

Southern Maine Agency on Aging's Portland June Events Calendar

See reverse for appointment and RSVP information

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Caregiver Support Group
10:00AM-11:00AM

Medicare Counseling
By appointment

Medicare Counseling
By appointment

Medicare Counseling
By appointment

Medicare Counseling
By appointment

Medicare Counseling
By appointment

Chair Yoga
2:00-3:00PM

**Welcome to Medicare
seminar**
5:00PM



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RSVP, appointment, and walk-in information below!

Caregiver Support Group - Visit our events page at www.smaaa.org/events

Chair Yoga - drop-in as desired

Medicare Counseling - By appointment only at 207-396-6524

Welcome to Medicare seminar - Registration required on our events page
www.smaaa.org/events



Southern Maine
AGENCY
On **AGING**
EMPOWERING OLDER ADULTS
AND THEIR CAREGIVERS