

SENIOR NETWORK SCHEDULE

SENIOR NETWORK MONDAY PROGRAM SCHEDULE 11:00 A.M. — 2:00 P.M.

Every Monday:
*Luncheon provided by
Community First*

SCHEDULE

- 11:00 a.m.** *Welcome!*
- Coffee/tea, playing cards,
board games, visiting and
talking with friends!*
- 11:30 a.m.** *Luncheon*
- 12:15 p.m.** *Occasional Program
Board games, cards
Crafts and Activities*
- 1:00 p.m.** *2nd and 4th
Mondays:
SIT AND GET FIT*

*January Program:
Monday, January 26th
Ardie Hacker, Dover-Foxcroft
Trip to India and Bhutan*

Please call PRYMCA for more information or to register to attend!
PRYMCA—564-7111

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.

SENIOR NETWORK THURSDAY PROGRAM SCHEDULE 11:00 A.M. — 2:00 P.M. *(Topics may change)*

*11:00 a.m. Arrive and Settle In
Coffee/tea, playing cards, board
games, visiting and talking with
friends!*

11:30 a.m. POTLUCK LUNCHEON
*Please bring something to share
with everyone!*

12:15 p.m. Guest Speaker/Topic

Jan. 15th: Cindy Herbest, PRYMCA
It's a Matter of Balance:
Safety, preventing falls,
strength building exercises

Jan. 22nd: To be confirmed
Nutritious Meals for One or Two

Jan. 29th: To be confirmed
Senior Protection: Living Alone Safely

Feb. 5th
Senior Protection:
Money Matters

Feb. 12th: Leslie Lizotte
Eastern Area Agency on Aging
Senior Services in the Area

Feb. 19th: Jane Conroy,
University of Maine County Extension
Soups, Soups and More Soups!
Doing more with Less!

Feb. 26th: Paul Matulis, PENQUIS
Preparing for Taxes

March 5th: Sherry Corbin, Blanchard
Positive ways to handle depression,
stress and worry