



Education Center Schedule

November 2022

CAREGIVER GROUPS & RESOURCES

Good Grief- New!

Date and Time: Tuesday, November 8th
from 10:30 AM – Noon (every 1st Tuesday)
Facilitator: Beacon Hospice
Location: Education Center, 8 Falcon Rd, Lewiston



SeniorsPlus is pleased to partner with Beacon Hospice in providing a Bereavement Support Group. To be held in-person, this once-a-month group meeting will provide a safe place for those that want to connect with others who understand what they are going through. And who are looking for ways to find meaning and purpose in life without the presence of their loved one. At these meetings, grievors will receive support, understanding, and compassion. Grievors will learn about self-acceptance, self-care, self-compassion, and resilience. We will share stories, experiences, and offers and receive support that can help with the grieving process. We will provide a safe place for everyone, in every stage of grief. A grief support group is not a substitute for professional care for depression.

Kinship Support Group - New!

Wilton:
Date and Time: Thursday, November 17th from 6:00 PM -7:30 PM (every third Thursday)
Facilitator: Cyndi Dolloff
Location: SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program
NO childcare is provided at this time. This meeting is led by Cyndi Dolloff, AFFM Trainer, Facilitator and Resource Parent. RSVP by calling Brigid at 207-827-2331 or email brigid@affm.net

Caregiver Support Groups

Lewiston:
Date and Time: Monday, November 14th. from 5:30-7:00 PM (every second Monday)
Facilitator: Dana Morrell
Location: SeniorsPlus at 8 Falcon Rd, Lewiston

Norway:
Date and Time: Thursday, November 24th from 2:30-4:00 PM (every fourth Thursday)
Facilitator: Valerie Cole
Location: SeniorsPlus Norway office at 9 Marston Street, Norway

Wilton:
Date and Time: Thursday, November 3rd from 3:00-4:15 PM (every first Thursday)

Facilitator: Janice Sabin

Location: SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. The group will meet in person on location.

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter last year? The goal of the newsletter is to share caregiver-specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out. We're happy to add you to our mailing list.

GROUPS & EXERCISE

Stroke Prevention - 1 Time event!



Date and Time: Thursday, November 28th
from 1:00-2:30PM

Facilitator: Doctors of Central Maine Healthcare.

Location: SeniorsPlus at 8 Falcon Rd, Lewiston

In this class you will learn the risk factors for stroke, recognize the most common symptoms of stroke and how to respond appropriately and when to call 911.

Knitting Group

Dates: (Ongoing) Wednesdays, November 2nd, 9th, 16th, 23rd, and 30th

Time: 4:30-7:30PM

Facilitator: SeniorsPlus Staff

Location: Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME

Join our knitting group to work on your own project, learn from others, and socialize!

Strength & Balance

Dates and Times: Ongoing

Mondays 11:00-11:45 AM

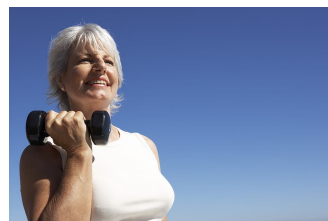
Wednesdays 11:00-11:45 AM

Fridays 10:15-11:00 AM

****No Class on November 11th, 25th, 28th and 30th**

Location: Education Center, SeniorsPlus, 8 Falcon Road, Lewiston, ME

Instructor: Linn Morin, Certified Trainer



Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are in-person and masks are required.

To register or for more information, call Linn at 523-9055 .

Chair Yoga In-Person & Zoom

Dates and Time: Ongoing

Tuesdays 9:00-10:00 AM

Fridays 9:00-10:00 AM

****No class November 1st, 4th, 8th, 11th, and 25th**

Instructor: Mary Bishop, RYT

Location: Zoom & In-Person - Education Center at SeniorsPlus,
8 Falcon Road, Lewiston, ME

Cost: \$5 per class. Payments are to be exchanged directly with Mary.

Must-haves: If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface.
If in-person, then just yourself.

Join Mary for this class offered both in-person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size is limited. If you are interested in the class availability or are unable to afford the payment, still reach out so we can discuss specifics/concerns with you further.

