



Eagles' Eye View

*The monthly newsletter for the
Eagles' Nest Clubhouse*



Where Dreams Take Flight!

We're Back!

It has been a rough start but we are back in business!



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.

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We're Back!

Apologies for the late newsletter. The Clubhouse has been hit with one hardship after another when it comes to this move yet we are remaining strong with the hope that the worst is behind us.

To give you a recap of what happened throughout the past month, we schedule a soft opening for the facility near the end of last month but unfortunately a bunch of members and staff came down with Covid. On top of that, there was a lot of licensing and permits that we didn't know needed to be acquired before members could even be in the building, so the shut down extended for much longer than intended to get all these necessary measures in place.

Since we members were not allowed at the Clubhouse for a while we couldn't work on the newsletter or keeping our socials up to date with what has been going on.

This will be a short newsletter, and March's may also be a little shorter since we're behind but after that we will resume our regularly scheduled newsletters full of news and updates about life at our Clubhouse!

As for our soft opening, this unfortunately will be pushed back to the 27th of March. We will have more information regarding this in the next newsletter so look forward to it!

View From the Boardroom

Wow, it's February and where do I start. I'd like to say it's been great, and we moved into our new place, and everything went off without a hitch, but I can't.

January has not been kind to Eagles' Nest Clubhouse. We moved into our new space only to find out permits and licensing were not in place and although everyone has been extremely diligent about getting the paperwork done these things take time. So, thank you again for your ongoing support and we will get through this. We always do. However, because of Covid outbreak and licensing issues members are unable to attend Clubhouse until just recently.

In the meantime, all the electrical is done, stove is finally hooked up, code inspection for occupancy has been completed, permits done, emergency lights and fire extinguisher's updated.

January 28th Alice, two members and an advisory board member did a presentation at China Hill for the Ellsworth Rotary Club. We are very thankful to have had the opportunity to talk about Eagles' Nest Clubhouse and they all seemed excited to learn. Many of them asked questions and expressed an interest in coming over to take a tour and meet other members and staff. Hopefully this will be the start of a long relationship with the Rotary Club and an opportunity for some additional funding.

Finally, we want to congratulate members on the following:

Paige, Nick, and Zoey for starting adult ed classes in January 2025.

Danny for his enrollment in UMA in the IT program for January 2025.

Shane A. increasing his working hours at Bangor Parks and Recreation.

Xavier for starting Driver's Ed in January through Voc. Rehab.

Laura for getting her permit and working on practicing for her license.

Alyssa for enrolling in Early Childhood Education certification with Ashford College.

Isaac, and Caley for working on assessments for going back to school.

Final thoughts-

— the cold months can be a harsh and isolating time for us all, and can be even harder for people living with serious mental illness.

Shorter days and freezing temperatures often lead to less social interaction, deepening feelings of loneliness and potentially increasing symptoms of mental illness. Access to safe communities is not only a necessity but can be life-saving.

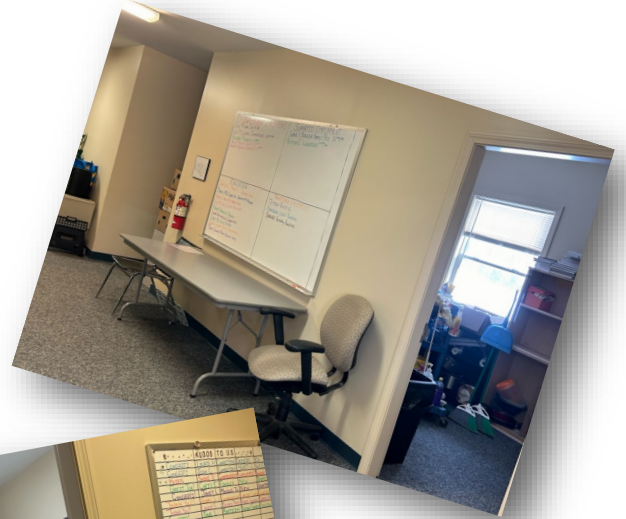


This menu may not reflect exactly what this month's menu is due to the transition to the new building! Sorry for the inconvenience.



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Lunch	4 Closed	5 Closed	6 English Pizza	7 Leftovers
10 Breakfast Lunch	11 Closed	12 Closed	13 English Pizza	14 Leftovers
17 Breakfast Lunch	18 Mac and Cheese	19 Pulled Pork	20 English Pizza	21 Leftovers
24 Breakfast Lunch	25 Whole Chicken	26 Chop Suey	27 English Pizza	28 Leftovers



FEBRUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>Online Game Night—9:00 PM</p>
2	3	<p>4</p> <p>Skill Share: Computers 1-2PM</p>	<p>5</p> <p>Skill Share: Nutrition 1-2 PM</p>	<p>6</p> <p>Game Night 2-4 PM</p>	<p>7</p> <p>Group Wellness Walk 1-2 PM</p>	<p>8</p> <p>Online Game Night—9:00 PM</p>
9	10	<p>11</p> <p>Group Wellness Walk 1-2 PM</p>	<p>12</p> <p>Skill Share: Nutrition 1-2 PM</p>	<p>13</p> <p>Game Night 2-4 PM</p>	14	<p>15</p> <p>Online Game Night—9:00 PM</p>
16	17	<p>18</p> <p>Skill Share: Computers 1-2PM</p>	19	<p>20</p> <p>Psychological First Aid at Clubhouse 9:30 to 1</p>	21	<p>22</p> <p>Online Game Night—9:00 PM</p>
23	<p>24</p> <p>Skill Share: Mobile/Tablet 1-2 PM</p>	25	26	27	28	