



**Aroostook
Agency on Aging**

OCTOBER 2025 SCHEDULE OF EVENTS



Featured Events

**“Cool” happenings
in October...
come join us!**

October 4 | 10a-8p | Fall Festival to End Hunger at Big Rock Mountain

This event, hosted by the County Federal Credit Union to benefit Meals on Wheels and local food pantries, features live music, food trucks, ticketed chairlift rides, a bonfire, a golf scramble, an ATV ride-in and more! Admission tickets are \$10 for all ages; rain or shine! (Foliage ride tickets sold separately on site.) For more information, visit www.countyfallfestival.org

October 6 | 1-2p | Monday Mini-Talk: Suicidality & Older Adults

Suicidality affects all ages. Join representatives from AMHC to learn the factors that contribute to suicidality, know what signs to look for and how to support someone who is experiencing a difficult time. Onsite at the Presque Isle Access Point and virtually at other Access Point sites.

October 7 | 1:30-2:30p | Tuesday Talks with Joy

In recognition of Domestic Violence Month, Executive Director Joy Barresi Saucier hosts Stephanie Chick and Courtney Chasse from Hope and Justice to share their expertise to create deeper understanding of the impact of domestic violence. Onsite at the Madawaska Access Point and virtually at other Access Point sites.



Annual Meeting

Rising to the Moment: A Community Gathering on Aging in the County October 9 | 3-4:30pm

The Board of the Aroostook Agency on Aging invites you to join us as we reflect on the past year and discuss how we're developing creative solutions that will help County residents age with dignity, independence and well-being. Guest speaker Kathryn Olmstead will share how the spirit of Aroostook County inspires us to meet today's challenges. A brief annual meeting and reception will follow. Attend in person at our Presque Isle headquarters or at any of the following Access Points: Caribou, Fort Kent, Houlton, Island Falls, Madawaska, Monticello, Portage Lake, and Van Buren. Preregistration required!



Preregistration is required for most events.

For more details or to register for any of the events listed here, please call the Agency at
(207) 764-3396

or visit us at **aroostookaging.org/events**.



Open Enrollment Starts October 15!

Beginning October 15 | 2026 Medicare Open Enrollment Clinics

From October 15 through December 2, our knowledgeable and compassionate staff are available to help Medicare recipients review and update their Part D prescription plans. We'll be traveling to communities across Aroostook County, providing one-on-one support to help you evaluate your options and select the plan that's right for you. What may feel daunting on your own becomes manageable with expert assistance at your side.

Scan the QR code to the left or visit www.aroostookaging.org to find the dates for a location near you. When you're ready, call 207-764-3396 to register!



Memory & Caregiving Services

Weekly Events

- **Care Partner Support Group** (virtual sessions)
Every Tuesday from 6-7p (October 7, 14, 21, & 28)
- **Online Gathering Place** (virtual day program)
Every Wednesday from 10-11a (October 1, 8, 15, 22 & 29)
- **Welcome Wednesdays** (visit our Adult Day Services program in PI)
Every Wednesday from 10-11a (October 1, 8, 15, 22 & 29)

Monthly Events (in-person or virtual)

- **Understanding Alzheimer's & Dementia**
2nd Tuesday of the month from 3-4p (October 14)
- **Brain Health & Aging**
3rd Tuesday of the month from 3-4p (October 21)
- **Dementia Behavior Symptom Management** (for caregivers)
4th Tuesday of the month from 3-4p (October 28)



Community Dining

Lunchtime meals are available for any person age 60 or older who does not participate in home-delivered meals program and wants to enjoy food, friends, and occasional recreational and educational programs. Preregistration is required; no fee, but donations are encouraged. Weekly from 11a-12p except holidays.

- **Caribou VFW** (253 Van Buren Rd.) on **Wednesdays**
- **Fort Kent Senior Club** (20 Pine St.) on **Mondays** except 10/13
- **Grand Isle Senior Center** (366 Main St.) on **Thursdays**
- **Madawaska KC Hall** (172 Fox St.) on **Thursdays**
- **Presque Isle:**
 - **Agency on Aging** (260 Main St.), **Monday** 10/27 only
 - **Sargent Center** (24 Chapman Rd.), **Mondays biweekly** - 10/8 and 10/22
- **Van Buren Rec Center** (114 Champlain St.) on **Tuesdays & Wednesdays**



Other Events

October 8 & 22 | 12:30-2:30p | Semi-Monthly Knitters Group (in person @ PI office) Gather with fellow knitters for friendship, fun, and tasty treats! And **come see our volunteer knitters' handiwork at the Caribou Fall Arts & Crafts Festival on October 18-19 from 10-4p.**

October 15 | 9:00-11:00a | Flu Vaccination Clinic (adults only)
Offered in partnership with Northern Light Home Care & Hospice. Register by calling (207) 764-3396. Please bring your insurance card.