

Age-Friendly Freeport & Pownal Summer Events



Yoga

Age-friendly yoga takes place every Monday at 11am

Strength & Stretch

Age-friendly exercise class!
Every Tuesday, 5:30-6:15pm



Bingo

Bring your friends and family!
The 1st Tuesday of the month at 1:30pm



Socials

New themes and activities for each social.
Refreshments served.
The 4th Tuesday of the month at 1:30pm.



All events are free and take place at
Freeport Community Center, 53 Depot St, Freeport
fcsmaine.org | (207) 865-3985

Want to know more? Contact Marie O'Donnell at 865-3985 x 222



**Freeport
Community
Services**