

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 icebreaker 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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EAGLES' EYE VIEW

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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



AL CONCEPT THAT HAS BEEN

AROUND SINCE 1977.

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

Eagles' Nest Clubhouse Menu

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

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---------------------------|-----------------------|---------------------|--------------------------------|-----------|--|
| | | | | Tacos | |
| | | | | | |
| Breakfast Sand- wiches | 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 | | | | | |

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 fewe 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 playthe 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.

<mark>I, the DM had little choice</mark> 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 FighterWizard

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.

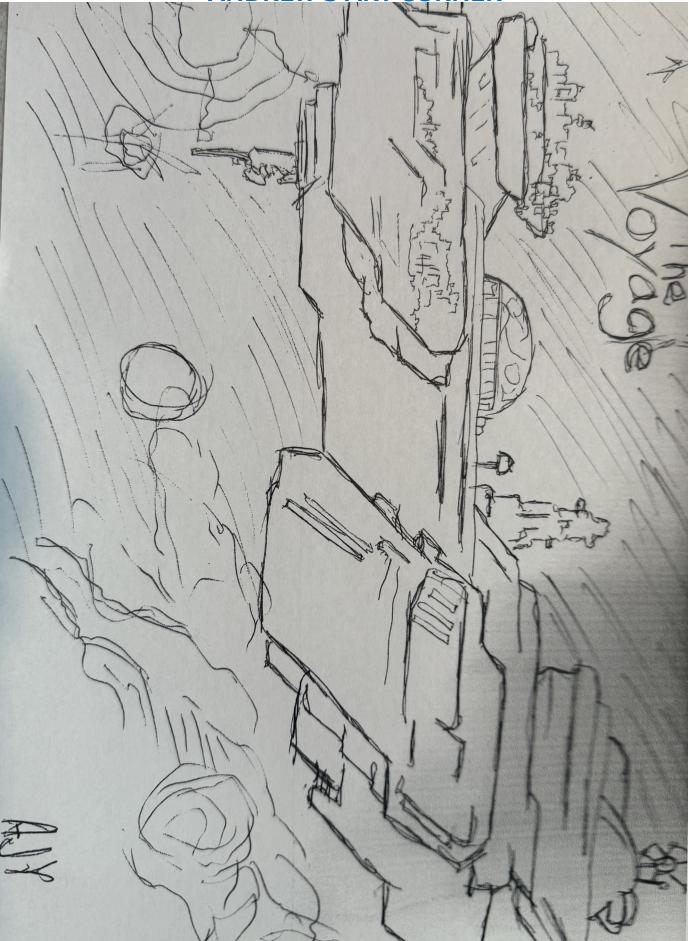
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Gaming Review

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



| | | | | | - II |
|---|--|--|---|---|--------------------------|
| 24 | 17 St Patiick's Day 2:00pm The Sorcerer; The Grand | 10 | ω | Feb 25 | Today (> Marc Sunday |
| 25 3:45am Tia Chi for Beginners; Ellsworth Library Riverview Room 10:00am Mainer's Tour; Trenton | 18 3:45am Tia Chi for Beginners; Ellsworth Library Rivenview Room | 11 12 10:30am Move & Groove ; Ellsworth Library 3:45am Tia Chi for Beginners; Ellsworth Library Riverview AARP Tax Prep: Room 11:00am Adult 11:00am Home 11:00am Home 11:00am Home | 4 10:30am Move & Groove: 3:45am Tia Chi for Beginners; Ellsworth Library Riverview Room 7:00pm The Civil War Letters of Ellsworth Resident Sidney Stockbridge; Ellsworth Public Library | 26 27 10:30am Move & Groove : Ellsworth Library 3:45am Tia Chi for Beginners; Ellsworth Library Riverview 10:30am Tuesd Room ARP Tax Prep: 11:00am Adult 11:00am Home 11:00am Home | March 2024 Monday |
| 26 AARP Tax Preparation; Riverview Room at the Elsworth Library Grow your Business Online; O 11:00am Adult SHERZO Choru 11:00am Homeless Coalition M 1:00pm Computer Tutor; Ellsw | 19 AARP Tax Preparation; Riverview Room at the Ellsworth Library 11:00am Adult SHERZO Chorus; Moore Community Center The 11:00am Homeless Coalition Meeting; Via Zoom 1:00pm Computer Tutor; Ellsw | 12 Ellsworth Library 11:30am AARP Tax Preparation; Riverview Room at the Ellsworth Library 11:00am Adult SHERZO Choru 11:00am Homeless Coalition M 11:00pm Computer Tutor; Ellsw | 5 S Move & Groove ; Ellsworth Library 11:30am r Beginners; AARP Tax Preparation; Riverview Riverview Room at the Ellsworth Library 11:00am Adult SHERZO Choru 11:00am Homeless Coalition M War Letters of 11:00am Homeless Coalition M 11:00am Computer Tutor; Ellsw 1:00pm Computer Tutor; Ellsw | 27 28 Ellsworth Library 11:30am 8:00am Clubhouse Swap with 10:30am Tuesday Pop-Up Art; The Balcony Room at the Ellsv 12:00pm ARP Tax Preparation; Rivervie 11:00am Adult SHERZO Choru 11:00am Homeless Coalition M 10:00pm Computer Tutor; Ellsw 1:00pm Computer Tutor; Ellsw | Tuesday |
| 27 Budgeting Basics; Online Seminar | 20 5:00pm Chamber of Commerce: Business After Hours; Bar Harbor Bank and Trust, Ellsworth 5:30pm Beginner's Yoga for Adults; Ellsworth Library Riverview Room | 13 | 6 | 28 8:00am Clubhouse Swap with Balcony Room at the Ellsv 12:00pm | Wednesday |
| 28 Resume Strategies; Online Seminar 2:30pm ENC Game Atternoon; 5:30pm ENC Advisory BD Meeti 6:00pm Book-a-Month Discuss 7:00pm Live Music Griffin Willi | 21 Business Success Bookkeeping Solutions; Online Seminar Job Search Strategies Online S Work for Yourself Solutions; O 2:30pm ENC Game Afternoor; 6:00pm Book.a-Month Discuss | 14 2:00pm Caregiver's Support Group: In-Person; Elisworth Li 2:30pm ENC Game Afternoon; ENC 6:00pm Book-a-Month Discussion Group; Eliseworth 6:00pm Open Doors to the W | 7 2:30pm ENC Game Afternoon; ENC 6:00pm Book-a-Month Discussion Group; Ellseworth Library Lower Entrance | 29 2:30pm ENC Game Afternoon; ENC 5:30pm ENC Advisory BD Meeting; Via Zoom 6:00pm Book-a-Month Discussion Group; Ellseworth Library Lower Entrance | Thursday |
| 29 8:00am | 22 6:00pm Tanglewood Marionettes; The Grand | 15 | CO | Mar 1 | Friday |
| 30 9:00am Hancock County Food Drive; Shaw's Ellsworth 2:00pm Finding Your Roots; Ellsworth Public Library | 23 1:00pm Met Live Romeo & Juliette; The Grand 2:00pm Finding Your Roots; Ellsworth Public Library 7:00pm Cat Video Fest-Best of 2023; The Grand | 16 10:00am Think Spring Book Sale ; Ellsworth Public Library 2:00pm Finding Your Roots; Ellsworth Public Library 2:00pm The Sorcerer; The Grand | 9 10:00am Games for Grown Ups; Ellsworth Library Main Room | 2 1:30pm Humanists and Free Thinkers; Ellsworth Library Riverview Room | Saturday Month V |

MARCH 2024