

Senior Series



Coffee, Tea & Talk Senior Series

We are continuing our monthly series geared toward Seniors/Adults with informative, fun programming. The sessions will be held on the second Thursday of the month from 9:30–11:00 am. Refreshments will be available. Topics to be presented are as follows:

January 12 - The History of Cumberland

Presenter: Carolyn Small, Cumberland Historical Society

Sit back and enjoy a informative, narrative tour of Cumberland which includes many original photos.

February 9 - Overseers of the Poor

Presenter: Thomas Bennett, Prince Memorial Library

Thomas Bennett will give a talk on Maine's nineteenth-century pauper laws, and will use archival documents from the Cumberland Overseers of the Poor to illustrate aspects of the law.

March 9 - Safety in Your Home

Presenter: Evariste Bernier, Cumberland Fire Department

Learn 12 things you can begin doing right now to make you safer every day.

April 13 - GHS Madrigal Singers Concert

Presenter: GHS Madrigal Singers

Back by popular demand! Enjoy a performance of our wonderful Madrigal singers!

Time: 9:30–11:00 am

No Fee or Registration Required

Location: Cumberland Town Hall Council Chambers

A Matter of Balance

Are you afraid of falling? Do you put off doing activities you used to enjoy because you're afraid of a fall? A Matter of Balance is a nationally recognized program designed to reduce the fear of falling and encourage physical activity. The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by trained volunteer leaders. Participants learn ways to reduce the risk of falling, set goals and increase activity, increase strength and balance, and manage fall reduction.

Registration Required – For more information, call Southern Maine Agency on Aging at 800-427-7411 x583 or 207-396-6583 or visit www.smaaaa.org.

Date & Time: Tuesday, January 10 - March 14, 9:30–11:30 am

Location: Prince Memorial Library

Fee: Contact Southern Maine Agency on Aging

Living Well for Better Health

Do you live with a chronic health condition? Is it ruling your life? Living Well for Better Health is a nationally recognized workshop for adults of all ages who are living with ongoing health conditions. Classes are held once a week for 6 weeks. Caregivers are also welcome to attend. Participants learn real-life skills to live a rewarding life while managing their health. The course can help participants take charge of their own health, set goals, and achieve them.

Registration Required – For more information, call Southern Maine Agency on Aging at 800-427-7411 x583 or 207-396-6583 or visit www.smaaaa.org.

Date & Time: Tuesday, March 21 - May 2
9:30 am–12:00 noon

Location: Prince Memorial Library

Fee: Contact Southern Maine Agency on Aging