

# FEBRUARY IS NATIONAL HEART HEALTH MONTH!



# FEBRUARY 2026 SCHEDULE OF EVENTS



## Featured Events

Love What's Happening in February!

**February 5| 11:00a | HOULTON Community Dining!** We're excited to announce a new Community Luncheon site in Houlton! In partnership with the Church of the Good Shepherd (Watson Hall) on Main Street, we'll be serving delicious, hot, and healthy lunches every Thursday beginning February 5. Luncheons are available to individuals age 60 and older who are not participating in the Meals on Wheels program. There's no fee (though donations are strongly encouraged), and it's a perfect opportunity to enjoy a great meal and connect with others in the community. Meal is served at 11:00 am. Preregistration is required. See page 2 for the full schedule of Community Dining opportunities.

**February 6-March 13| 10:00-11:00a | Beginner's Yoga\* with Cara Miller, Certified Instructor** A new session begins! Our yoga class offers a gentle, beginner's style yoga. We will cover foundational yoga poses that almost anyone can do, regardless of fitness level. The six-week session is scheduled for Fridays beginning February 6<sup>th</sup> and will be offered at the Washburn Access Point and will be broadcast to Caribou, Eagle Lake, Easton, Fort Kent, Frenchville, Mars Hill, Monticello, Oakfield, Portage, Presque Isle, St. Agatha and Stockholm Access Points. Pre-registration is required! (Schedule: 2/6, 13, 20, 27, and 3/6, 13).

**February 9| 1:00-2:00p | Monday Mini-Talk\*: Andwell Health Partners.** John Thayer and Michelle Stebbins will share information about their new GUIDE (Guiding an Improved Dementia Experience) program, an innovative eight-year pilot in partnership with the Centers for Medicare and Medicaid Innovation. This program is designed to support both individuals living with dementia and their caregivers. Attend in person at our main office in Presque Isle or at an Access Point near you. Please call the Agency for more information and to register.

**March 4| 9:00-10:00a | Introduction Session: Aroostook Civic Academy\*** Are you an Aroostook County resident eager to make a difference in your community? We invite you to an introductory Aroostook Civic Academy session to learn more about this free, interactive 6-day program to be offered Wednesdays, April 8-May 15. Discover how the Academy builds advocacy and leadership skills and connects people passionate about positive community change. Attending the introductory session does not require any commitment to the full program. Participate at an Access Point site near you! Pre-registration for this session is required.

**\* Join event via an Access Point near you — pre-registration required!**



**Preregistration is required for most events.**

**Note that an asterisk (\*) indicates an Access Point event.**

For more details or to register for any of the events listed here, please call the Agency at

**(207) 764-3396**

or visit us at [aroostookaging.org/events](http://aroostookaging.org/events).

# Ongoing Events



## Memory & Caregiving Services

### Weekly Events

- **Online Gathering Place\*** (virtual day program)  
Every Wednesday from 10-11a (February 4, 11, 18, 25)
- **Welcome Wednesdays** (visit our Adult Day program in PI)  
Every Wednesday from 10-11a (February 4, 11, 18, 25)

### Monthly Events (in-person or virtual)

- **Care Partner Support Group\***  
1st Thursday of the month from 3-4p (February 5)
- **Understanding Alzheimer's & Dementia\***  
2<sup>nd</sup> Thursday of the month from 3-4p (February 12)
- **Brain Health & Aging\***  
3<sup>rd</sup> Thursday of the month from 3-4p (February 19)
- **Dementia Behavior Symptom Management\*** (for caregivers)  
4<sup>th</sup> Thursday of the month from 3-4p (February 26)



## Community Dining

**Lunchtime meals** are available for any person age 60 or older who does not participate in home-delivered meals program and wants to enjoy food, friends, and occasional recreational and educational programs. Preregistration is required; no fee, but donations are encouraged. Meals are served weekly at 11:00 am except holidays and as noted.

- **Caribou VFW** (253 Van Buren Rd.) on **Wednesdays**  
(February 4, 11, 18, 25)
- **Fort Kent Senior Club** (20 Pine St.) on **Mondays**  
(February 2, 9, 23 **no meal on 2/16-holiday**)
- **Grand Isle Senior Center** (366 Main St.)-Agency sponsored meal on **2nd Thursday** of month (February 12)
- **Houlton-Watson Hall** (116 Main St.) on **Thursdays**  
(February 5, 12, 19, 26)
- **Madawaska KC Hall** (172 Fox St.) on **Tuesdays**  
(February 3, 10, 17, 24)
- **Presque Isle:**
  - **Agency on Aging** (260 Main St.), **Mondays biweekly** -  
(February 2, **no meal 2/16-holiday**)
  - **Sargent Center** (24 Chapman Rd.), **Wednesdays biweekly** - served at **1:30 pm** (February 11 & 25)
- **Van Buren Rec Center** (114 Champlain St.) on **Tuesdays & Wednesdays** (February 3, 4, 10, 11, 17, 18, 24, 25)



## Other Events

**February 3-March 12| 9:00-10:00a | Bingocize®** continues for those who preregistered for this class. Watch for new sessions in the future!

(February schedule: 2/3, 5, 10, 12, 17, 19, 24 & 26)

**February 11 & 25| 12:30-2:30p | Semi-Monthly Knitters & Crocheters Group** (in person @ PI office) Gather with fellow yarn lovers for friendship, creativity, fun, and tasty treats! Our February 11 session marks the 2<sup>nd</sup> anniversary of this talented group. We'll be celebrating with something extra special!