

# fit&fun Over 50

## Winter Activities

January - March, 2020



Northern Light<sup>SM</sup>

A.R. Gould Hospital



## January

### Eating Better on a Budget

Saturday, Jan. 4 • 10 - 11 am  
AR Gould Conference Center • Free  
Learn strategies you can use to make healthy food choices on a budget with dietitian and SNAP educator Ben Mayhew, RD. Includes cooking demos, recipes, cookbook, taste testing, and a door prize drawing.

### Living Well with Chronic Pain

Thursdays, Jan. 2 - Feb. 6  
9:30 am - 12 pm • Free  
Aroostook Area Agency on Aging  
Discover skills and strategies to manage your chronic pain and symptoms, as well as gain confidence and motivation to deal with the challenges of living with chronic pain. Preregistration required; class limited to 12. Call 760-6258.

### Community Health Talk: Seasonal Depression

Tuesday, Jan. 7 • 6 - 7 pm  
AR Gould Conference Center • Free  
Join us for an informal session on Seasonal Depression with Chris Morse, MSW, LCSW, from Northern Lighthouse. Light refreshments will be served.

To learn more about Fit & Fun Over 50, please contact Dawn Roberts:  
Phone: 768-4248  
Email: [droberts@northernlight.org](mailto:droberts@northernlight.org)

### Healthy Aging Luncheon

Monday, Jan. 13 • 10 am - 12 pm  
Presque Isle Inn & Convention Center  
Social and music begin at 10 am, with music by Phyllis Hersey. At 10:30, Jason Parent, executive director of ACAP, will discuss services available for older adults. Lunch follows at 11 am. Cost is \$5 for Senior Connection members; \$10 for non-members. Register by calling 768-4171 by January 7.

### Plan Meals Ahead

Saturday, Jan. 18 • 10 - 11 am  
AR Gould Conference Center • Free  
Learn the tools you can use to plan and build healthy meals at home with dietitian and SNAP educator Ben Mayhew, RD. Cooking demos, recipes, cookbook, taste testing, and a door prize will be offered.

### Walk with a Doc:

Andrew Lederman, MD  
Tuesday, Jan. 28 • 12 - 1 pm  
Sargent Family Community Center, PI  
This is the kick-off of an exciting new program being offered by AR Gould Hospital. Join Dr. Lederman, physiatrist and interventional pain specialist from our Orthopedics practice. He will lead a brief discussion on ways to restore your functional ability and way of life followed by a walk and conversation. Feel free to ask him health-related questions. This event is free and open to all ages and fitness levels. Light snacks and water will be provided.

## February

### Veggies & Fruit at Best Price

Saturday, Feb. 1 • 10 - 11 am  
AR Gould Conference Center • Free  
Learn strategies for shopping for veggies and fruit on a budget with dietitian and SNAP educator Ben Mayhew, RD. Unit pricing and freezing techniques will be discussed. Includes cooking demos, recipes, cookbook, taste testing, and a door prize drawing.

### Heart Health/Wear Red Day

Friday, Feb. 7 • 10-1:30 & 6-7:30  
AR Gould Conference Center • Free  
Have your healthy heart numbers checked (pulse, blood pressure, weight, and BMI). Stop by our photo booth area. Talk with ACAP's Tobacco Prevention about quitting tobacco. Free 10-minute yoga mini sessions with Cara Miller starting at 11:15 am. Pick up free heart tips and recipes, sign up for door prizes, and don't forget to wear red!!

### Heart Health Hike

Sunday, Feb. 9 • 1-3 pm  
Nordic Heritage Center  
Join us for a snow shoe hike led by Jamie Guerrette from Nordic Heritage Center and Linda Menard from the AR Gould Total Health Team. Use snowshoes at the center or bring your own. Refreshments will be served. Event is free for Nordic members and \$5 for non-members.

See back for more events.

### Healthy Aging Luncheon

Monday, Feb. 10 • 10 am - 12 pm  
Presque Isle Inn & Convention Center  
Social and music begin at 10 am, with music by Larry, Larry, and Bill. Dr. Fared Zayed, the new cardiologist at the hospital, will speak at 10:30, followed by lunch at 11 am. Cost is \$5 for members; \$10 for non-members. Register by calling 768-4171 by February 5.

