

Yarmouth Community Services (YCS) 207-846-2406 www.yarmouthcommunityservices.org

200 Main Street

Creating community through people, parks and programs. Many of our programs are free to participate but those programs that offer instruction have a fee and require pre-registration. Call the YCS office or log-on to our website FMI.

- Adult & Senior Trips
- Adult Painting Classes & Groups
- Adult Yoga, Zumba, Ballroom Dance, Hapkido, Piyo and Pickleball
- Bartlett Circle Bingo
- Bridge Players, MahJong Players
- Knitters Knook

Yarmouth Senior Dining 207-846-6693 Jane Hurst www.smaaa.org

Casco Masonic Hall - 20 Mill Street

Wellness & Nutrition Community Cafes

Catered Luncheon	1st TUE/Month	Reservation Required	\$6.00	Donation
Weekly Cafe Lunch	Every TUES	Reservation Required	\$4.00	Donation

A great opportunity for Seniors to socialize and enjoy a meal

YMCA of Southern Maine Casco Bay Branch 207-865-9600 ymcaofsouthernmaine.org

14 Old South Freeport Road, Freeport

Free and Open to the Community:

- Cards and Coffee Tuesdays, 10am-Noon
- Parkinson's Support Group, Wednesdays 11:15am-12:15pm
- Included with a Membership (Financial Assistance Available):
- Arthritis Class, Water Tai Chi, Seated Tai Chi, Low Key Tai Chi, Zumba Gold, Qi Gong, Forever Young

Local Churches:

First Baptist Church 207-846-5814 Val Taylor, Office Mgr. www.firstbaptistymouth.org

346 Main Street

Pastor Dustin Ward

Shining the light of Christ through sharing the life in Christ

First Parish Congregational Church 207-846-3773 www.firstparishymouth.org

116 Main Street

- Ongoing: A space for community gatherings of all ages and interests
- No Strings Attached Women's Group, Book Group, Chair Yoga, Weekly AA Meetings
- Senior-Teen Saturday Games- Contact: Rosemary MacKay/email: rosemac@gmail.com

First Universalist Church of Yarmouth 207-846-4148 Gwen Matthews www.uuyarmouth.org

97 Main Street

- Caring Connection: Meals and transportation for those in need
- Adult Conversation Circles, Yoga Class
- Open Heart Sangha Meditation Group, Casco Bay Sangha Meditation Group
- Women's AA, Volunteer opportunities available

Sacred Heart Church 207-847-6890 www.parishoftheholyeucharist.org

326 Main Street

- Alzheimer's Support Group for Caregivers: Catherine Gentile 207-846-6862 ezine@catherinegentile.com
- Monthly Senior Luncheon: FMI: Kim Lovett 207-847-6890 kim.lovett@portlanddiocese.org



www.ycan.info - Need Senior Services Tab