



100+ Actions That Build Community in Maine

Community grows stronger through hundreds of **little** and **big actions** citizens in Maine take **every day**.

This list provides ideas of places and opportunities to explore.

As you support people to explore community
and do their own community mapping,
you're sure to find lots of other opportunities.

This list should encourage you to think not just about going to a place
but finding opportunities for people to **learn new skills, share a hobby,**
join organizations or groups that interest them, try new things, and **build valued roles.**

TAKE ACTION AND GET STARTED!

As you scan this list:

- Check off actions that you or a family member has done either in the past month or so, or for more occasional actions, in the past year or so.
 - **What can we learn about community building from what you are involved in?**
- Check off actions that you or your organization have supported a person to do in the past month or so, or for more occasional actions, in the past year or so.
 - **How can you build on the experience of the people you support who are building community? What roles can the people you support have or participate in there? (e.g., participant, member, learner, volunteer, teacher)**
- Utilize this list as an activity for a staff meeting with DSPs to identify barriers and opportunities as an agency.
 - **What changes would make it easier for the people you support to take community building action?**

*Adapted from **My Life, My Community HCBS Toolkit: All Settings/Building Community***

August 2025

Actions that Build Community in Maine: Animals



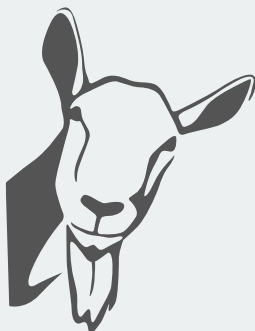
Take action and lend a hand (or an eye, or an ear) for wildlife. Participate in community science or community-based research efforts to help collect data in support of wildlife conservation through Maine Audubon Society.

- <https://maineaudubon.org/community-science/>



Join the Maine Animal Coalition in ending animal abuse and exploitation through education, advocacy, and example. We aim to raise awareness of animal suffering to inspire societal change and foster a compassionate, respectful, and empathetic community for all beings.

- <https://www.maineanimalcoalition.org/>



Join an event or sponsor an animal at Anchor ME Farm in Windsor. This non-profit provides a safe place for people who are dealing with PTSD, depression, limb loss or whatever else, with the help of animals. De-stress by trying to color or paint with a goat, join a goat yoga class or peer support group, participate in “chicken scratch” writer’s workshops or hug a goat!

- <https://www.anchormefarm.com/>



Become a volunteer scientist with Maine Big Night, to help frogs, salamanders and other amphibians cross roads safely during their migration while collecting data to ensure their long-term survival.

- <https://mainebignight.org/>

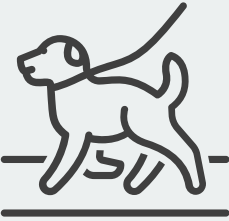
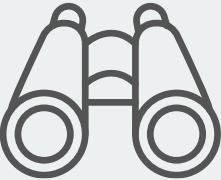
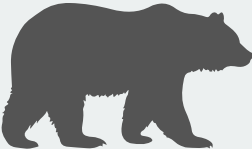


Learn about local conservation efforts you can support and meet other wildlife enthusiasts by participating in a local meeting or event lead by Wildlife Biologists with Maine Inland Fisheries & Wildlife.

- <https://www.maine.gov/ifw/news-events/meetings-events.html>



Actions that Build Community in Maine: Animals

	Volunteer your time to help dogs in need. Join programs like the "Let's Go for a WALK" program in Sebec and help rescue dogs by taking them out for a walk or day trip! These "Field Trips" or "Doggy Day Outs" let people enjoy the benefits of pet ownership while giving dogs a break from the kennel. It's a win for the dogs, volunteers, and the rescue! • https://www.giveadogahome-rescue.org/info/display?PageID=21465
	Volunteer with the Center for Wildlife in Cape Neddick! Help care for injured and orphaned animals by assisting with baby feedings, habitat maintenance, cleaning, preparing food, and supporting the care and socialization of their Animal Ambassadors. You'll be helping nearly 200 local species! • https://www.thecenterforwildlife.org/volunteer
	Join a birding walk to meet others interested in birds and explore the abundance of habitats for birds in Maine. The Maine Audubon Society hosts several birding events across the state. • https://maineaudubon.org/news/mec-category/birding-programs/
	Become a part of Maine Friends of Animals (MFOA) Maine's largest animal protection group, advocating for humane treatment through education, legislation, and activism for over 25 years. Volunteer opportunities include: • Tabling/events and public education • Writing to legislators and newspapers • Office and program assistance • Fundraising and donor outreach • Organizing demonstrations and rallies https://www.mfoa.net/



Actions that Build Community in Maine: Arts & Crafts



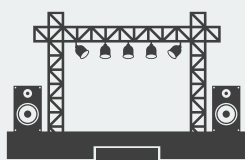
Join a dance class with a friend and learn a new technique. Resources like Folk Arts Center of New England can connect you to local folk dancing groups and upcoming events to join.

- <https://facone.org/folk-dancing-new-england/folk-dancing-in-maine.html>



Audition for community theater or support a production backstage or volunteer to usher at a play production. Visit Maine Theater Collective to find theater opportunities near you.

- <http://www.mainetheater.org/theaters.html>

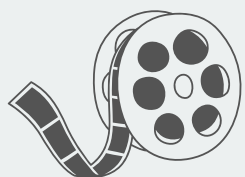


Attend a free outdoor summer concert near you! A quick search will help you find local events and venues. Don't forget to bring a picnic, your lawn chair, and friends!



