

DECEMBER OPPORTUNITIES TO CONNECT, REFLECT AND CELEBRATE!



Aroostook
Agency on Aging

DECEMBER 2025 SCHEDULE OF EVENTS



Featured Events

Wrap up your
December with us!

December 1 | 1:00-2:00p | Monday Mini Talk *: Pathways for Life, Exploring Personal Narratives:

Join Tom Meuser, PhD, clinical psychologist and gerontologist, for an overview of his five-session course designed to help older adults share their life stories and values through narrative interviewing. Dr. Meuser, retired Founding Director of UNE's Center for Excellence in Aging & Health, now offers engaging talks and workshops for older adults and professionals. Join us in person at our main office in Presque Isle or at an Access Point near you!

December 5 | 4:30-7:30p | Artists for Aging: Lynn Cote

As our December artist of the month, Lynn will showcase her newest watercolor works alongside some of her favorite graphite drawings. The exhibition offers a captivating mix of black-and-white and colorful pieces — each striking and bold in its own way. Be sure to stop by and experience this inspiring collection in person during the Art Walk!

Our 2nd Annual Wonderland of Wishes | New Year's Eve from 4-7p

As we kick off our 30 Days of Giving winter appeal on December 1, we hope you'll make the Aroostook Agency on Aging part of your end-of-year gifting! Each donation in support of our programs is represented with a luminary, inscribed with your wish for 2026 or a memory of someone you love. On New Year's Eve, these lights will line the walkways of Riverside Park during our Wonderland of Wishes event — creating a glowing tribute to your generosity and a beacon of hope for the year ahead.

The Wonderland of Wishes promises to be a fun-filled start to the community's New Year's festivities. Bring the kids to stroll among the luminary-lit paths, follow our story walk, sip cocoa, and commemorate the evening in our photo booth...all before fireworks send all of our wishes for a happy, prosperous, and healthy 2026 off into the new year!

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**.

SIGNUP



Ongoing Events



Memory & Caregiving Services

Weekly Events

- **Online Gathering Place*** (virtual day program)
Every Wednesday from 10-11a (December 3, 10, 17, 24, 31)
- **Welcome Wednesdays** (visit our Adult Day program in PI)
Every Wednesday from 10-11a (December 3, 10, 17, 24, 31)

Monthly Events (in-person or virtual)

- **Care Partner Support Group***
1st Thursday of the month from 3-4p (December 4)
- **Understanding Alzheimer's & Dementia***
2nd Thursday of the month from 3-4p (December 11)
- **Brain Health & Aging***
3rd Thursday of the month from 3-4p (December 18)
- **Dementia Behavior Symptom Management** (for caregivers)
-no session in December due to Christmas holiday



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** (December 3, 10, 17, 24, 31)
- **Fort Kent Senior Club** (20 Pine St.) on **Mondays** (December 1, 8, 15, 22, 29)
- **Grand Isle Senior Center** (366 Main St.)-Agency sponsored meal on **2nd Thursday** of month (December 11)
- **Madawaska KC Hall** (172 Fox St.) on **Thursdays** (December 4, 11, 18, no meal 12/25)
- **Presque Isle:**
 - **Agency on Aging** (260 Main St.), **Mondays biweekly** - 12/8 and 12/22
 - **Sargent Center** (24 Chapman Rd.), **Wednesdays biweekly** - 12/3, & 12/17, no meal 12/31 **1:30-2:30 pm**
- **Van Buren Rec Center** (114 Champlain St.) on **Tuesdays & Wednesdays** (December 2, 3, 9, 10, 16, 17, 23, 24, 30,31)



Other Events

December 4, 11, 18| 1:00-2:00p | Beginner's Yoga with Cara Miller, Certified Instructor continues for those who preregistered for this class. Watch for new sessions and sites in 2026!

December 10 only| 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 December—there's nothing better than warm hats, mittens and more all made with love! All proceeds benefit the Aroostook Agency on Aging Foundation.