



**Aroostook
Agency on Aging**

JANUARY 2026 SCHEDULE OF EVENTS



Featured Events

**Top picks for
January!**

December 30-February 3 | 1:00-3:00p | Living Well for Better Health: Chronic Disease Self-Management Program* Kickstart your New Year with this free 6-week program starting Tuesday, December 30! If you're living with conditions like diabetes, arthritis, or heart disease, this program offers practical tools to help you feel more confident and in control. Sessions run Tuesdays, December 30 through February 3, from 1–3 p.m., in person at our main office in Presque Isle or via our Access Points. Pre-register is required! (Schedule 12/30, 1/6, 13, 20, 27 & 2/3)

January 6-March 12 | 9:00-10:00a | Bingocize! Join us Tuesdays & Thursdays for this FREE 10-week in-person program to be held at the Sargent Family Community Center on Chapman Road in Presque Isle. This fun, in-person Bingocize® class helps older adults and individuals with disabilities improve mobility, learn useful health information, and enjoy social engagement—with a chance to win prizes. Led by instructor Denise Condon. Space is limited. Call 207-764-3396 to pre-register. (January schedule: 1/6, 8, 13, 15, 20, 22, 27 & 29)

January 21 | 4:00-6:00p | Chicken Stew to Go! Warm up your winter with a delicious grab-and-go meal prepared by our amazing RSVP crew! Swing by for a hearty pint of hot chicken stew, a roll with butter, a big cookie, and a drink—all for only \$10! Car-hop service will be available too! Find us at 260 Main St., Presque Isle. (Snow date: Thursday, January 22.)

January 30-March 6 | 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 January 30th and will be offered at Access Points in Washburn, Caribou, Fort Kent, Frenchville and Presque Isle, with other sites pending. Pre-registration is required! (Schedule: 1/30, 2/6, 13, 20, 27 & 3/6).

*** 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**.

Ongoing Events



Memory & Caregiving Services

Weekly Events

- **Online Gathering Place*** (virtual day program)
Every Wednesday from 10-11a (January 7, 14, 21, 28)
- **Welcome Wednesdays** (visit our Adult Day program in PI)
Every Wednesday from 10-11a (January 7, 14, 21, 28)

Monthly Events (in-person or virtual)

- **Care Partner Support Group***
1st Thursday of the month from 3-4p (**no session-holiday**)
- **Understanding Alzheimer's & Dementia***
2nd Thursday of the month from 3-4p (January 8)
- **Brain Health & Aging***
3rd Thursday of the month from 3-4p (January 15)
- **Dementia Behavior Symptom Management*** (for caregivers)
4th Thursday of the month from 3-4p (January 22)



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. Weekly from 11a-12p except holidays and as noted.

- **Caribou VFW** (253 Van Buren Rd.) on **Wednesdays** (January 7, 14, 21, 28)
- **Fort Kent Senior Club** (20 Pine St.) on **Mondays** (January 5, 12, 26 **no meal on 1/19-holiday**)
- **Grand Isle Senior Center** (366 Main St.)-Agency sponsored meal on **2nd Thursday** of month (January 8)
- **Madawaska KC Hall** (172 Fox St.) on **Thursdays** (January 8, 15, 22, 29, **no meal 01/01-holiday**)
- **Presque Isle:**
 - **Agency on Aging** (260 Main St.), **Mondays biweekly** - (January 5, **no meal 1/19-holiday**)
 - **Sargent Center** (24 Chapman Rd.), **Wednesdays biweekly** - January 14 & 28 **1:30-2:30 pm**
- **Van Buren Rec Center** (114 Champlain St.) on **Tuesdays & Wednesdays** (January 6, 7, 13, 14, 20, 21, 27, 28)



Other Events

January 14 & 28 | 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! See our beautiful display of talent at the Agency's main office throughout January—there's nothing better than warm hats, mittens and more all made with love! All proceeds benefit the Aroostook Agency on Aging Foundation.

January 6, 13, 20, 27 | 1:00-3:00p | Chronic Disease Self-Management Program continues for those who preregistered for this class. Watch for new sessions in the future!