

FALMOUTH COMMUNITY PROGRAMS NEWSLETTER FOR 55+

OCTOBER & NOVEMBER 2019 190 MIDDLE ROAD, FALMOUTH 207-699-5330

NATIONAL DISASTER RECOVERY FRAMEWORK IN FALMOUTH

Disasters come in many shapes and sizes; some are natural while others are man-made. During this presentation, Falmouth's Fire/EMS Chief, Howard Rice and Police Chief, John Kilbride will reflect on the challenges faced in Falmouth and how they work to prepare their respective departments, in addition to the community, for such events. The issues will be interesting and will provide you with guidance to help you become more aware and better prepared. Pre-registration required.

A SNACK WILL BE PROVIDED

Location: Presumpscot Room

Date: October 2, 2019

Time: 1:00-3:00pm

Fee: FREE!

There is no telling what could happen when a disaster strikes, and essential utilities such as running water, electricity, and phone lines could become compromised. Services or aid might not arrive for days. You may have to flee your home or be unable to get to your house. It will help to have a few things handy. The Red Cross recommends storing disaster kits in the home, the office, at school, and/or in a vehicle. It is a good idea to have a more comprehensive kit at home and also have a portable bag of essentials.

**TO LEARN MORE, JOIN US
ON OCTOBER 2nd.**

MEDICARE OPEN ENROLLMENT STARTS OCTOBER 15

The 2019-2020 Medicare Open Enrollment Period is
October 15, 2019-December 7, 2019
for a January 1, 2020 effective date.

What can I do during the 2019-2020 Medicare Open Enrollment Period?

- Change from Original Medicare to Medicare Advantage, or vice versa
- Choose a different Medicare Advantage Plan
- Make changes to your current Part D coverage
- Apply for Part D, although fees may be required

What can't I do during the Medicare Open Enrollment Period?

- Enroll in Part B without a qualifying medical event
- Apply for Medicare Advantage Plans that are not in your geographic region
- Make changes between your Medicare plans without answering medical questions

You may want to change your plan if;

- Significant premium increase
- Doctor no longer in your Medicare Advantage Plan Network
- Medications are no longer covered

Your annual notice of change letter will let you know all the above. Also, Southern Maine Agency on Aging has 1:1 Medicare appointments. Please call them at 207-396-6524 to schedule.

FALMOUTH COMMUNITY PROGRAMS OPEN HOUSE at Mason-Motz Activity Center WED., OCTOBER 23, 2019 10am-3pm

FREE PROGRAMS:

10am

Meditation Class with Janine

11:30-1pm

Live Cooking Demonstration Class

12-1pm

Laughter Yoga with Denise

1-2pm

Live music with Doc's Banjo Band

2-3pm

Cookie Social

10am-2pm

Flu Clinic (Bring insurance cards!)

10am-2pm

Chair Massage with Robyn

Come and check out BOGGS Bakery Food Truck

Free Raffles all day to win gift cards from local businesses!



FIVE BENEFITS TO EXERCISING AS A SENIOR

Many of us know exercising is not always easy and it sometimes feels like a bother. BUT PLEASE READ BELOW ABOUT THE BENEFITS!! Getting an exercise routine will help you in the following ways:

Greater Balance: When an older person's muscles weaken, and if they are in pain they have more trouble with balance and there is an increased risk of a fall. Regular exercise helps improve not only muscle strength and pain levels, but it can help regain balance.

Stronger Joints, Bones, and Muscles: With a regular exercise program senior's work muscles and joints which helps them grow stronger. It also helps bones become stronger. With a regular exercise program, seniors become stronger and can do more.

Reduces Pain Levels: When we are in pain, we do not want to move much, which in turn results in decrease in mobility. Those joints and muscles that are hurting do not get used and become weaker. Exercise along can help manage pain levels so they're not as debilitating.

Better Mood: A happy side effect of exercising is the release of chemicals called endorphins that help with mood and issues such as depression. Especially in the winter, some of us get down. Regular exercise can help to improve our mood and combat anxiety.

More Independence: Starting an exercise routine can be instrumental in allowing you to feel more in control of your life.

**WEDNESDAY
December 4th, 2019
11:30am to 1:00pm**

Pizza lunch provided.

MARIJUANA LAWS, TRENDS & IMPACTS OF LEGALIZATION IN MAINE

Do you ever wonder what the laws are surrounding the buzz about Marijuana and CBD? What is CBD and is it legal to use?? Please come to a presentation with Falmouth Police Chief, John Kilbride in the Presumpscot Room at the Mason-Motz Activity Center

BELOW ARE SOME EXERCISE PROGRAMS OFFERED THROUGH FALMOUTH PARKS & COMMUNITY PROGRAMS THAT CAN HELP YOU REACH YOUR EXERCISE GOALS

