

Senior Network!

EVERY MONDAY AND THURSDAY

TIME: 11:00 A.M. TO 2:00

Piscataquis Regional YMCA

There is an inviting and warm place for our area Senior Citizens every Monday and Thursday at PRYMCA! Senior Network is offered to area Seniors at no cost, from January through April, to help beat those winter doldrums and the isolation that often comes during the cold weather.

Senior Network provides the opportunity for you to get out of your home for a while during the day, turn the heat down and join in the company of others!

MONDAYS—Lunch provided by Community First. Board games, cards and great conversation! 2nd and 4th—Sit and Get Fit!

THURSDAYS—POTLUCK Luncheon—please bring a contribution! Weekly speaker with topic of interest!

SENIOR NETWORK is sponsored by Community First, PRYMCA, University of Maine County Extension, Mayo Regional Hospital, PENQUIS and United Way of Eastern Maine. It is available at no cost to any senior resident of our local communities in Piscataquis County.

CALL PRYMCA FOR MORE INFORMATION OR
TO REGISTER!
564-7117

SENIOR NETWORK