

Southern Maine Agency on Aging's Portland July Events Calendar

See reverse for appointment and RSVP information

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
		Medicare Counseling By appointment	Chair Yoga 2:00-3:00PM	
Caregiver Support Group 10:00AM-11:00AM		Medicare Counseling By appointment	Chair Yoga 2:00-3:00PM	
Medicare Counseling By appointment		Medicare Counseling By appointment Welcome to Medicare seminar 5:00PM	Chair Yoga 2:00-3:00PM	
Medicare Counseling By appointment		Medicare Counseling By appointment	Chair Yoga 2:00-3:00PM	
		Medicare Counseling By appointment	Chair Yoga 2:00-3:00PM	 Southern Maine AGENCY On AGING EMPOWERING OLDER ADULTS AND THEIR CAREGIVERS

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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



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AGENCY
On **AGING**
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