


# SeniorsPlus

From the desk of Connie Jones, Director of Community Services...

## Bits and Pieces


 • **Tax Season is Here:** If you need assistance on your *simple* tax return, AARP trained counselors are ready to help at the following locations. You must call for an appointment. This service is free.

**Poland** – Ricker Memorial Library, call 998-3166

**Norway** – Memorial Library, call 743-7459

**Rumford** – SCORE Office, call 364-3633

**Lewiston** – Multi-Purpose Ctr, call 784-2926 ext 207

 • **You are Cordially Invited to... ChocoLArt!** A delectable afternoon filled with the delights of chocolate, wine and art to benefit SeniorsPlus Meals on Wheels and other programs.

**Date: Sunday, March 21**

**Time: 2 to 5 PM**

**Hilton Garden Inn, Auburn**

**Tickets: \$35**, available at [www.seniorsplus.org](http://www.seniorsplus.org) or by calling 1-800-427-1241.

• **Farm Share:** Sign-ups for the 2010 Summer Season Farm Share Program begin March 1. Enjoy fresh summer produce at your local farm stand, with a \$50 share for those eligible. For more information and to get a list of farm stands in your area, call SeniorsPlus at 1-800-427-1241.

• **Medicare Note:** If you are receiving Extra Help with your Medicare premiums and have questions on changing coverages, confusing information, or want to check to make sure your coverage is correct, remember our Medicare counselors are here all year, ready to help out. Call SeniorsPlus at 1-800-427-1241.

• **Coming Soon! The Money Management Program:** SeniorsPlus is preparing to offer the Money Management Program services to anyone who needs assistance with paying bills, balancing checkbooks and keeping within their budget. This AARP program matches a trained volunteer with an older adult needing a little extra help. The volunteer regularly helps the client with bill-paying, etc. Do you or someone you know need this help? Call SeniorsPlus at 1-800-427-1241.

• **The SeniorsPlus Mobile Office Hits the Road Again:** Despite potholes, frost heaves and the possibility of late snowfalls, the Mobile Office will be on the road again coming to a community near you. Watch for dates and times and more details.

## VALENTINE'S CELEBRATION

Baked Stuffed Chicken with Supreme Sauce  
Baked Potato Casserole  
Normandy Vegetables  
Italian Pasta Salad  
Fruit Salad  
Fresh Baked Scone  
Red Velvet Cake  
Coffee, Tea and Milk  
Suggested Donation \$6.00

Locations and Dates:

**Auburn Heritage Court,**  
Thursday, February 11,  
11:30 AM

**Auburn Townhouse,**  
Wednesday, February 10,  
11:30 AM

**Buckfield Nezinscot Village,**  
Wednesday, February 10,  
11:30 AM

**Farmington Old South Church,**  
Thursday, February 11,  
11:45 AM

**Leeds Spring Rock Apts.,**  
Tuesday, February 9,  
11:30 AM

**Lewiston Meadowview,**  
Thursday, February 11,  
11:30 AM

**Lewiston Multi-Purpose Center,**  
Wednesday, February 10,  
11:30 AM

**Lisbon Falls MTM Community Center,**  
Wednesday, February 10,  
11:30 AM

**Rumford Community Center,**  
Thursday, February 11,  
11:30 AM

**Turner Boofy Quimby Hall,**  
Tuesday, February 9,  
11:30 AM

**Wilton Masonic Lodge,**  
Thursday, February 11,  
12 Noon

**Reservations are necessary.  
Call SeniorsPlus at  
1-800-427-1241.**

## SeniorsPlus

8 Falcon Road

P.O. Box 659

Lewiston, ME

04243-0659

Telephone:

1-800-427-1241,

207-795-4010

TTY: 207-795-7232

Fax: 207-795-4009

[www.seniorsplus.org](http://www.seniorsplus.org)

 Aging Well  
Living Well  
**EXPO**

**Save the Date for the Aging Well Expo:** Save October 1, 2010 on your calendar for the 3<sup>rd</sup> Annual Aging Well

Living Well Expo at Sunday River. Treat yourself to a day of experiential education and wellness at one of the best locations in Maine to enjoy the fall foliage. Ride the Chondola for spectacular views. Watch for more upcoming details.