### Healthy Food for an Active Lifestyle

Saturday, Feb. 15 • 10 - 11 am  
AR Gould Conference Center • Free  
Practice meal planning to fuel a healthy lifestyle with dietitian and SNAP educator Ben Mayhew, RD. Cooking demonstrations, recipes, cookbook, taste testing, and a door prize will be offered.

### Walk with a Doc:

John Raymond, PA-C

Tuesday, Feb. 25 • 10:30-11:30 am  
Aroostook Center Mall, PI • Free  
Join John Raymond, a provider in our Heart & Lung practice. He will lead a brief discussion on ways to protect your heart, followed by a walk and conversation. Be ready to ask him health-related questions. Free and open to all ages and fitness levels; snacks and water provided.

## March

### Annual Hime Towle Memorial Winter Frolic

Saturday, March 7

Nordic Heritage Center

There are a number of age categories for adult skiers in a 5K course, as well as a number of ski events for youth if you want to bring your grandkids. The cost is \$5 for youth, \$10 for adults, or \$20 for the family. Registration includes lunch after the event. Youth races start at noon, with the adult race starting at 12:30 pm. Prefer to snowshoe or fat-bike? The trails will be open for your use! *Weather permitting.*

### Healthy Aging Luncheon

Monday, March 9 • 10 am - 12 pm  
Presque Isle Inn & Convention Center  
Social and music begin at 10 am; music will be provided by PIHS Jazz Choir. Dr. Tiffany Frederickson, general surgeon, will talk about colorectal issues at 10:30 am, followed by lunch at 11 am. Cost is \$5 for members; \$10 for non-members. Register by calling 768-4171 by March 1.

### Sneakers & Shamrocks 4K

Sunday, March 15 • 12 pm  
Northern Maine Community College  
Join us for this St. Patrick's Day themed 4K walk/run, which starts and ends on the NMCC campus. All who take part will earn a pair of green shoe laces and a day pass at NMCC's Wellness Center. Be sure to get in the St. Patty's Day spirit with this fun event, because the best-dressed person wins a prize! The cost is only \$4. *Brought to you by AR Gould Hospital, NMCC, and Phi Theta Kappa.*

### Walk with a Doc:

Dr. David Weed

Tuesday, March 31 • 10:30-11:30 am  
Aroostook Center Mall, PI • Free  
Dr. Weed, the head of our Sleep Diagnostics practice, will lead a brief discussion on sleep-related issues, followed by a walk and conversation. Be ready to ask him your sleep-related questions. The event is free and open to all ages and fitness levels. Light snacks and water will be provided.

Keeping active can help keep you healthy.

## Ongoing Activities

### Balanced Moving

Mondays & Fridays • 10-11 am  
NMCC Smith Wellness Center  
This free class is open to all physical ability levels. Led by Cara Miller.

### Senior Center/Walking Track

Monday - Friday • 8 am - 9 pm  
Saturday & Sunday • 8 am - 5 pm  
Sargent Family Community Center, PI  
The Senior Center offers a television, billiards table, comfortable seating, tables and a variety of card/board games. The walking track offers a warm, safe place to get a walk in.

### Tai Chi

Thursdays • 11 am  
Sargent Family Community Center, PI  
Tai Chi is a low-impact, relaxing form of exercise for the health of your mind and body; ideal for seniors.

### Line Dancing

Thursdays • 3-5 pm  
Sargent Family Community Center, PI  
Just drop in. \$2 fee

### Ballroom Dancing

Thursdays • 6:30-7:30 pm  
Sargent Family Community Center, PI  
Just drop in. Free

### Music Jam

Wednesdays • 12-3 pm  
Sargent Family Community Center, PI  
Come enjoy live music. *Sponsored by Aroostook Area Agency on Aging*

### Ladies Snowshoeing

Tuesdays • 6 pm  
Nordic Heritage Center  
This new offering is an extension of Ladies Trail Night. Hikers are encouraged to wear headlamps and dress in layers. The group will depart from the parking lot at 6pm. Snowshoe rentals available. *Weekly excursion is weather dependent.*