



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9am - 3pm: Resource Center Walk-ins	2 9am: Arthritis Exercise Zoom Class (Virtual)	3
6	7 9am: Arthritis Exercise Zoom Class (Virtual)	8 9am - 3pm: Resource Center Walk-ins	9 9am: Arthritis Exercise Zoom Class (Virtual)	10 9am: Medicare 101 Class 11am - 2:30pm: Medicare Counseling (by appointment)
13	14 9am: Arthritis Exercise Zoom Class (Virtual) 10am - 3pm: Family Caregiver Walk-ins (by appointment)	15 9am - 3pm: Resource Center Walk-ins	16 Dover-Foxcroft Access Center Closed	17
20 Dover-Foxcroft Access Center Closed	21 9am: Arthritis Exercise Zoom Class (Virtual)	22 9am - 3pm: Resource Center Walk-ins	23 9am: Arthritis Exercise Zoom Class (Virtual)	24 12pm: Cornerstone Caregiving Presentation (Virtual via Zoom)
27	28 9am: Arthritis Exercise Zoom Class (Virtual) 10am - 3pm: Family Caregiver Walk-ins (by appointment)	29 9am - 3pm: Resource Center Walk-ins	30 9am: Arthritis Exercise Zoom Class (Virtual)	
	Arthritis Exercise ZOOM Class: \$15 per month <i>Join from the comfort of your home!</i>		Activity Drop in Fee: \$3	Presentations: Free unless otherwise noted. Donations are gladly accepted to support future programs.

Do you have questions about available resources and would prefer a friendly face-to-face conversation?
Walk-in hours are the 2nd and 4th Tuesdays 10 - 3 for Family Caregiver, and Wednesday 9 - 3 for the Resource Center.

This Access Center is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$270,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.