

Casco
1059 Meadow Road
Casco, ME 04015
207-627-2267
Fax 207-627-2269

Windham
102 Tandberg Trail
Windham, ME 04062
207-893-0244
Fax: 207-893-0277

Bomb Diggity Arts
649 Congress St.
Portland, ME 04101
207-899-3525
Fax: 207-899-3526

Brunswick
29 Merryman Lane
Brunswick, ME 04011
207-373-3200
Fax: 207-373-3202

Bangor
28 Gillman Plaza, Suite 5
Bangor, ME 04401
207-907-4501
Fax: 207-907-4503



What's New at Momentum?

Holiday Party 2011

Inside this issue:



Stephen



Santa and Brad



Stephen and Santa



Neil and Santa



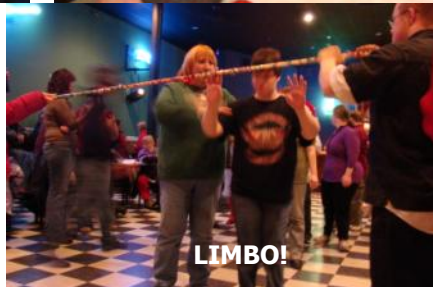
Brenda and John



Zach



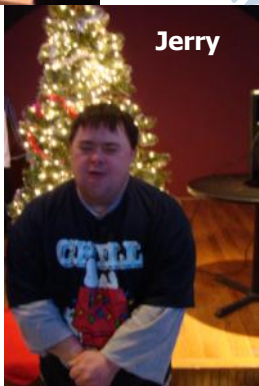
Doreen



LIMBO!



Kimberly



Jerry



Scott and Misti

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Check out these Inserts:

- Activities Calendar
- Bomb Diggity Arts

Momentum would like to save resources and email our newsletter to you instead of printing. If you would like to receive the newsletter via e-mail, please contact us! You can call the office or email us at momentum@momentumme.com or paradis@momentumme.com. Thank you so much!

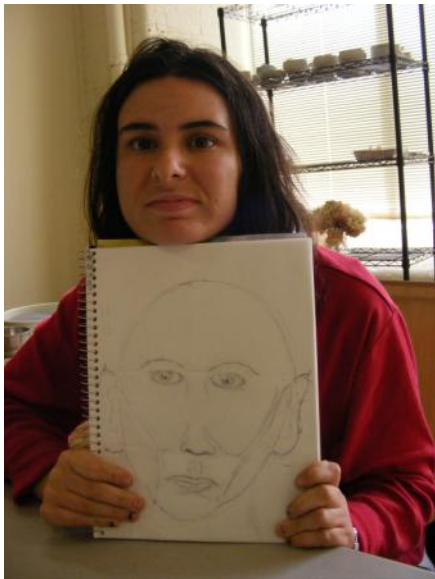
Art Trek at SunTide Studios, Brunswick, ME



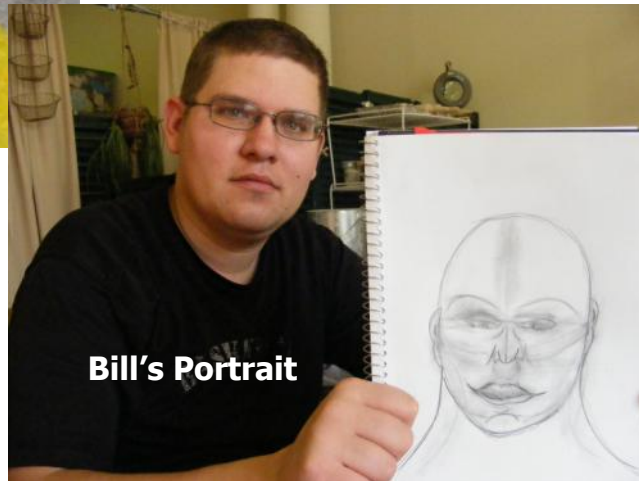
Bridgette's Self-Portrait



Cassie



Cassie's Portrait



Bill's Portrait



Maria Nature Drawing



Jamie at Open House

Neil's Dream House



Ann-Marie and Casey



Maria's Portrait

~Special Olympic News~

Winter Training January 4th—25th

January Birthdays



Stacy A	John H
Kimberly C	Herbert L
Rhonda H	Stefan G
Charles H	Shawn C
Rebecca K	Shawn D
Daniel L	Dawn S
Elizabeth P	Miranda C
Benz W	Joe G
Sean W	Myra M

New Faces or New Places

Leslie J
Alyssa G
Cassie F
Barry C

Beau W
Amanda M
Donnie H
Mary G
Welcome to
Momentum!

