers French Fries	Leftovers
Italians	Lassagna	Hot Ham & Cheese	Pizza	Leftovers
Tacos				

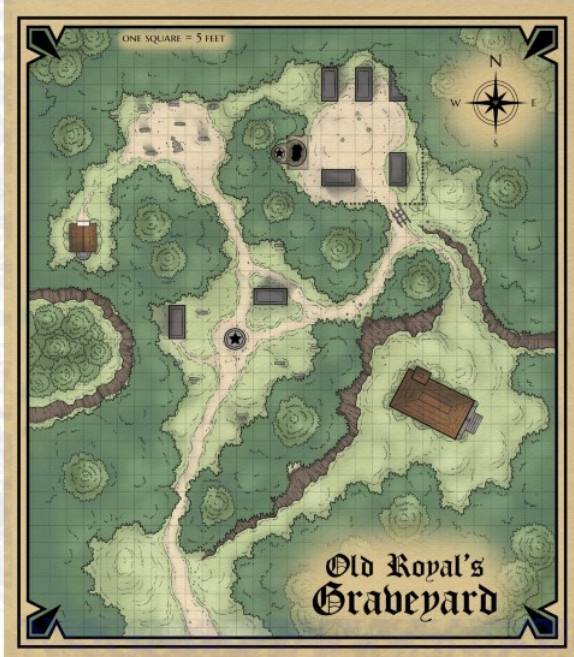
ONCE A MEMBER ALWAYS A MEMBER WITH NO DUES OR FEES WHATSOEVER.

The Times for Clubhouse Zoom Sessions:
9:00 AM To 10:00 AM
1:00 PM to 2:00 PM

At ENC (Eagles Nest Clubhouse) we have what we call gaming night. A night where we take a few hours to relax and play games and get away from the hard working days. Gaming night is held every thursday evening. During the covid epidemic which effected us for several years. we, the hard working souls with little to do; decided to play the game called Dungeon and Dragons. Its is my Job (Andrew) to put them in the dungeon and lead them out. But cooperation with the players seemed overly combative as they decided to kill more the negotiate with thel adventure I gave them to experience.

I, the DM had little choice but to slay the players, AKA my friends; and have them wake up, scared as can be in a under ground world. what awaits them is another day.

Ye old Goblin River,



*Age of the Frost, 287-1, King under the Sun - Argil Dwomer, Elf
Fighter Wizard*

*The adventure begins at the town of "The old Goblin
River"*

*A small town filled with drunken elves, loud mouthed
humans,*

*Battle ready dwarves with long stout beards, the out of town
goblins even find refuge here.*

*The Goblins are what bring the town the name, of the Old
Goblin River. They live upstream catching fish and hunt,
bringing there gains to town, selling and soometimes
spending there weeks worth of coin at the local Tavern.*

DM IronBeard

OHI is a 501(c)3 non-profit agency registered by the State of Maine as a charitable organization and licensed by the Maine Department of Health and Human Services (DHHS). We receive financial support from DHHS, the United States Department of Housing and Urban Development (HUD), private insurers and from donations from private donors, foundations, and corporations.

Not that long ago, adults and children with mental illness or mental disabilities were warehoused in institutions. Their basic needs were met but that was all.

When people realized that quality of life was important. Institutions were closed.

OHI was one company, that took in adults with mental disabilities into homes, to give them a better quality of life.

OHI has been trying to fill basic needs to improve the lives of adults whom most have forgotten about. OHI became aware that people with mental illness needed more support in Hancock County. They helped open Eagles' Nest Clubhouse over four years ago. OHI became aware of a program called "The Clubhouse" that was created 40 years ago in New York City. This Clubhouse was called Fountain House.

This program was created to get people with mental illness out of their homes and to get them to meet others who would understand. The program starts with getting through the door, and enjoying a well rounded homemade lunch.

OHI made that possible by opening the Eagles' Nest Clubhouse in Ellsworth. OHI has created a safe place for people with mental illness to come together and be in public again.



Red Dead Redemption 2 Review

By: Nick S.

Gaming Review

Red Dead Redemption 2 is an open world mission based video game where you play as Arthur Morgan in the year 1899. Arthur is a member of a group of thieves rivaling others in the area. The leader of said gang is a man named Dutch Van Der Linde who plans most of the games missions. The gameplay is fast paced with certain parts where you have to be quick with the draw. The game is also a stress reliever for people as it's also open world allowing players to venture throughout the land. Due to the time period there are no cars and you ride around on horses. As an animal lover this is one of my favorite parts of the game. If you want an action packed video game and don't mind a little crime this game is for you.



ANDREW'S ART CORNER



MARCH 2024

		Today		March 2024		Month	
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Feb 25							
Monday							
Feb 26							
Tuesday							
Feb 27							
Wednesday							
Feb 28							
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