Support local artists and craftspeople through Maine Crafts Association or the Maine Made program. Engage with other artists through workshops, makers markets and open studio opportunities.

- <https://mainecrafts.org/>
- <https://www.mainemade.com/>



Meet other film enthusiasts by attending or volunteering at the Maine International Film Festival to enjoy international cinema as well as some of Maine and New England's most innovative filmmakers.

- <https://miff.org/>



Find a local knitting group to meet fellow knitters or find an opportunity to knit for a good cause. The Lighthouse Knitting Guild of Maine shares events and opportunities to knit for others.

- <https://www.lighthouseknitguildmaine.com/knitting-for-others>



Actions that Build Community in Maine: Arts & Crafts



Take a class or become a member of a makerspace to work with other creatives, artists, artisans and makers in a collaborative workspace. Opportunities such as Factory 3 in Portland or The Bangor Makerspace are great places to connect!

- <https://factory3.org/>
- <https://bangormakerspace.org/>



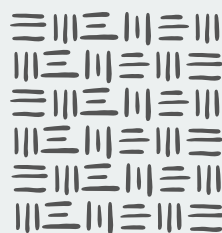
Join a community chorus in Maine. This website provides a list of community choruses in Maine as well as regional resources to help you find a chorus of interest.

- <https://www.singers.com/lists/choral-groups/maine/>



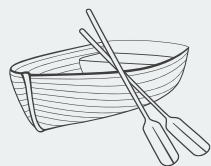
Sew a pillowcase and bring a smile to a child's face during a hospital stay by donating to Maine Chapter of Ryan's Case for Smiles.

- <https://caseforsmiles.org/>



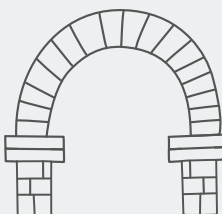
Take a class in traditional crafts like basket making from fishing creels, pack baskets, pine needle, and birch bark with programs like Wood Thrush Wilderness. Their classes are held in several locations statewide!

- <https://www.woodthrushwilderness.com/traditional-crafts>



Learn by doing at Wooden Boat School in Brooklin! Whether you're into boatbuilding, woodworking, repair, or getting on the water, there's a hands-on course for you—no matter your skill level.

- <https://www.thewoodenboatschool.com/>



Plan a visit to one of these Maine towns with fascinating architecture and historic buildings and do a self-guided architecture tour.

- <https://www.visitmaine.net/maine-towns-historic-architecture/>



Actions that Build Community in Maine: Arts & Crafts



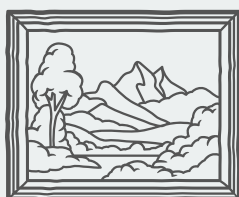
Join a crafting community to connect, try new crafts, and have fun! Events like the Creative Cafe at the Waldo County YMCA, Crafts and Sip Maine, and Bangor Craft and Chat offer opportunities for crafters of all skill levels to come together and build community through creativity!

- <https://www.waldocountnymca.org/copy-of-cbarf-2025>
- <https://craftandsipmaine.com/>
- <https://shorturl.at/oz1Co>



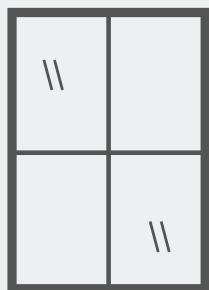
Experience Maine-made horror with Damnationland! Submit your film or attend a screening of Damnationland, a Halloween-season showcase of original, genre-bending thrillers and horror films made in Maine by local filmmakers. Dark, surreal, and unforgettable—don't miss it!

- <https://damnationland.com/>



Enjoy Free Art Across Maine! Explore painting, sculpture, photography, and more—classic to contemporary—at these free art museums:

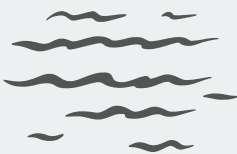
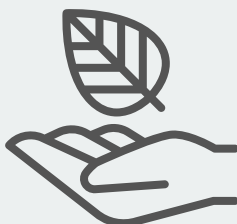
- Portland Museum of Art (Free Fridays, 4–8 PM)
<https://www.portlandmuseum.org/>
- Bowdoin College Museum of Art – Brunswick
<https://www.bowdoin.edu/art-museum/>
- Colby College Museum of Art – Waterville
<https://museum.colby.edu/>
- UMaine Museum of Art – Bangor
<https://zam.umaine.edu/>
- Bates College Museum of Art – Lewiston
<https://www.bates.edu/museum/>



Do you enjoy working with your hands and want to make an impact in your community? Volunteer with WindowDressers! This grassroots, volunteer-run nonprofit trains and supports local teams to host Community Builds, where volunteers create Insulating Window Inserts for residents in need.

- <https://windowdressers.org/>

Actions that Build Community in Maine: Environmental Protection

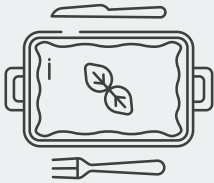
	Gather a group to clean up a local park, your neighborhood streets, coastline or waterways. Consider asking for suggested locations from your local parks, or municipal public works departments.
	Host a coastal cleanup. Choose a location near you and download <u>Ocean Conservancy's Clean Swell mobile app</u> to help gather marine debris data and help clean up the marine environment. • https://oceanconservancy.org/
	Volunteer with a conservatory group in your area like <u>Midcoast Conservatory</u>. They have a variety of volunteer opportunities in the woods and on the water like trail work and maintenance, invasive plant removal, oyster aquaculture, water quality monitoring or help to lead outdoor education and recreation programs. • https://www.midcoastconservancy.org/volunteer
	Join <u>Lake Stewards of Maine</u> and work to protect Maine lakes and to promote lake stewardship through widespread citizen participation through volunteering opportunities to maintain lake health and gathering scientific information. • https://www.lakestewardsofmaine.org/
	Join <u>Wild Seed Project's Brown Bag Lunch Series</u> on the third Thursday of each month to explore topics that promote a greater understanding of nature and the local environment. This Maine-based nonprofit focuses on increasing native plant use to conserve biodiversity, encourage plant adaption in the face of climate change, and create wildlife pollination and migration corridors. • https://wildseedproject.net/