REMOTE SITE OFFERINGS

Wilton

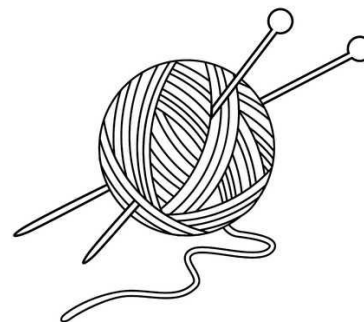
BYO Craft and Chat

Date and Time: Thursday, November 17th
from 10AM to noon

Facilitator: SeniorsPlus Staff

Location: SeniorsPlus Wilton office, 284 Main St.,
Suite 210, Wilton, ME

Bring your own knitting, crocheting, needle point, painting, anything you enjoy! Come relax and socialize while working on your project.



Flu Season Information Session

Date and Time: Tuesday, November 29th
from 1PM to 2PM

Facilitator: Healthy Community Coalition

Location: SeniorsPlus Wilton office, 284 Main St., Suite
210, Wilton



This presentation touches on why it's important to be vaccinated for the flu, complications of the flu, how to stay healthy during flu seasons, and debunking myths. Join us and ask your questions.

Norway

Walk-In Technology Clinic

Date and Time: Thursday, November 10th, 10AM to noon

Facilitator: SeniorsPlus Staff

Location: SeniorsPlus Norway office at 9 Marston Street, Norway

SeniorsPlus staff will be ready and waiting to help you with your smartphone or smart device. Come on over, have a seat, and we can get started troubleshooting your technology needs.

What is your burning question? Is it how to add contacts, how to maximize Zoom, what happens to apps after you delete them? These are just some of the questions we get all the time. We are digital immigrants and digital natives - come and try to stump us!

Game Day

Dates & Time: Tuesday November 15th
from 1PM to 3PM

Instructor: SeniorsPlus Staff

Location: Our Norway office at
9 Marston Street Norway, ME



We have lots of games! Let's play cribbage, checkers, trivia, or just cards. How about a jigsaw puzzle? Staff will be there to network and talk about all our programs while we play games! Been feeling cooped up and need some socialization? Please come join us!

ONLINE GROUPS & OFFERINGS

Zoom 101: Using Video Technology to Stay Connected

Date & Time: At your convenience

Instructor: SeniorsPlus Staff

Location: Zoom Live, one on one with staff. A device with both a webcam and speaker are required to participate.

Join us for this one-on-one class to become more familiar with how to use Zoom to participate in SeniorsPlus and Healthy Living for ME's online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience

Presenter: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please join in. They have trained volunteers standing by to answer your tech questions and also to help you sign up for online training sessions.



Fraud & Scams Prevention Workshop: AARP Fraud Watch Network

Date & Time: At your convenience

Presenter: SeniorsPlus Staff

Location: Online video

Every year, one in ten seniors fall victim to scams and fraud. The number is most likely higher because many scammed seniors are embarrassed and afraid to report it to the authorities or to

their families. Keep yourself and your loved ones safe. Don't be a statistic. This workshop will give you the information needed to protect yourself and your loved ones. Do you know the top scams in Maine? Topic areas include Fraud Trends and Behavior, the Con Artist's Playbook, Practice Spotting Fraud (using real examples), Prevention and Resources. Become a fraud fighter instead of a fraud victim. Content from AARP Fraud Watch Network.

Medicare Made Simple

Date & time: At your convenience

Presenter: SeniorsPlus Staff

Location: Online video

Check out this pre-recorded Zoom class to learn how to navigate Medicare. In this introductory course, you will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or anyone who currently has Medicare and would like to learn more.

AT&T - Cyber Aware Webinar

Date & time: At your convenience

Presenter: AT&T Staff

Location: Online video

Catch this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is designed for people who are interested in learning statistics, recognizing scams, and what to do to protect themselves while online.

To register for our Education Center offerings, please email us at edcenter@seniorsplus.org or call SeniorsPlus at 207-795-4010.

If you'd like to learn more or register for Healthy Living for ME (HL4ME) workshops, please visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org to get started today!

We look forward to hearing from you!

SeniorsPlus | seniorsplus.org



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