




Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 9am: Arthritis Exercise Zoom Class (Virtual)	6 9am - 3pm: Resource Center Walk-ins	7 9am: Arthritis Exercise Zoom Class (Virtual)	8 9am: Medicare 101 Class 11am - 2:30pm: Medicare Counseling (by appointment)
11	12 9am: Arthritis Exercise Zoom Class (Virtual) 10am - 3pm: Family Caregiver Walk-ins (by appointment)	13 9am - 3pm: Resource Center Walk-ins	14 Dover-Foxcroft Access Center Closed	15
18	19 9am: Arthritis Exercise Zoom Class (Virtual)	20 9am - 3pm: Resource Center Walk-ins	21 9am: Arthritis Exercise Zoom Class (Virtual)	22 12pm: Cornerstone Caregiving Presentation (Virtual via Zoom)
25 Dover-Foxcroft Access Center Closed	26 9am: Arthritis Exercise Zoom Class (Virtual) 10am - 3pm: Family Caregiver Walk-ins (by appointment)	27 9am - 3pm: Resource Center Walk-ins	28 9am: Arthritis Exercise Zoom Class (Virtual)	29
	Arthritis Exercise ZOOM Class: \$15 per month Join from the comfort of your home!		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.