Actions that Build Community in Maine: Food & Cooking



Participate in a cooking or community wellness class through your local hospital system. Hospitals like Maine General Hospital in Augusta, St. Mary's Health System in Lewiston and the Midcoast Hospital in Brunswick all offer a variety of opportunities to learn healthier habits!

- <https://www.maine-general.org/classes-events/>
- <https://stmarysmaine.com/services/nutrition-center/cooking-and-nutrition-education/>
- <https://www.mainehealth.org/mid-coast-hospital/community-health>



Donate a homemade meal to someone in your community. Organizations like Lasagna Love or a local church can help to connect and coordinate your help.

- <https://lasagnalove.org/>



Volunteer with Veggies to Table a grow-to-donate farm working to end hunger in Maine. Veggies to Table hopes to provide every volunteer with an opportunity to meet and connect with community members and like-minded individuals.

- <https://www.veggiestotable.org/>



Take a food tour in Maine and learn what makes Maine's foodie scene so unique!

- <https://www.mainedayventures.com/food-tours/>

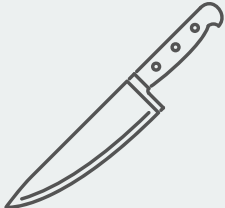
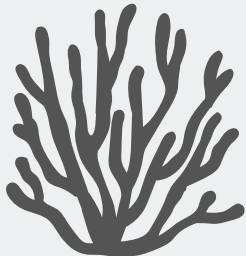


Participate in a foraging tour or class in Maine. Eat The Planet has compiled a list of groups and foragers offering classes regularly in Maine.

- <https://eattheplanet.org/foraging-tours-and-classes-in-maine/>



Actions that Build Community in Maine: Food & Cooking

	Visit, support and learn more about producers of local food from Maine Farms and Seafood Producers. Visit the <u>University of Maine Cooperative Extension</u> to find directory information of producers near you. • https://extension.umaine.edu/agriculture/farm-product-and-pickup-directory/
	Get <u>SERV Safe Certified!</u> Learn food safety skills and boost your job opportunities in restaurants and food service. SERV Safe certification helps you stand out and work with confidence. • https://mainefoodsafety.com/
	Start Your Aquaculture Journey! The <u>Aquaculture Boot Camp</u> teaches the hands-on skills you need to begin shellfish and kelp farming in Maine. You'll train in small groups, learn how to work safely on the water, and build real experience to get started in this growing industry. This five-day workshop is free of charge! • https://aquacultureinsharedwaters.org/
	Volunteer with <u>The Village Cooks!</u> Help a neighbor in need by cooking and delivering a home-cooked meal. Each meal includes one main dish and two sides. Use one of our recipes or make your favorite! No matter your skill level, you can make a meaningful, nourishing meal for someone in your community. • https://thevillagecooks.org/
	Explore the <u>Maine Food Atlas</u> to see how organizations across the state are sharing their products and services—and how Maine's local food systems are all connected. Join a growing community working to build a stronger, more resilient local food network. • https://mainefoodatlas.org/

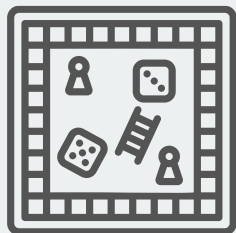


Actions that Build Community in Maine: Gaming



Find a trivia night taking place near you! Whether you want to be quizzed on sports stats or asked to name that tune, you can easily find a bar, brewery or restaurant in Maine that will test your knowledge any night of the week.

- <https://www.pressherald.com/2024/11/15/where-to-find-a-trivia-night-any-day-of-the-week-in-maine/>



Visit a boardgame specific cafe like Boardgame Cafe in Belfast and Another Round Cafe and Bar in Portland.

- <https://www.facebook.com/people/Boardgame-Cafe-Belfast-Maine/61550307464320/>
- <https://www.anotherroundmaine.com/>



Join Meetup “where interests become friendships”. Join to find events happening in your area to meet up with others with shared interests like Maine Tabletop RPG and Boardgame Fellowship.

- <https://www.meetup.com/>

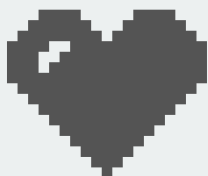


Love board games? Visit your local library for a board game club or stop by a nearby game store for a game night. Try new games and meet fellow gamers in your community!



Join the Nor'easter Gaming Expo! Celebrate New England's gaming scene with local games, creators, and competitions. Play, compete, and connect with fellow gamers!

- <https://www.noreastergaming.net/>

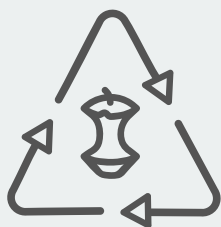


Volunteer with Gamers Outreach! Help bring video games to kids in hospitals—because play matters too. Bring joy, comfort, and fun to children through gaming!

