

WELCOME TO SENIOR NETWORK!



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!



Winter has settled in throughout Piscataquis County! 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 SCHEDULE

ON MONDAY'S

Monday's are social days, starting with a warm beverage, visiting and a chance to play cards, board games, puzzles, small group projects, etc. Lunch is provided by Community First at 11:30 a.m. Monday's are also Door Prize day! On Mondays there will be a nutritious luncheon at 11:30 a.m. prepared by Community First and other volunteer organizations.

"Sit and Get Fit," which is a specially designed no-impact, senior exercise and strength-building program, will be offered on the 2nd and 4th Mondays of each month.

Seniors also will have opportunities for participation in the arthritic pool exercise program. Additional programs may include videos of trips taken by local residents, hobby presentations and the like.



**Volunteers or Speakers are ALWAYS welcome! Please call:
Sue Mackey Andrews
564-8245
Or e-mail:
sdmandrews@aol.com**

.....ON THURSDAY'S

Seniors are asked to bring something to contribute to an old fashioned, **Maine Pot Luck Luncheon!**



On Thursdays, we will have a variety of speakers to entertain and inform. Good conversation, cards, board games and activities will also be available. Please see the insert for topics that have been planned.

DO YOU NEED TRANSPORTATION?

Please call Penquis LYNX service at **1-866-853-5969** to discuss your transportation needs at least a week before you plan to attend Senior Network. Tell them that you are attending this program. In most cases, this transportation is at no cost. In some instances, there is a small charge. If this charge is a problem for you, please call Sue Mackey Andrews at 564-8245.

CANCELLATION POLICY:

In the case of bad weather, Senior Network will be canceled if the local school district is closed. Please listen to WDME or watch your local Bangor TV stations for these cancellation alerts.



COMMUNITY FIRST

SENIOR NETWORK

While pre-registration isn't required, your call to the PRYMCA to let us know when you plan to attend will help to ensure that we have enough chairs and food for everyone!

PRYMCA—564-7111



**Mondays and Thursdays,
January-April 2009
11:00 a.m. to 2:00 p.m.
PRYMCA
48 Park Street
Dover-Foxcroft, ME**



SENIOR NETWORK
Is a program offered to all county residents at no cost.
Please check us out!

Senior Network is a partnership between Community First, University of Maine Cooperative Extension, Mayo Regional Hospital, the PRYMCA and PENQUIS with financial support from the United Way of Eastern Maine.