Tabitha at Falmouth
Family Ice Arena



Job Openings at Momentum

All must apply through
www.jobsinme.com

Relief DSP—Windham,
Casco, Bangor and
Brunswick

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THE WINDHAM WORD...



Matt, Brittany, and Justin at the annual Holiday Party at Club 302 in Windham.

NEW! CULTURAL COOKING CLASS!!!

Not your average cooking class, this class combines the art of cooking with an opportunity to learn about cuisine from around the world. The first class is making Lucky Fried Rice Chinese New Year!



Luke at the Sea Aquarium



Cultural Cooking- Traditional Chinese



Brittany, Ben, Justin, and Michelle

NEW! MUSIC PROGRAM!!!

Momentum's own rock-star, Oscar, is starting up a new Music Program located at the Brunswick office. Oscar plans to hold workshops with Portland musicians, write and record another THE COOL album, teach 4-track recording, and produce, then sell, original beats to hip-hop musicians!



Ted at the Falmouth Town Landing Beach



Our trip to the Sea Aquarium in Boston!

THE WINDHAM WORD...

We have started a Momentum Writing Group, taught by Katy, who studied creative writing in college. Julie, Luc, and Ann have worked hard in the first segment, based on "7 Most Common Types of Poetry." So far the group has learned the formats and how to write *Cinquain*, *Diamonte*, and *Limerick* poems. Katy looks forward to finishing the poetry segment and moving on to teaching short stories, and local-based news articles. Niels participated in the writing group and produced a romantic poem dedicated to his lady.

Cinquain

Honey bees
Sweet, striped
Buzzing, flying, stinging
Honey bees are cool
Pollinate

By: Luc

Limerick

There once was a man from
France
Who loved very much to
dance
He was a big chump
He made a big jump
And promptly split his
pants

By: Anne-Marie

Diamonte

Thea
Old, crazy
Loving, rocking, falling
Sister, daughter, father,
brother
Recording, thinking, losing
Teaser, worker
Steve

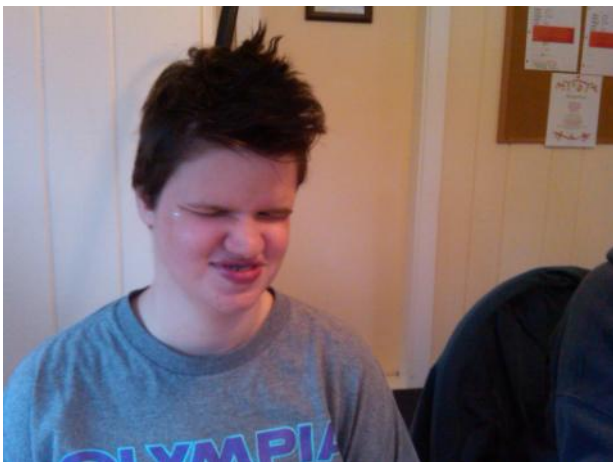
By: Julie

All I want for Christmas is you, the first thing on my mind, you are so beautiful, loving and kind. I wish I didn't feel sad about the future together, but I am sure it all will get better and better. This love is strong and it will survive. I am sure really soon you will be my wife, absolutely that's what I am gonna do. All I want for Christmas is you. <3

By: Niels Harbers



Spa Day



Kathleen with rock-star hair and make-up done by Katy.



Brittany painted Maaike's nails!

BANGOR NEWS

January 2012

Cross Country Ski Team

At Momentum in Bangor, we face the winter eager to get outside and play in what mother nature has to offer. So far she has offered rain and 40 degree days. Although not as fun to run around in or to challenge your friends to a snowball battle, it does offer a little extra time in the woods without bugs or cumbersome snow boots. It also allows some practice time for our newly formed Special Olympics Cross Country Ski Team without the slippery stuff under foot. In preparation for the upcoming events in our state, the team has begun its training and transformation. We have 7 seasoned athletes – well, we have 1 seasoned athlete and 6 that have never been on skis before, but that matters not in our quest for outdoor fun. January has traditionally been a time to break old habits, try new things, and reinvent who you will be in the coming year. It is exciting to watch our group do this each day they come into program. If you have ever learned to ski, then you know of the awkwardness that comes with it. Getting equipment on and off, trying to move around with 6 foot long feet, and the dreaded, getting up off the ground, can frustrate the most daring of souls.