- <https://gamersoutreach.org/>



Actions that Build Community in Maine: Gardening



Join your local community of composters and earn free composting services too by volunteering with Garbage to Garden a curbside compost service that offers community members a convenient way to recycle food scraps to be used to renew our local soil.

- <https://www.garbagetogarden.org/>



Pack a picnic and spend a summer day at one of Maine's stunning lavender farms! Lavender awakens the senses, calms the mind, and promotes well-being. The lavender harvest begins in early July, so plan your visit to pick your own!

- <https://mooremanorlavender.com/visit-our-farm/>
- <https://mainelavender.com/pages/open-farm-lavender-days>
- <https://mainelavenderfarm.com/history.html>



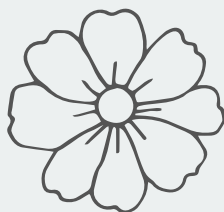
Start a community garden! Learn how to set up a community garden project, recruit volunteers, and establish a garden plot by utilizing this guide from the University of Maine Extension Program.

- <https://extension.umaine.edu/publications/4300e/>



Join The Garden Club Federation of Maine to meet other gardeners, make a positive impact on local communities and learn about gardening in Maine.

- <https://www.mainegardenclubs.org>



Volunteer as a Troll Ambassador at the Coastal Maine Botanical Gardens learn about the Danish artist Thomas Dambo, his art, how to see his work at the Gardens, and then share it with visitors. The Botanical Gardens has several other opportunities for interested volunteers!

- <https://www.mainegardens.org/volunteer/>



Actions that Build Community in Maine: Help Kids



4-H clubs in Maine are looking for adults who are willing and able to teach what they know and love to young people in local communities. Topics vary according to the volunteer's expertise, and can include the natural world, heritage arts, science and technology, photography, music, gardening, shooting sports, and more.

- <https://extension.umaine.edu/4h/volunteers/>



Join University of Maine's Let's Read! Let's Grow! in your area and read to children or have children read to you to ensure that Maine's youngest children are read aloud to regularly.

- <https://mainecenteronaging.umaine.edu/wp-content/uploads/sites/201/2016/06/Lets-Read-Lets-Grow-Cards.pdf>



Help teach young people valuable life lessons by volunteering at a Boys & Girls Club. As a volunteer you can help with homework, coach a game, or teach an art project, you'll have the opportunity to build healthy relationships with young people eager for adult guidance and have a positive impact on their lives.

- <https://www.bgca.org/get-involved/volunteer/>



Write a note of encouragement to an elementary school student. Become a volunteer with Post It Love and spread positivity, make a difference and connect with others.

- <https://www.postitlove.com/>



Volunteer to bring joy and play through creative arts and crafts projects and materials to children undergoing pediatric care at Barbara Bush Children's Hospital through Project Sunshine.

- <https://projectsunshine.org/volunteers/community#open-opportunities>

Actions that Build Community in Maine: Help Others



Give to, make kits for or volunteer at a local community donation center like Maine Needs.

- <https://www.maineneeds.org/>



Care for those who served by volunteering with Maine Veterans' Homes. Some examples of the ways volunteers assist residents include supporting activities they enjoy, being a source of transport for them to appointments, helping with a special event, or delivering mail to them.

- <https://mainevets.org/volunteering/>



Be a Senior Living Volunteer. Visit and talk with residents, assist during activities such as arts & crafts and games, deliver mail and write letters for residents, accompany residents on outings or walks around the premises, deliver meals or snacks.



Volunteer with one of the many organizations statewide with the United Way of Maine.

- <https://www.unitedwaysofmaine.org/volunteer/>



Get involved with Habitat for Humanity near you.

- <https://www.habitat.org/volunteer/near-you/find-your-local-habitat>

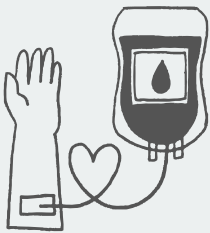


Help to build a thriving, integrated community in Maine by volunteering through opportunities to support refugees immigrating to Maine. Programs like the Capital Area New Mainers Project are a wonderful place to connect and help.

- <https://www.newmainersproject.org/>

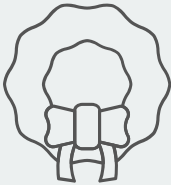
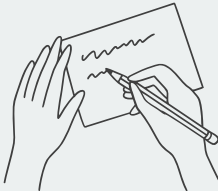


Actions that Build Community in Maine: Help Others

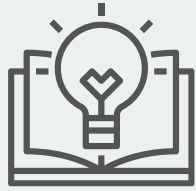
	Help an elderly neighbor, veterans or others in need who may struggle with yard maintenance tasks such as mowing, raking and snow-clearing. Spread kindness through lawncare through Non-Profits like <u>I Want to Mow Your Lawn</u>. • https://iwanttomowyourlawn.com/volunteer/
	Support your local food bank. To find a local opportunity visit <u>Good Shepherd Food Bank of Maine</u>. • https://www.gsfb.org
	Become a literacy volunteer in your community. Groups like <u>Literacy Volunteers of Washington County</u> can help train and connect you to people who want to learn to read and write better. • https://lvwc-me.com/
	Volunteer at a <u>local blood drive</u>. From checking in donors and running raffles to providing post-donation refreshments there are plenty of opportunities to lend a helping hand. • https://www.redcross.org/volunteer/volunteer-role-finder.html
	Share a few hours a week and volunteer at your local library. You can read to kids, help with book sales, teach a senior how to use a computer, help organize and maintain library collections, help host library programs – among many other options.
	Adopt a service member (active or veterans) and send cards, baked goods or other supplies. Resources like <u>Soldier's Angels</u> can help connect you to a service member. • https://soldiersangels.org/



