

SEPTEMBER IS HEALTHY AGING MONTH!



Aroostook
Agency on Aging

SEPTEMBER 2025 SCHEDULE OF EVENTS



Featured Events

Here's what's hot
in September...
come join us!

Beginning September 2 | 9-10a | Fall Bingocize Class

Join us on Tuesdays and Thursdays from September 2 through November 6 at our Presque Isle office for Bingocize...a fun way to test your strength, balance, and luck! Registration for the series is required by September 2.

September 2 | 1:30-2:30p | Tuesday Talk with Joy on Healthy Aging

In recognition of National Healthy Aging Month, Executive Director Joy Barresi Saucier hosts an engaging conversation with AR Gould Hospital's Dawn Roberts and Cary Medical Center's Elizabeth Singer about ways to promote well-being as we grow older. Onsite at the Limestone Access Point and virtually at other Access Point sites.

September 5 | 4:30-7:30p | Artists for Aging Reception: Nanette Gordon

Maine-based portrait photographer Nanette Gordon shares her most recent work, *The Empowered Portrait: Seeing & Celebrating Women Over 50*, in this kick-off to her month-long exhibit at the Agency.

September 8 | 1-2p | Monday Mini-Talk on Adaptive Technologies

Join Lani Carlson, Director of Maine CITE, to learn more about this statewide program that helps people with disabilities live, learn, work, and play independently. Onsite at the Presque Isle Access Point and virtually at other Access Point sites.



Seen & Celebrated Workshop

Seen & Celebrated: A Portrait of You Workshop Series

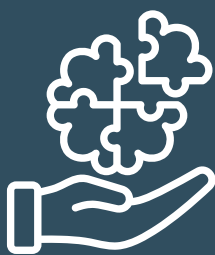
September 18, 25, and October 2 | 2:30-4:30p
\$150 fee per pair of participants (scholarships available)

September's Artist for Aging, photographer Nanette Gordon, leads a three-session workshop that explores the process of self-expression and portrait-making. With the encouragement of a trusted partner, each participant considers what best represents them through writing and discussion prompts; participants then translate those insights into powerful photographic portraits. Space is limited; participants are expected to attend all three sessions.



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**.

Ongoing Events



Memory & Caregiving Services

Weekly Events

- **Care Partner Support Group** (virtual sessions)
Every Tuesday from 6-7p (September 2, 9, 16, 23 & 30)
- **Online Gathering Place** (virtual day program)
Every Wednesday from 10-11a (September 3, 10, 17 & 24)
- **Welcome Wednesdays** (drop-in to experience our Adult Day Services program)
Every Wednesday from 10-11a (September 3, 10, 17 & 24)

Monthly Events (virtual)

- **Understanding Alzheimer's & Dementia**
2nd Tuesday of the month from 3-4p (September 11)
- **Brain Health & Aging**
3rd Tuesday of the month from 3-4p (September 18)
- **Dementia Behavior Symptom Management** (for caregivers)
4th Tuesday of the month from 3-4p (September 25)



Wellness Classes

Bingocize (in person @ our Presque Isle office)

Starts September 2 | Tues/Thurs through November 6 | 9-10a

Class combines bingo with strength and balance exercises designed to help prevent falls. *Must register to attend the full series.*

Beginner's Yoga (registration closed for this session)

Continues September 8, 15, 22, and 29 for registered participants; look for information about our next session, coming in November!



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.

- **Mondays: Presque Isle's Sargent Center** (24 Chapman Rd.) & **Ft. Kent Senior Club** (20 Pine St.) - no meal on September 1
- **Wednesdays: Caribou VFW** (253 Van Buren Rd.)
- **Thursdays: Madawaska KC Hall** (172 Fox St.)



Other Events

September 10 | 10-11a | Medicare 101: Understanding the Basics of Medicare (virtual; *last class until January!*)

Know your Medicare coverage options, learn how to save on prescription drugs, and much more.

September 10 | 12:30-2:30p | Monthly Knitters Group (in person @ our Presque Isle office)

Gather with fellow knitters for friendship, fun, and tasty treats!

September 17 | 10-11a | Senior Medicare Patrol Fraud & Abuse (virtual; *last session until January!*)

Learn ways to protect yourself from Medicare scams and abuse.