

FALMOUTH COMMUNITY PROGRAMS 55+ NEWSLETTER

FEBRUARY & MARCH 2020

190 MIDDLE ROAD, FALMOUTH

207-699-5330



Introduction to Meditation

Meditation has many health benefits and remains a holistic treatment path for countless symptoms including insomnia, pain management and memory loss associated with aging. Participants will be guided through breathing, posture and imagery to enjoy an effective experience. DO NOT MISS OUT!

Pre-registration is required.

Instructor: Leslee Clark

Location: Presumpscot Room

Dates: Tuesdays, February 4-25

Time: 9:30-10:30am

Fee: \$5.00 drop in fee

Low Income Home Energy Assistance Program (LIHEAP)

The Maine State Housing Authority (MSHA) is designated by the Maine Legislature to administer Federal LIHEAP funds. This program provides money to low income homeowners and renters to help pay heating costs. For Falmouth residents in Cumberland County, the local Community Action Agency responsible for processing applications and issuing assistance, is Opportunity Alliance in Portland.

Fuel Assistance (Home Energy Assistance Program, HEAP), provides supplemental heating assistance to income eligible households in Cumberland County to pay for a portion of their annual heating expenses. The assistance will not pay for annual heating expenses in full; it may cover the cost of a single tank fill up. The program provides a one-time per season direct payment to heat vendors for homes heated with oil, kerosene, coal, pellets, wood, LP gas or electricity. In some instances when the household's heat is included in the monthly rent, your payment may go to your power bill or if all utilities are included in your rent, it may be sent to the eligible head of household. Applications are taken by appointment (phone or in person) from September through March.



For more information or to make an appointment, please contact Opportunity Alliance in Portland. By phone 207.553.5900 or via email at:

heatingassistance@opportunityalliance.org

2-1-1 Maine

211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. Specialists are trained and friendly; they know we all need help sometimes. 211 is known as the resource where people go when they don't know where else to go. Whether it's financial assistance, domestic violence, addiction treatment, health care, mental health, or heating and utilities assistance, they will talk with you to find out what you need and walk you through all the options to find the right service or program for you.



A MATTER OF BALANCE



Did you know?

~Two thirds of those who fall will do so again within six months.

~Falls are the leading cause of death from injury among people 65 and older.

~One-fourth of seniors who fracture a hip from a fall will die within 6 months of injury.

A Matter of Balance is a nationally recognized program designed to help older adults manage falls, increase activity levels, and learn tools and strategies to assist them to remain active and independent as they age. As part of an interactive social group, participants problem-solve, learn from each other and practice a gentle exercise program.

Instructor: Southern Maine Agency on Aging Volunteer

Location: Presumpscot Room

Dates: Tuesdays, March 10 to May 12

Time: 9:30-11:30am

*Fee: FREE**

****Pre-Registration Required***

HOW TO PREPARE YOUR HOME TO AGE IN PLACE SUCCESSFULLY

What does “aging in place” (AIP) mean? Simply put, aging in place involves remaining in your home safely, independently, and comfortably, for as long as possible.

It is not surprising that 8 out of 10 people over 50 years old want to stay in their current home for as long as they are able.

The National Association of Homebuilders (NAHB) developed a Certified Aging in Place Specialist (CAPS) designation program to teach professionals how to meet the evolving needs of seniors. Whether you require minor modifications or major renovations, you will want to work with a CAPS professional to ensure that your home has functional spaces that are as safe and practical as they are wonderful.

Falmouth Community Programs has scheduled a class led by a Certified Aging in Place Specialist, Tim St. Hilaire of Custom Property Solutions to inform you of important modifications you can make to help you age in place longer and safer while providing peace of mind.

Learn ways to modify you or your loved one’s home. Your home is an extension of your life; you feel secure, have access to friends, family and the conveniences and comfortable surroundings to which you are accustomed. Join us and discover changes you can make to ensure longevity in your home as well as 15 or more ways to prevent the fall that may separate you from your home.

Instructor: Tim St. Hilaire, AIP Specialist

Location: Presumpscot Room

Date: Wednesday, February 12

Time: 10:30-11:30am

*Fee: FREE**



****PRE-REGISTRATION REQUIRED***

We all know.....less is more, right?? “Make room for LIFE and declutter”

DECLUTTER TIME!! With more of our time spent inside due to the cold weather, what a great time to organize and dispense with things we just do not need. After decluttering, folks can feel less stress and anxiety, more inner peace and self-confidence, stronger decision-making skills and improved health habits, like better sleep. Do you need help simplifying your home? Do you need more guidance or coaching? Call Simply Sized Home 207-358-0046 email: info@simplysizedhome.com for a free consultation or visit their website www.simplysizedhome.com. Or attend **Clutter Club** with Denise Macaronas, FREE of charge here at Mason-Motz, the third Wednesday of the month at 1:30pm in the Presumpscot Room.