Actions that Build Community in Maine: Help Others

	Volunteer to support LGBTQ+ Mainers, meet others in the LGBTQ+ community and help to continue to work toward full equality for all. Programs like <u>Out Maine</u> and <u>EqualityMaine</u> have several opportunities to help and connect. • https://www.outmaine.org/ • https://equalitymaine.org/
	Volunteer on <u>National Wreaths Across America Day</u> to honor those who served. • https://www.wreathsacrossamerica.org/
	Connect to a neighbor. Offer to bring in their mail if they are away. Offer to help with their shopping or a ride.
	Become a <u>Volunteer in Police Service (VIPS)</u>. The VIPS program's goal is to cultivate and make the most of the deep-seated traditions of service, citizenship, and responsibility in communities. Volunteers work alongside police officers to help to make communities safer, stronger, and better prepared to respond to any emergency. • https://www.theiacp.org/projects/volunteers-in-police-service-vips
	<u>Get your certification in CPR and First Aid</u> through Red Cross training opportunities in Maine. Be trained to be prepared to provide care to others in need of help when it's needed most. • https://www.redcross.org/local/maine/take-a-class
	Do you love writing personal letters and making others feel special? <u>Letters Against Isolation</u> is looking for compassionate volunteers to write heartfelt, meaningful letters to brighten the days of seniors in care homes. • https://www.lettersagainstisolation.com/

Actions that Build Community in Maine: Lifelong Learning



Take a class through an **Adult Education Provider**. To find a local **Adult Education** provider near you visit the **Maine Department of Education**.

- <https://www.maine.gov/doe/learning/adulted/providers>



Pursue Higher Education in Maine and earn a degree! **Maine.gov** has a list of all public and private colleges and universities as well as community colleges in Maine.

- <https://www.maine.gov/portal/education/colleges.html>



Take a class with **New Ventures Maine**. Classes and workshop are offered at no cost, are open to all Maine adults, with in-person and online options as well as one-to-one coaching. We offer programs that encourage and empower those thinking about making a change to take the next step towards financial security, a new career, or a new business.

- <https://newventuresmaine.org/>



Healthcare Training for ME is a statewide collaboration of educational institutions and government agency partners to ensure Maine's workers can easily access healthcare training opportunities. Explore a healthcare career pathway and earn a certification for free!

- <https://www.maine.gov/healthcaretrainingforme/>



Don't miss out on the **Free College Scholarship**. If you graduated high school between 2020 - 2025, enroll now and receive free tuition at any of Maine's seven community colleges. From core classes to hands-on training, there are hundreds of programs to choose from.

- <https://www.mccs.me.edu/freecollege/>



Attend a **Toastmasters Club** to develop communication and leadership skills and meet others.

- <https://www.toastmasters.org/find-a-club>



Actions that Build Community in Maine: Maine Culture



Support Maine's Tribal Communities by joining one of these organizations led by and serving the indigenous communities in Maine.

- <https://maineinitiatives.org/blog/covid-19-issue-spotlight-supporting-maines-tribal-communities>



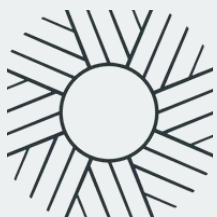
Explore Maine's Jewish heritage at the Maine Jewish Museum in the historic Etz Chaim Synagogue in Portland. The Maine Jewish Film Festival, also in Portland, has presented a roster of films about Jewish life and culture for more than 20 years.

- <https://mainejewishmuseum.org/>
- <https://mjff.org/>



Walk Portland's Freedom Trail to learn some history of Maine's African Americans. The self-guided trail takes you to sites where the African American community lived and worked and guided the anti-slavery movement. Afterward visit Hot Suppa to try Soul Food, a traditional cuisine rooted in African-American culture and history.

- https://www.mainehistory.org/documents/41/Portland_Freedom_Trail.pdf
- <https://hotsuppa.com/>



Support the only active Shaker Community in the world at Sabbathday Lake Shaker Village in New Gloucester. This vibrant community offers workshops, music events, Sunday worship, arts markets and volunteering opportunities in their herb gardens which have been cultivated for more than 232 years.

- <https://www.maineshakers.com/>



Attend one of the many Maine festivals throughout the year to learn about Maine traditions and culture.

- <https://www.visitmaine.net/maine-events/>



Actions that Build Community in Maine: Maine Culture

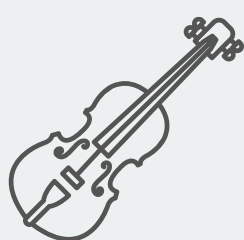


Find a faith-based community in your area and connect with people, practices and activities.



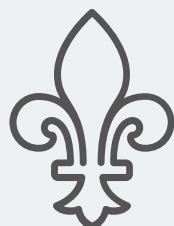
Follow the work of Cultural Alliance of Maine (CAM), a group that supports and connects people and organizations working in culture across Maine. CAM brings together artists, museums, libraries, historical groups, creative businesses, and more to share ideas, take action, and speak up for the cultural community.

- <https://www.culturalmaine.org/>



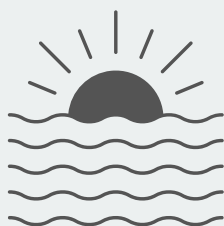
Celebrate Swedish heritage at the Midsommar Festival in New Sweden, Maine! Enjoy live music, flower crowns, maypole dancing, and vibrant blossoms as fiddlers from across the U.S. and Canada fill the air with joyful tunes—all in a fun, family-friendly atmosphere.

