



Center on Aging

mainecenteronaging.umaine.edu

Education and enrichment for older adults

Through community partnerships, University of Maine Center on Aging programming educates, entertains and connects older adults in the community. Currently, the two affiliated education and enrichment programs are Gateway Seniors Without Walls and the Penobscot Valley Senior College. Together, these programs engage hundreds of older adults in the greater Bangor area.

Gateway Seniors Without Walls aims to improve quality of life for older people living in the greater Bangor area, and to help them stay in their homes as long as possible. The activities offered are varied and encourage physical activity, such as hiking, tai chi or yoga, painting and crafts, and music. Small group activities take participants to museums, lectures, theatre productions, concerts, film screenings and restaurants. Activities are offered most days of the week. Activities that are held weekly or monthly also are available. Everyone is welcome, including children and grandchildren. Fees are minimal.



GATEWAY SENIORS
without walls

IN AFFILIATION WITH



Learn more:

gatewayseniorswithoutwalls.org.



Penobscot Valley Senior College

is affiliated with the statewide Maine Senior College Network, Eastern Area Agency on Aging, and the University of Maine Center on Aging. Penobscot Valley Senior College



offers noncredit courses and other learning opportunities for people ages 50 and over. PVSC provides opportunities for learning, social interaction and intellectual stimulation with no educational admission requirement, tests or grades. Volunteers plan and teach weekly two-hour sessions for six weeks each fall and spring. Membership dues and course fees are minimal. A college education is not required. PVSC courses are offered to its own members, as well as members of other colleges in the Maine Senior College Network.

Benefits of PVSC membership:

- Two-week early notice of fall and spring classes
- Invitations to one-day programs (up to eight annually)
- Annual free members-only luncheon with guest speaker
- "Memo for Members" newsletter



Penobscot Valley
Senior College



Learn more:

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mainecenteronaging.umaine.edu/programs/education/seniorcollege.

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