

**Speaker's Gallery, Andy Valley Successful Aging Expo
May 30, 2019 Hilton RiverWatch, Great Falls Plaza, Auburn
9 a.m. – 2 p.m. Fun and free! No registration required**

9:00 Rolling on the River; Tips and Tricks to Riverboat Cruising

Have you ever wanted to go on a river cruise, but don't know where to start planning such a journey? Thomas Wilson from Cruise Planners will talk about the world-wide explosion in river cruising, with cruise itineraries designed to help you explore your destination!

10:00 Go Mobile!

Debra Bare-Rogers, Disability Rights Maine: Go mobile with Spring I-P Relay - place and receive captioned calls on a smartphone, computer or tablet at no cost. Debra will show you how with a free demonstration.

11:00 The Key to Successful Exercise.

Join Stephen Hall from Mathieu's Cycle and Fitness for a look at several exercise options that can help extend your independence and create a fitter life. Steve has an e-bike to demo and several other pieces of equipment that can bring enjoyable exercise into your home.

12-1 Salvation Army: "I'd rather have a root canal than deal with my Will..."

What's the bare minimum I can do to get my estate paperwork in order? Should I add a loved one to my bank account and/or house deed? Will my kids pay tax to inherit my IRA? Whether you have a will or not, there are some basic suggestions that will help everyone breathe easier--especially you! Walk home with the Personal Estate Planning Organizer to get you started on creating and/or updating your will. Join Amy Anderson from Salvation Army as we tackle some Frequently Asked Questions about estate planning. Amy will host a free lunch for 10 at this workshop.

1:00 Raging Against Aging, yet Gracefully and with a Smile. Dr. Greggus Yahr, MidCoast Counseling & Senior Services

Join Dr. Yahr in a discussion on the emotional signposts of aging, and what you can do to recognize and deal with potent feelings that are also age-appropriate.