- <https://www.visitaroostook.com/event/midsommar-festival>



Celebrate Maine's Franco-American culture by joining a local club like Calumet Club in Augusta or attend a production at the Franco Center in Lewiston. Try some of Maine's best Franco-American cooking at Dolly's Restaurant in Frenchville to celebrate this heritage with all your senses!

- <https://calumetclub.com/>
- <https://francocenter.org/>
- <https://downeast.com/food-drink/dollys-restaurant/>

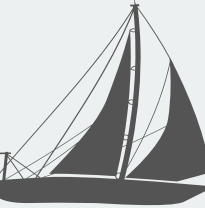
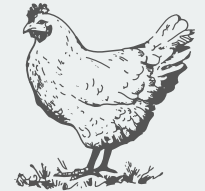


Learn about and support Wabanaki Artists participating at the Dawnland Festival and Native Arts Market. This will be an opportunity to engage Wabanaki thought leaders and artists – for a weekend of inquiry, creativity, and celebration.

- <https://www.abbemuseum.org/dawnland-festival/>



Actions that Build Community in Maine: Maine History

	Plan a walking tour to visit one of the many towns participating in <u>The Museum in the Streets</u> initiative in Maine. • http://www.themuseuminthestreets.com/index.html
	Attend a <u>Maine Ghost Tour or Haunted History Walk</u>. Learn fascinating stories of local haunts and meet other history lovers. • https://www.halloweennewengland.com/maine/ghost-tours-haunted-history
	<u>Volunteer at one of Maine's iconic lighthouses</u> to help maintain and preserve these structures as well as teach visitors about the lighthouses and their historic role in our harbors. • https://visitmainemediaroom.com/media-resources/whats-new/2017/07/lighthouses-in-maine-it-takes-a-village-and-volunteers-who-care-for-them/
	Connect and volunteer with a local Historical Society. To find a location nearby visit <u>Maine State Archives' list of organizations</u>. • https://www.maine.gov/sos/arc/organizations/histsoc.html
	<u>Maine's First Ship</u> strives to use a reconstruction of the 1607 pinnace Virginia to immerse the public in an exploration of the region's early history, craftsmanship, and relationships, and their impact on our community and environment today. Join their nonprofit work to serve as stewards of this history for Maine and beyond as the Popham Colony is a nearly forgotten chapter of our American Experiment. • https://mfship.org/
	Relive history as well as learn from it, visit Maine's oldest living history farm and museum, <u>Washburn-Norlands Living History Center</u> in Livermore. The 445-acre center recreates life on a 19th-century New England farm. • https://www.norlands.org/

Actions that Build Community in Maine: Maine History



Visit Maine's Paper & Heritage Museum in Jay, an interactive museum that brings to life the history of paper-making communities along the Androscoggin River.

- <https://papermuseumofmaine.org/>



Explore Rangeley's rich outdoor sporting heritage at the award-winning Outdoor Heritage Museum in Oquossoc. Modeled after a 1900s taxidermy shop, it brings history to life in the heart of one of Maine's top outdoor destinations.

- <https://historicrangeley.org/>



Visit Fort Western (1754) in Augusta, America's oldest surviving wooden garrison from the French & Indian War era. This National Historic Landmark offers guided tours and hands-on programs that bring 18th-century Maine and New England history to life. Afterward, stop by Cushnoc Brewing Co. to try a Fort Western Pizza, topped with ingredients inspired by foods early settlers once ate along the Kennebec River.

- <https://www.augustamaine.gov/oldfortwestern>
- <https://www.cushnocbrewing.com/>



Visit the Peary-MacMillan Arctic Museum at Bowdoin College in Brunswick. The museum showcases Arctic history, culture, and environment through rotating exhibits of exploration gear, Inuit artifacts, contemporary art, and wildlife. Founded on the work of Arctic explorer Donald B. MacMillan, the museum also hosts lectures—and admission is free.

- <https://www.bowdoin.edu/arctic-museum/>

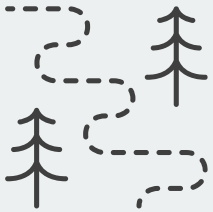
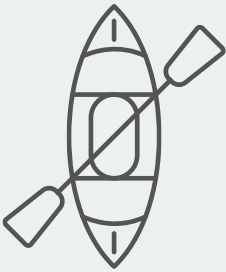
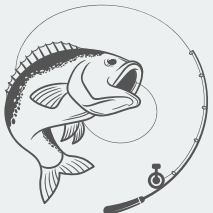


Read (or listen to!) A Midwife's Tale or the bestselling novel The Frozen River, both inspired by the remarkable life of midwife Martha Ballard. Then step into history with a self-guided tour of Hallowell and Augusta, exploring the places she lived and worked from 1777 to 1812.

