

Featured Event ...

A Matter of Balance: Tuesday, April 1st

Aging is inevitable, falling is not

This 8-session group class emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Preregistration is required to attend in person at the First Baptist Church, 46 Court Street in Houlton; please call 764-3396/800-439-1789.

Tuesday, April 1st

TUESDAY TALKS WITH JOY (In-Person or Online) – 1:30 – 2:30 PM, Houlton Access Point, 56 Military St. Kathryn Harnish steps in for Joy this month and welcomes special guest Cecilia Rhoda who will discuss Houlton's Gateway Ambassadors program and how members are fostering a more welcoming, inclusive community in which people feel like they belong. Preregistration is required to attend in person or at another Access Point.

CARE PARTNER SUPPORT GROUP (Online) – Tuesdays, 6-7 PM, except holidays. Get help navigating the healthcare system and learn from others who travel a similar path.

Wednesday, April 2nd

GATHERING PLACE (Online) – Every Wednesday, 10-11 AM, except holidays. Join us for fun, education, and social connection!

Friday, April 4th

FIRST FRIDAY ART WALK – 4:30-7:30 PM, Agency office, 260 Main St. Presque Isle. Join us to view the artwork of Filomena Irving. This exhibit is an extension of our March show.

Monday, April 7th

A MATTER OF BALANCE – 9:30-11:30 AM, Caribou Public Library, 30 High St. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Preregistration is required for this 8-session group program.

COMMUNITY DINING – 11 AM, Agency on Aging, 260 Main St. Presque Isle. A nutritious sit-down meal is held every Monday, except holidays, for persons age 60 and older who do not receive home-delivered meals. Preregistration is required. No fee, but donations are encouraged.

MONDAY MINI TALKS (In-Person or Online) – 1-2:30 PM, Agency on Aging, 260 Main St., Presque Isle. Ruth White, Manager of Service Coordination at the Agency joins Staff members of Maine VA who will discuss Geriatric and Extended Care for veterans, their spouses, or care givers. Preregistration is required to attend in person or at another Access Point.

Wednesday, April 9th

MEDICARE 101 (Online) – 10-11 AM, Medicare can be confusing and it's a lot to understand. We'll discuss your coverage options, get the help you can understand, learn how to save on prescription drugs and much more.

KNITTERS' GROUP – 12:30-2:30 PM, Agency on Aging, 260 Main St. Presque Isle. A crafty group who share fellowship, fun, and healthy treats. Drop-ins welcome.

Thursday, April 10th

CIVIC ACADEMY – 9 AM-2:00 PM, Agency on Aging, 260 Main St. Presque Isle. This six-session program is designed to empower you as an advocate. Sessions will be held simultaneously at Access Points in Ashland, Frenchville, Monticello, and Island Falls. Apply now to attend the Academy.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (In person or online) – 3-4 PM, Agency on Aging Memory Center. Preregistration required.

Monday, April 14th

DRIVERS FITNESS AS WE AGE (In-person) – 1-2:30 PM, Agency on Aging, 260 Main St. Presque Isle. Dr. Tom Meuser, a clinical psychologist and applied gerontologist, to offer safety programming. Topics include: Medical-functional fitness to drive in advancing age; driver licensing and medical review processes; and mobility options and transition planning for persons no longer medically fit to drive. Preregistration required.

Tuesday, April 15th

SENIOR MEDICARE PATROL (Online) – 10-11 AM, Have you been a victim of Medicare Fraud? Do you want to learn ways to protect yourself from scams?

Wednesday, April 16th

WHAT TO KNOW WEDNESDAY (In-person and Online) – Noon-1 PM. Community Ambassador Ginny Joles will join Outreach Specialist Tim Cook who, along with other members of his team, helps community members connect with the resources, services, and support they need to live their best lives. Preregistration required.

Thursday, April 17th

BRAIN HEALTH AND AGING (In person or online) – 3-4 PM, Agency on Aging Memory Center. Preregistration required.

Tuesday, April 22nd

BLOOD PRESSURE CHECKUP – 10-11 AM, Agency on Aging. No appointment necessary.

Thursday, April 24th

BEHAVIOR SYMPTOM MANAGEMENT (In person and online) – 3-4 PM, Agency on Aging Memory Center. Preregistration required.

**To register for or learn more about all of our services,
please call the Agency on Aging
at (207) 764-3396 or 1-800-439-1789
or email to info@aroostookaging.org**