



FIELD NOTES FROM THE FARM JUNE 2022

We delight in the beauty of the butterfly, but
rarely admit the changes it has gone through
to achieve that beauty.
Maya Angelou

WELCOME JUNE

SEASONS ON A FARM

Spring – We'll be saying good-bye to you in a couple of weeks and opening the door for summer! The days have been getting longer since mid-December, giving us more time to feel and see the beauty around us.

More daylight means more chances to do things we might not normally do. Here at Inn Along the Way, we have a wide variety of activities happening. Here are some details to help you decide:

- ◆ June 4th – 8AM – 2PM Our first **BARN SALE** of the season.
- ◆ June 9th – 1PM – 3PM We will be starting up our **SINGING CIRCLE** again - Anyone who enjoys singing with others is welcome. Each person takes a turn requesting or offering a song, ideally one that everyone can join in singing. Acoustic instruments are welcome. These will be held every other Thursday through the summer.
- ◆ June 11th – 1:30PM – 4:30PM Our first **OPEN MIC** this year for those who enjoy singing or speaking – or just listening!

- ◆ June 20th – 1:30PM – 3PM – The beginning of our **CREATIVE ART** offerings. There will be three sessions this summer focusing on decoupage. More info below. If you are interested in attending, please register by calling 207-751-6261. This is a multigenerational event and all are welcome.
- ◆ June 29th – Starting at 7AM We'll have another **BIRD WALK** with Dr. Stephen Kress right here at the farm – great for early birds (both people and our feathered friends!)
- ◆ **COMING SOON!** – Although we don't have a definite start date **LUNCHES WITH THE BUNCHES** will be starting up again! Keep watch on our calendar for more information.
- ◆ **ALSO COMING SOON!** – Join us for some **YOGA** exercises.
- ◆ July 24th – 10AM – 11AM The **CONVERSATION CIRCLE** will be discussing Retirement.

PLEASE NOTE: ALL EVENTS AT IAW WILL FOLLOW THE CDC GUIDELINES IN EFFECT AT THE TIME OF THE EVENT.

CREATIVE ART COMING TO IAW!

Danielle Filosa will be sharing her passion and talent with us this summer. She is a creative artist who has spent many years of her life exploring and appreciating art. She hopes to fuse art with therapy and create a space for people to grow, learn, and inspire one another. Her hope is to develop a creative space for all to enjoy. She sees teaching as a two-way street and is eager to collaborate and connect with all who are willing. She will be hosting three decoupage classes this summer and we encourage you to join her in repurposing materials into functional objects and pieces of art. Each workshop will carry a different way to collage. On June 20th, we will work with paper and decoupage it onto small furniture pieces. We encourage you to bring your own piece, such as a stool, side table or child's chair. Each workshop will have supplies, but we do encourage you to bring your own collage materials. These workshops are open to all ages. Let's work side by side to create a space where we can be inspired by one another.



As always, everyone is invited to join in and participate in any or all of the activities here!

SPECIAL THANKS TO...

- 👉 Maine Community Foundation for a recent grant to assist us in reaching one of our goals - to engage the community with enriching activities that help develop a sense of community and well being.
- 👉 Kay Liss for the artwork she shared with us.
- 👉 Rachel and John for the rhubarb and all their help.
- 👉 Tracy and Nadine for their endless work on the barn sale, which is always so successful!
- 👉 Zina for her donation and naming of the "Ewing Room."
- 👉 Our Garden crew for their tireless effort in the garden.



Be sure to check our website for dates and times for the above listed activities and more!

Go to: www.innalongtheway.org/, then click on "UPDATES," then select "Calendar."

Summer – a time for continued growth

The warm days of summer will soon be here. It's such a great time to enjoy the beauty around us in, watch children playing and take random road trips! Are those Sunday afternoon drives a thing of the past?

Fall – a time for harvesting

Let's enjoy the spring and summer before we start talking about Fall!

Winter – a time for the fields to rest and prepare for the new year

...and the cycle continues...

WAYS OF GIVING

If you would like to make a financial donation, there are numerous ways to accomplish that. All gifts – large and small – make a difference.

For more information, go to:

www.innalongtheway.org/contribute

UPCOMING OPPORTUNITIES – AKA "HELP!"

We will be needing volunteers in a variety of areas for all of the events at IAW. It may be cooking, hosting, preparing, cleaning or helping in some other way. Contact [Jan John](#) or [Cindi Hasty](#) for more information about how you can join in the fun!

We are continuing to host grief and caregivers support groups. For more information or to sign up, call Sherry, at 207-751-6261, or contact us at info@innalongtheway.org.

For more information about who we are, what we do and our hopes and dreams, please check out our website: www.innalongtheway.org.

NOTE: If any of the links don't work for you, simply copy them from this newsletter and paste them into your browser.

If you would like to make a suggestion about content for an upcoming newsletter or have a comment you'd like to share, you can contact us at: info@innalongtheway.org. We look forward to hearing from you.

Respectfully,
MaryAnn Look