- <https://a.co/d/7AQFL9n>
- <https://a.co/d/83o58Q7>
- https://dohistory.org/martha/MB_WalkingTour.pdf



Actions that Build Community in Maine: Maine Outdoors

	Participate in a Geocaching Challenge, Fall Foliage Hike and other events taking place at a <u>State Park or Public Land locations</u>. • https://www.maine.gov/dacf/recreation/
	Find friends to hike with in Maine by joining outdoors and hiking groups. FitMaine has created a helpful guide to connect you to others interested in exploring the outdoors! • https://fitmaine.com/find-friends-to-hike-with-in-maine-outdoor-groups-to-check-out/
	Join the <u>Bicycle Coalition of Maine</u> to meet and hit the trails with other bicyclists in a club in your area. • https://www.bikemaine.org/about/partners/bike-clubs/
	Take a <u>Bioluminescence Night Paddle Experience</u> in Castine Harbor under a blanket of stars and in the midst of bioluminescent organisms of the water. Castine's Harbor is Maine's own Bioluminescent Bay with a unique ecosystem that creates the perfect environment for these glow in the dark phytoplankton to survive and multiply. • https://www.castinekayak.com/bioluminescence-trips.php
	Join your local snowmobile club and help to keep the snowmobile trail system open, marked and groomed for everyone's enjoyment. Visit <u>Maine Snowmobile Association</u> to find a club near you. • https://www.mainesnowmobileassociation.com/clubs/
	Meet other fishing enthusiasts at one of the many <u>Bass Tournaments in Maine</u>. There are many open tournaments if you don't belong to a bass club (yet!) or want to try out the sport. • https://untamedmainer.com/maine-bass-tournaments-2025/

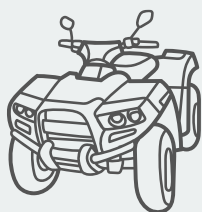


Actions that Build Community in Maine: Maine Outdoors



Become a trained volunteer ropes course belayer and helper or trained waterfront safety helper at Travis Mills Foundation. The Travis Mills Foundation supports post-911 recalibrated veterans and their families through various programs that help these heroic men and women overcome physical and emotional obstacles, strengthen their families, and provide well-deserved rest and relaxation.

- <https://travismillsfoundation.org/volunteer/>



Join one of Maine's 65 statewide ATV member clubs. The clubs offer events and meetings to join as well as information to start an ATV club!

- https://www.maine.gov/dacf/parks/trail_activities/atv/clubs.shtml



Participate in an open water or ice fishing derby! Maine Department of Inland Fisheries and Wildlife has a list of upcoming derbies to join! In need of a fishing license? Click here to register for yours today!

- <https://www.maine.gov/ifw/fishing-boating/fishing/fishing-derbies.html>
- <https://www.maine.gov/ifw/fishing-boating/fishing/licenses-permits/index.html>



Join Two Maine Mermaids, two water-loving women based in Maine who host a variety of creative cold water dipping events with the goals of: spreading joy, creating community and connecting with the elements

- <https://www.twomainemermaids.com/>

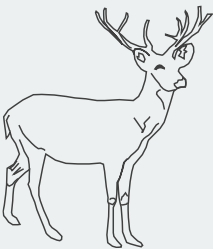
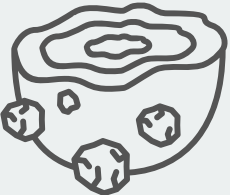
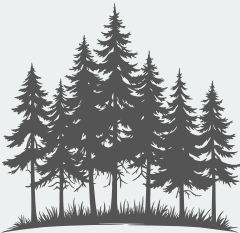


Maine is a winter wonderland, and our Parks and Public Lands offer ample opportunities to ski and snowshoe. If you are new to either activity, check their year-at-glance event calendar for the arrival of the Ski and Snowshoe Trailer at a Park near you and get free use of the gear with your park admission.

- https://www.maine.gov/dacf/parks/trail_activities/cross_country_ski_snowshoe.shtml



Actions that Build Community in Maine: Maine Outdoors

	Chop and stack wood for a good cause! Volunteer with <u>Maine Huts and Trails</u>. Opportunities vary by season and include tasks such as stacking wood, hut caretaking, and trail work. It's a perfect opportunity for outdoor enthusiasts to give back. • https://mainehuts.org/volunteer/
	The <u>Maine Hunters for the Hungry Program</u> is a state-run initiative that allows hunters to donate their game meat. Established in 1996, the program supplies bear, moose, and deer meat to local food pantries, helping address food insecurity and providing nutritious meals for those in need. A single deer can feed up to 200 people, making each donation impactful in communities battling hunger. • https://www.maine.gov/dacf/ard/food-assistance/hunters-for-hungry.shtml
	Love crystals and rocks? Rockhounding is a fun hobby where you search for rocks, minerals, and fossils. It's like a treasure hunt in nature—and a great way to learn about geology while exploring the outdoors! Visit <u>Rockhounding in Maine</u> to find locations across the state and start your own treasure hunt! • https://www.rockhounding.org/
	Join a <u>Guided Walk in the Forest</u>. Spending time in nature—especially forests—can improve your health, creativity, and focus. Explore the ancient wisdom of the woods on a slow, mindful walk. Learn about the forest's “internet,” deepen your connection to the natural world, and enjoy the calm that comes with being outside. Walk Options Include: Forest therapy, scavenger hunts, Nature walks, Night walks, Photography walks. Everyone is Welcome. • https://www.connecttowilderness.com/



Actions that Build Community in Maine: Politics & Government



Help to make voting accessible to every Mainer by supporting the collaborative work between three nonpartisan organizations that make up Democracy Maine. Help out with advocacy and education efforts!

- <https://www.democracymaine.org/>
- Learn more about voting access <https://drme.org/voting>



Join a forum hosted by GrowSmart Maine to learn how to support downtown revitalization, conservation of farmland, forest and shoreland, and economic development that benefits not just today's Mainers but future generations.

- <https://growsmartmaine.org/>



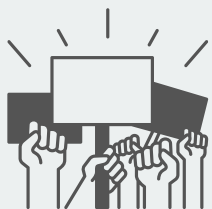
Visit Maine.gov's Public Meeting Calendar to learn information to attend state agency meetings and hearings that are open to the public.