FEBRUARY 2020

55+ Activities Calendar

Falmouth Community Programs




Activities in RED require pre-registration

207-699-5330

« The best love is the kind that awakens the soul; makes us reach for more, plants the fire in our hearts and brings peace to our minds. »

-Nicholas Sparks



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10am ~ Bridge 1:30pm ~ Mahjong</p> 	<p>4</p> <p>9:30am ~ Intro. to Meditation 10:30am ~ Light Aerobic Dance at Lunt Auditorium 11:30am ~ Cribbage</p>	<p>5</p> <p>10:30am ~ Home Safety with Falmouth Fire-EMS</p> 	<p>6</p> <p>10am ~ Cribbage 1pm ~ Self Defense Class for Older Adults</p>	<p>7</p> <p>10:30am ~ Light Aerobic Dance at Lunt Auditorium \$3.00 drop in fee</p>
<p>10</p> <p>10am ~ Bridge 12pm ~ Pseudo Book Club 1:30pm ~ Mahjong</p>	<p>11</p> <p>9:30am ~ Introduction to Meditation 10:30am ~ Light Aerobic Dance Class at Lunt Auditorium 11:30am ~ Cribbage</p>	<p>12</p> <p>10:30am ~ Aging in Place Specialist-Tim St. Hilaire from Custom Property Solutions</p>	<p>13</p> <p>9am ~ Little Chef's 10am ~ Cribbage 1-3pm ~ Falmouth Libraries Knitting Class</p>	<p>14</p> <p>Happy Valentine's Day 10:30am ~ Light Aerobic Dance Class at Lunt Auditorium \$3.00 drop in fee</p>
<p>17</p> 	<p>18</p> <p>9:30am ~ Introduction to Meditation 11:30am ~ Cribbage</p>	<p>19</p> <p>12pm ~ Laughter Yoga 1:30pm ~ Clutter Club</p>	<p>20</p> <p>10am ~ Cribbage 1-3pm ~ Falmouth Memorial Library Knitting Class</p>	<p>21</p> <p>10:30am ~ Light Aerobic Dance Class at Lunt Auditorium \$3.00 drop in fee</p>
<p>24</p> <p>10am ~ Bridge 1:30pm ~ Mahjong</p>	<p>25</p> <p>10:30am ~ Light Aerobic Dance Class at Lunt Auditorium 12pm ~ Cribbage</p>	<p>26</p> <p>Walk safely indoors at Mason-Motz during regular business hours. All are welcome!</p>	<p>27</p> <p>10am ~ Cribbage 1-3pm ~ Falmouth Memorial Library Knitting Class 1pm ~ Self Defense Class for Older Adults</p>	<p>28</p> <p>10:30pm ~ Light Aerobic Dance Class at Lunt Auditorium \$3.00 drop in fee</p>

March

2020

55+ Activities Calendar

Falmouth Community Programs

Activities in **RED** require pre-registration

207-699-5330

*Dance as if no one were watching,
Sing as if no one were listening,
And live everyday as if it were your last.*

~Irish Proverb



Monday	Tuesday	Wednesday	Thursday	Friday
2 10am ~ Bridge 1:30pm ~ Mahjong	3 10:30am ~ Low Impact Aerobics at Lunt Auditorium 11:30pm ~ Cribbage	4 <i>“You are never too old to set another goal or to dream a new dream”</i>	5 10am ~ Cribbage 1-3pm ~ Senior Pickleball in Mason-Motz Gym FREE	6 10:30am ~ Low Impact Aerobics at Lunt Auditorium \$3.00 drop in fee
9 10am ~ Bridge 1:30pm ~ Mahjong	10 9:30am ~ A Matter of Balance with SMAA 11:30pm ~ Cribbage	11 9:30am ~ Senior Stakeholders Mtg. 1pm ~ Hidden Ireland: Native’s Perspective	12 9am ~ Little Chef’s 10am ~ Cribbage 11am ~ Luck of the Irish boiled dinner at Lunt \$28.00	13 10:30am ~ Low Impact Aerobics at Lunt Auditorium \$3.00 drop in fee
16 10am ~ Bridge 12pm ~ Pseudo Book Club with Leisa 1:30pm ~ Mahjong	17 <i>Happy St. Patrick’s Day!</i> 9:30am ~ A Matter of Balance with SMAA 11:30am ~ Cribbage	18 12pm ~ Laughter Yoga 1:30pm ~ Clutter Club 6:30pm ~ Travelogue to New Zealand	19 10am ~ Cribbage 1-3pm ~ Senior Pickleball in Mason-Motz Gym FREE	20 10:30am ~ Low Impact Aerobics at Lunt Auditorium \$3.00 drop in fee
23 10am ~ Bridge 1:30pm ~ Mahjong	24 9:30am ~ A Matter of Balance with SMAA 11:30pm ~ Cribbage	25 <i>Walk safely indoors at Mason-Motz during regular business hours. All are welcome!</i>	26 10am ~ Cribbage 1-3pm ~ Senior Pickleball in Mason-Motz Gym FREE	27 10:30am ~ Low Impact Aerobics at Lunt Auditorium \$3:00 drop in fee
30 10am ~ Bridge 1:30pm ~ Mahjong	31 9:30am ~ A Matter of Balance with SMAA 11:30pm ~ Cribbage			