As we move toward our goal of competition, we have witnessed laughter, excitement, and courage in the face of learning new skills. Some have strived to master each task asked of them, some show hidden talents they didn't know they had, and some have glimpsed the challenge that lies ahead. They have done all these things together, the same as they will do at competition time. When you stand with your TEAM, you stand strong, and you are not alone.

We look forward to the days when snow will fall over our state and set the stage for the next step in our journey. For now our team will support each other in making our bodies stronger and healthier through various activities. From walking on the track at the gym, Thursday morning exercise with Michael Weaver, nature hikes in our local woods, chair-based strength classes, and even ZUMBA classes, Momentum North is on the move. See you on the slopes!

JANUARY BIRTHDAYS

Donna H., Butchy L., Dick M., Shawn C., Rhonda H.,
Matthew D., Benz W., Karl R., and Miranda C.



Dennis (Background:
Maria, Larry, Jim)



Kenneth and Aubri

Events & Reminders

Monday, January 2nd

Momentum will be closed in recognition of New Year's Day

Friday, January 6th

CPR and First Aid Training

9:00 am – 1:00 pm

28 Gilman Plaza, Suite 5

Call 207-907-4501 to sign up

Friday, January 27th

All Agency Dance

6:00 p.m. – 8:00 p.m.

Monthly dance open to all area agencies. Bring a friend and enjoy music, dance lights, refreshments, a guitar hero contest, and more!

Saturday, February 11th

ROLL THE DICE WITH MOMENTUM

1st annual bus tour to Mohegan Sun Casino in Uncasville CT.

Proceeds to support Team Momentum North!

\$45 per person – includes your ride, a \$15 meal at the casino, and a \$15 bet ticket!

7:00 a.m. Departure from 28 Gilman Plaza in Bangor with a brief stop in Portland to pick up Casco passengers.

6:30 p.m. Departure from Mohegan Sun Casino for the return trip to Gilman Plaza.

Call Michael Weaver at

207-907-4501 or

203-465-8636 to reserve your ticket today!



Freeman – Tae Kwon Do



Rhonda – December 15th
Semi-Formal Winter Ball

Top from left: Maria, Dennis, Freeman, Kenneth, Larry, Savick
Bottom from left: Rhonda, Benz, Jackie, Jim



Dennis and Savick – December 15th
Semi-Formal Winter Ball



Jackie and Michael – December 15th
Semi-Formal Winter Ball



Hannah and Annie working
on holiday arts and crafts

Nature Trek News

Highland Center, Crawford Notch New Hampshire: January 4th

Difficulty Level: Intermediate

Departs: 9am Wednesday the 4th and returning Thursday the 5th at 3pm

Trip Leader: Neil

Capacity: 12

Cost: \$25

Food: Pack a lunch for the 4th, all food thereafter will be provided.

Description: A beautiful scenic hiking adventure right out the back door waits. Snowshoe hikes to choose from include around the ponds, through the woods, or to the top of Elephants Head Peak. Spend the night at the lodge in front of the warm fire and enjoy games and a presentation of skins and skulls.



Cross-Country Ski & Snowshoe Trek: Wednesday, January 11th

Difficulty level: Novice/Intermediate

Time: 9am – 3pm

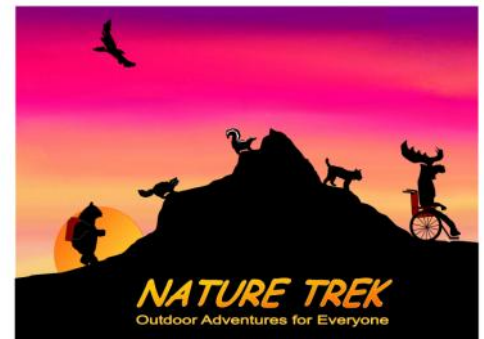
Trip Leader: Rhonda

Capacity: 20

Cost: \$5

Food: Pack a lunch

Description: Take pleasure in the great outdoors and enjoy breathtaking views while participating in two popular winter sports. This will be a great opportunity for the Olympians to get some extra training before the winter games.



Sebago Lake State Park Winter Overnight Camping: Thursday, January 19th

Difficulty Level: Moderate

Departs: 9am Thursday the 19th and returns Friday the 20th at 1pm

Trip Leaders: Dennis & Glenn

Capacity: 9

Cost: \$10

Food: All food provided

Description: Spend time exploring the state park on snowshoes and cross-country skis. Learn some skills of winter survival; fire building, snow cave making and building a lean-to. The accommodations for the overnight are tents and a yurt with plenty of good cooking- COZY!

We are working to expand our Nature Trek program in many ways. Stay tuned! Our Nature Trek application is available on our website.

www.momentumme.com