- <https://www.maine.gov/portal/government/calendar.shtml>



Volunteer for a campaign. There are council members, commissioners, school boards, and others who are responsible for running a town or city—including the libraries, parks, and schools. Some of these positions are filled through elections. To get involved, connect with a candidate who is passionate about the same issues that you value. Start by visiting the United States House of Representatives web page, where you can find your local representative by zip code. From there, when you visit your individual representative's page, you will find opportunities to sign up for representative email lists and learn how to get involved with their work.

- https://ziplook.house.gov/htbin/findrep_house



Join Audacity CAT (Creative Action Together) an activist community in Midcoast Maine to learn, educate, connect, strategize, plan, create, and act in community with others.

- <https://www.audacitycat.com/>



Actions that Build Community in Maine: Science



Explore the world of Maine Geology! View virtual tours or visit the “site of the month” to see these geologic wonders in person!

- <https://www.maine.gov/dacf/mgs/explore/index.shtml>



Are you fascinated by astronomy? There are five astronomy clubs in Maine that feature meetings, viewing nights, star parties and star gazing programs. Learn more here.

- <https://www.go-astronomy.com/astro-clubs-state.php?State=ME>



Interested in learning to pan for gold and meet other prospectors? Coos Canyon Rock & Gift offers free demonstrations to learn the process, understand rules and laws and find locations available to pan in Maine. Opportunities are available to try panning at their store!

- <https://cooscanyonrockandgift.com/gold-prospecting>



Want to hold a piece of the Moon and Mars in your hands and meet other space enthusiasts? The Space Rocks Gallery at Maine Mineral and Gem Museum is one of the few places on Earth where visitors can hold this piece of galactic wonder!

- <https://mainemineralmuseum.org/>



Explore Science at the Maine Science Festival! With over 70 fun, free events across five days, the festival celebrates science in Maine—like a film or art festival, but all about science! Whether you’re a science lover or just curious, there’s something for everyone to enjoy.

They also produce the Maine Science Podcast, featuring conversations with Mainers who do and use science in their work.

- <https://www.mainsciencefestival.org/>
- <https://www.mainsciencefestival.org/podcast>

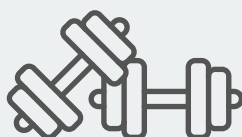


Actions that Build Community in Maine: Sports & Fitness



Walk, bike or swim to support a cause and meet others. Several events take place annually in Maine like the Maine Heart Walk and the Dempsey Challenge.

- https://www2.heart.org/site/TR/HeartWalk/FDA-FoundersAffiliate?pg=entry&fr_id=9873
- <https://support.dempseycenter.org/index.cfm?fuseaction=cms.page&id=1781&eventID=546>



Help someone get a membership to join your local YMCA. Join group exercise classes and groups, participate in social events and meet personal health goals. Financial assistance opportunities are available through Open Doors Application.

- <https://www.ymca.org/get-involved/join>



Learn all about disc golf in Maine. Ranked as the 32nd best disc golf state in United States, Maine has 113 courses. Among these are 70 courses which have 18 or more holes. Maine is also home to 54 leagues to connect with and join.

- <https://udisc.com/places/maine-united-states#!>



Join the Pickleball craze! Pickleball is one of the fastest-growing games in the nation! It's fast paced, easy to learn, great exercise, and lots of fun! Find a court near you or join Maine's premier pickleball club The Wicked Pickle!

- <https://www.pickleheads.com/courts/us/maine>
- <https://thewickedpickle.me/>

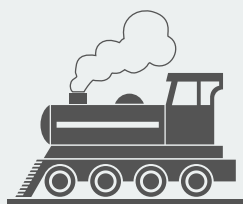


Share your love for sports! Community Centers such as The Alford Youth & Community Center in Waterville is often in need of youth sports coaches for both recreational sports and team sports. You will teach sport-specific skills, mental toughness, good sportsmanship, and ultimately how to compete in a positive and productive way. Prior experience is not needed; coaching instructions are provided.

<https://www.clubaycc.org/join-us/volunteers/>



Actions that Build Community in Maine: Transportation



Be a train docent or assist with other train needs at the Maine Narrow Gauge Railroad. Ride aboard the train while sharing the history of Maine's unique narrow-gauge railways with the public. Meet others with a love for history and trains.

- <https://mainenarrowgauge.org/volunteer-with-us/>



Portland International Jetport is looking for friendly people to welcome travelers arriving and departing from flights. As a volunteer Airport Ambassador, you'll welcome people from around the world, make new friends, and have the opportunity to be involved in special events.

- <https://portlandjetport.org/airport-ambassadors>



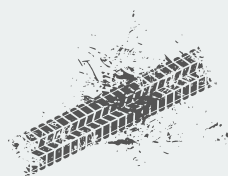
Start or join a carpool with GoMaine.

- <https://gomaine.org/carpool/>



Meet and join other “car people” at regularly scheduled public car gatherings. These events take place statewide. Portland Motor Club has a list of what's going on in the car world in our car state.

- <https://portlandmotorclub.com/car-shows-cruises-clubs-museums/cruise-ins/>
- <https://portlandmotorclub.com/>



Compete in or watch mud-slinging action in one of Maine's Mud Runs! Lots of runs take place across Maine. Locations can be found here.

- <https://untamedmainer.com/maine-mud-run-schedule-2024-by-location/>



Become a Volunteer Map Editor with the U.S. Geological Survey. Help keep The National Map accurate by checking building locations, updating names and addresses, and removing old data—all using aerial images and trusted sources.

- <https://www.usgs.gov/programs/national-geospatial-program/national-map>