- *Tuesdays & Fridays Light Aerobic Dance Class at Lunt Auditorium 10:30am-11:30am, \$3 drop in fee*
- *Synergy Movement Class - October 3-24 at 1:30-2:30pm, \$7 drop in fee*
- *Walking Mindful Meditation Class - October 31 to November 21 at 1:30pm-2:30pm, \$7 drop in fee*
- *Senior Pickleball (55+) - October 1 to December 19 at 1:00pm-3:00pm, FREE*
- *Exploring Movement with Donna (4 different Sessions) - September 25 to December 19, \$69 a session*
- *Walk Safely inside the Mason-Motz Activity Center - Walk at your own pace and in comfort. Open during our regular business hours. FREE and open to everyone.*

For more information please contact Kim Doyon, Senior Services Coordinator: 207-699-5330 or email: kdoyon@falmouthme.org

OCTOBER

2019

55+ Calendar

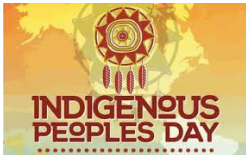
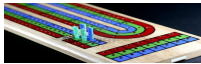
Falmouth Community Programs

Activities in **RED** require PRE-REGISTRATION

207-699-5330

« There's something about autumn that wakes up our senses and reminds us to live..... ».



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-11:30am ~ End of Life Advanced Care Planning -FREE! 11:45am-3pm ~ Cribbage	2 10am~ Senior Property Tax Information Forum 1-3pm~ National Disaster Recovery Framework with Chief Kilbride & Chief Rice	3 10am~ CRIBBAGE FUN 1:30pm~Synergy Movement Class	4 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in Fee of \$3.00
7 10:30am~ Morning Conversation 1:30pm~ MAHJONG	8 10-11:30am~ Alzheimer's /Dementia Care for You/Loved one at End of Life 11:45-3pm~ Cribbage	9 1:30-3:00pm~ Dementia Support Services: Loss & Depression in the Caregiver	10 9am~ Little Chef's w/ pre-school kiddos 10:00am~ CRIBBAGE FUN 1:30pm~ Synergy Movement Class	11 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in Fee of \$3.00
14 	15 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in fee is \$3.00 11:45-3pm~ Cribbage	16 12pm~ Laughter Yoga with Denise 1:30pm~ Clutter Club	17 10am~ CRIBBAGE FUN 1:30pm~ Synergy Movement Class	18 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in Fee of \$3.00
21 12-1:30pm~ Pseudo Book Club 1:30pm MAHJONG	22 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in fee is \$3.00 11:45-3pm~ Cribbage	23 OPEN HOUSE 10am-3pm FREE CLASSES, MUSIC, RAFFLES and MORE!!	24  10am~ CRIBBAGE FUN 1:30pm~ Synergy Movement Class	25 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in Fee of \$3.00
28 10:30am~ Morning Conversation 1:30pm~ MAHJONG	29 10:30am~ Low Impact Aerobics at Lunt Auditorium Drop in fee is \$3.00 11:45-3pm~ Cribbage	30 9am-2pm~ Healthy Steps with SMAA at Plummer Senior Living	31 10am~ CRIBBAGE FUN 1:30pm~ Walking Mindful Meditation	

NOVEMBER

2019

55+ Calendar

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« *Happy November...*

November is the month to remind us to be thankful for the many positive things happening in our life. »



Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30am~ Light Aerobic Dance Class at Lunt
4  1:30pm~ MAHJONG	5 10:30am~ Light Aerobic Dance at Lunt Auditorium 11:30am~ Cribbage	6 10am~ Outing to 317 Main Street - Yarmouth Community Music Center	7 10am~~ Cribbage Fun 1:30pm~ Walking Meditation	8 10:30am~ Light Aerobic Dance Class at Lunt \$3.00 Drop In Fee
11  VETERANS DAY	12 10-11:30am~ All About Aging & Balance w/ Maine Strong Balance 11:30am~ Cribbage	13 9:30am~ Senior Stakeholders Meeting 10:30am~ Hannaford Presentation; Staying Healthy When Everyone Else is Getting Sick	14 9am~ Little Chef's with Falmouth Circle's Preschool 10am Cribbage Fun 1:30pm~ Walking Meditation	15 10:30pm~ Light Aerobic Dance Class at Lunt \$3.00 Drop In Fee
18 12pm~ Pseudo Book Club with Leisa 1:30pm~ MAHJONG	19 10:30am~ Light Aerobic Dance Class at Lunt Auditorium 11:30am~ Cribbage	20 12pm~ Laughter Yoga with Denise 1:30pm~ Clutter Club	21 10am~ Cribbage Fun 1:30pm~ Walking Meditation	22 10:30am~ Light Aerobic Dance Class at Lunt \$3.00 Drop In
25 10:30am~ Thanksgiving Reminiscing in Presumpscot Room 1:30pm~ MAHJONG	26 10:30am~ Light Aerobic Dance Class at Lunt Auditorium 11:30am~ Cribbage	27 	28  Happy Thanksgiving! To You And Your Family	29 10:30am~ Light Aerobic Dance Class at Lunt \$3.00 Drop In Fee