

# Needs and Skills in the Lewiston/Auburn Time Bank Area

## ARTS



Drawing  
Dried Flowers  
Jewelry Making  
Photography  
Portraiture  
Pressed Flowers

## DOMESTIC



Alterations/ Mending  
Errands/Transportation  
Grocery Shopping  
Haircuts  
Housekeeping / Sitting  
Ironing / Laundry  
Overnight Accommodation  
Pet Care for Cats and Dogs

## LESSONS



Clay      Knitting  
Piano     Guitar  
Cello     Scrabble  
  
Art/Drawing  
Dried Flowers  
Pressed Flowers

## VEHICLE



Car or Truck:  
  
Oil Change  
Tune- up  
Cleaning  
Washing

## BUSINESS



Notary Public  
Real Estate Advice  
Public Relations  
Financial Budgeting  
Small Business Advice  
Business Card Design  
Marketing  
Informal Financial Advice

## EDUCATION



Design Training Programs  
Portland Adult Ed (see their brochure)  
Time Dollar Classes  
Tutor- English, Math or Reading

## MISCELLANEOUS



Space Blessing  
Tarot Card Reading  
Psychic Readings  
Dowsing  
Bau - Biologie

## WELLNESS



Aromatherapy  
Feldenkrais Method  
Foot Reflexology  
Herbal Healthcare  
Informal Health Advice  
Massage  
Polarity  
Reiki  
Relaxation Technique

## COOKING



Cake Decorating  
Casseroles  
Chocolate Desserts  
Cultural  
Specialty  
Vegetarian

## ENTERTAINMENT



Cello  
Duplicating  
Guitar  
Piano  
Recording Services  
Reading Aloud  
Video Taping

## OFFICE



Clerical  
Meetings Facilitator  
Transcriptionist  
Writing/Editing  
Translation of Language  
Resume & Cover Design

## COMPUTERS



Internet Navigation  
Technical Assistance  
Website Design

## HOME



Basic Electrical  
Basic Plumbing  
Carpentry  
Firewood Cut/ Stack  
Garden/Yard Work  
Handyman  
Haul Stuff  
Lawn Mowing  
Moving Assistance  
Painting inter / exterior  
Wallpapering

## RECREATION



Biking      Dance  
Hiking     Tennis  
Kayaking  
Coaching Youth Activities  
Outdoor Adventures

## L/A Time Bank

c/o THRIVE  
124 Canal Street  
Lewiston, ME 04240

Sharon Carter,  
L/A Time Bank  
Coordinator

207-782-5783 x1607