



# SeniorsPlus

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

## Friday, October 2 Will You Be There?



Treat yourself to a day of learning, fun, beautiful foliage and stunning vistas! The Aging Well Living Well Expo at Sunday River is a day to enjoy your age!

**Why would I go?** If you are interested in expanding your horizons, exploring aging *well*, living *well*, this one day event gives you just that opportunity, joined by others of like mind.

**Where is this event?** We wanted our Expo at a location that is beautiful, exciting, and highlights what is good about Maine. We chose Sunday River Grand Summit Resort, where just the drive there in October is a vacation...stunning mountain views, gorgeous foliage.

**How will I get there?** You can drive yourself, or if you really want a day of total enjoyment you can board a Northeast Charter Bus, chartered just for this day. With pick-ups in Lewiston, Oxford, Norway, Paris, Jay Livermore Falls, Farmington and Rumford, you can just relax and enjoy!

### **Give me an idea of what's happening during the day?**

Try something new: rugbraiding, fly-tying, zumba, yoga, creative art. Learn something new: nutritious cooking tips, reverse mortgages, social security frequently asked questions, preparing for retirement in today's economy. Enjoy something new: every participant receives a ticket to ride Sunday River's new "chondola" to the summit to enjoy the view. Listen to someone new: Keynote speakers Lee Ann Szelog, Maine's own award-winning author of *Our Point of View*, *14 Years at a Maine Lighthouse*, and Connie Jones, speaking on her favorite topic, "The Not-So-Aging Brain". Exhibits and chances to win great raffle prizes, including a Wii Fit by Nintendo.

**So the bottom line is, how much will it cost me?** Just \$15 per person for the day, which includes all of the activities, speakers, workshops, chondola ride, amenities at Sunday River resort, and breakfast, lunch and snack for the road. If you ride the Northeast Charter Bus, it is a one-day package price of \$45, which includes your chartered travel as well as the day's events and food.

**Tell me more and how do I sign up?** The full registration brochure is ready, just call us at 1-800-427-1241, and we'll mail you one. Or you can find it on our website at [www.seniorsplus.org](http://www.seniorsplus.org).

**Friday, October 2, 2009, Sunday River Grand Summit Resort – we'll see you there!**

### **Caregiver Support Groups**

Every caregiver needs support. These groups provide a chance to share experiences and learn from each other and from experts in the field. No need to pre-register, just show up. For more information, call 1-800-427-1241.

*Farmington* – Caregiver Support Group, 1<sup>st</sup> Tuesday of each month, 3 to 4:30 PM, Farmington Municipal Building.

*Lewiston* - Alzheimer's Support Group, 2<sup>nd</sup> Monday of each month, 5:30 to 7 PM, SeniorsPlus.

*Norway* – Caregiver Support Group, 3<sup>rd</sup> Monday of each month, 3 to 4:30 PM, Norway Library.

### **The SeniorsPlus Mobile Office Schedule for July**

**Lisbon MTM Center** –  
Wednesday, July 1,  
11 AM to 1 PM

**Farmington Old South  
Church** – Thursday,  
July 9, 11 AM to 1 PM

**Rumford Community  
Center** – Tuesday, July  
14, 9 AM to 11:30 AM

**Norway Town Hall** –  
Friday, July 17,  
11 AM to 1 PM

**Turner Boofy Quimby  
Hall** – Tuesday, July 21,  
11 AM to 1 PM

There is always a Medicare counselor and an information and assistance specialist on board. Feel free to come with questions big and small. If you would like Medicare help, you can call ahead and make an appointment during the Mobile Office visit. Just call 1-800-427-1241 and ask for a Medicare appointment on the Mobile Office.

### **August is Tax & Rent Month**

Staff and volunteers will be available to assist you in completing your tax and rent rebate application. We will be in the following locations: Lisbon, Fryeburg, Lewiston, Farmington, Norway, Turner, Rumford, Phillips, Rangeley, and Bethel. Call for an appointment: 1-800-427-1241.

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