

### Class locations

**Lewiston:** 8 Falcon Road

**Norway:** 9 Marston St.

**Wilton:** 284 Main St., Suite 100

## ANDROSCOGGIN COUNTY CLASSES

### Wowzitude 'Travel'

— Vienna, Austria

**Date:** Tuesday, September 5

**Time:** 2 p.m.

— Destinations  
to be announced

**Dates:** Tuesdays,  
September 12, 19, and 26

**Time:** 2 p.m.

**Location:** Lewiston office

Wowzitude's award-winning travel club, designed for armchair travelers, takes you on LIVE, guided virtual walks around the world from the comfort and safety of SeniorsPlus. Interactive, virtual live-streamed walking tours feature expert hosts and trained local guides eager to Zoom in and introduce us to their favorite spots. **\*Check out SeniorsPlus on Facebook and website for Wowzitude updates.**

### Knitting Group

**Dates:** Wednesdays

**Time:** 4:30–7:30 p.m.

**Location:** Lewiston office

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

### Medicare Made Simple

**Date:** Thursday, September 7

**Time:** 5–7 p.m.

**Location:** Lewiston office

In this introductory class with Medicare expert Kerry Faria, learn about insurance options with Medicare, when to enroll or change plans, and how state law may affect choices. This presentation is perfect for people who are new to Medicare, or anyone who would like to learn more. There will be time for questions and answers.

### Opening Minds Through Art (OMA) Art Exhibition

**Date:** Friday, September 8

**Time:** 1–3 p.m.

**Location:** Lewiston office

Celebrate our Lewiston OMA artists as we display all the art they have been completing over multiple sessions. Open to the public, bring a friend! Refreshments will be served.

### Being a Savvy Shopper

**Date:** Monday, September 11

**Time:** 1–2:30 p.m.

**Instructor:** Alan Elze

**Location:** Lewiston office

When we buy something new or used or obtain services, how do we go about doing it? Ads in the paper, TV ads, Internet ads, friends, or research? We will look at some ways to make you a smarter shopper.

### Lewiston Game Day

**Dates:** September 18

(every first and third Monday;  
office closed Sept. 4)

**Time:** 1–3 p.m.

**Location:** Lewiston office

Have some popcorn while you play cribbage, checkers, or card games. Bring your own or play ours. Staff will be there to network and talk about all our programs while we play games.

### Effective Communication Strategies

**Date:** Thursday, September 21

**Time:** 1–2 p.m.

**Location:** Lewiston office

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode verbal and behavioral messages, and identify strategies to help you connect and communicate at each stage of the disease.

**See our Facebook page:**

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment  
is available upon request.

## EXERCISE CLASSES

### Tai Chi Reunion Practice

**Date/time:** Tuesday,  
September 5, noon–1 p.m.

**Date/time:** Wednesday,  
September 13, 9–10 a.m.

**Date/time:** Monday,  
September 18, 6–7 p.m.

**Date/time:** Thursday,  
September 28, 2–3 p.m.

**Instructor:** Nancy Yocono

**Location:** Lewiston office

These fun practice hours are for people who have taken Tai Chi for Health and Balance previously. September is Fall Prevention month. Let's socialize and practice our forms together! Please call or email to register for one or more of these sessions.

### Total Strength and Balance

**Day/time:** Mondays, 11–11:45 a.m. (no class September 4)

**Day/time:** Wednesdays,  
11–11:45 a.m.

**Day/time:** Fridays, 10:15–11 a.m.

**Instructor:** Linn Morin,  
Certified Trainer

**Cost:** See below

**Location:** Lewiston office

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. Check with your physician prior to any exercise class. To register

or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances; call Linn for more details.

### Chair Yoga In-Person and Zoom

**Day/time:** Tuesdays, 9–10 a.m.

**Day/time:** Fridays, 9–10 a.m.

**Instructor:** Mary Bishop, RYT

**Location:** Zoom and in person  
at Lewiston office

**Cost:** \$5 per class. Payments  
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.

This class 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, reach out so we can discuss specifics/concerns with you further.

### About SeniorsPlus and our Education Center

Our mission is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

*Educational programs like  
these are made possible by  
contributions from people like you.*

## OXFORD COUNTY CLASSES

### Wowzitude 'Travel'

#### — 9/11 Memorial NYC

**Date:** Thursday, September 7

**Time:** 11 a.m.

#### — Galway, Ireland

**Date:** Thursday, September 14

**Time:** 11 a.m.

#### — Destinations to be announced

**Dates:** Thursdays,  
September 21 and 28

**Time:** 11 a.m.

**Location:** Norway office

See description on page 1, and visit our Facebook and website for Wowzitude updates.

### Walk-in Tech Assistance

**Dates:** Tuesdays,  
September 12 and 26

**Time:** 9–11 a.m.

**Facilitator:** Ashley Lawrence,  
Community Concepts

**Location:** Norway office

The Digital Navigation Program provides free, one-on-one support to Oxford County residents interested in learning how to use all features of their internet device or devices, including smart phones, tablets, laptops, and desktop computers. Walk in during the above time or contact CCFC's Digital Navigator Ashley Lawrence today to get started: call 207-333-6444 or email [ACP@community-concepts.org](mailto:ACP@community-concepts.org).

**To register,** call 795-4010, email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org), or visit [seniorsplus.org/education-center](http://seniorsplus.org/education-center)

## Healthy Living for Your Brain and Body

**Date:** Friday, September 15

**Time:** 10–11 a.m.

**Location:** Norway office

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to incorporate these recommendations into a plan for healthy aging.

## Norway Game Day

**Date:** Tuesday, September 19  
(every third Tuesday)

**Time:** 1–3 p.m.

**Location:** Norway office

Let's play cribbage, checkers, trivia, cards, or a jigsaw puzzle. Staff will be there to network and talk about all our programs while we play games. Been feeling cooped up? Join us!

## FRANKLIN COUNTY CLASSES

### Wowzitude 'Travel'

— **Vienna, Austria**

**Date:** Tuesday, September 5

**Time:** 2 p.m.

— **9/11 Memorial NYC**

**Date:** Thursday, September 7

**Time:** 11 a.m.

— **Destinations to be announced**

**Dates:** Tuesdays,  
September 12, 19, and 26

**Time:** 2 p.m.

— **Galway, Ireland**

**Date:** Thursday, September 14

**Time:** 11 a.m.

— **Destinations to be announced**

**Dates:** Thursdays,  
September 21 and 28

**Time:** 11 a.m.

**Location:** Wilton office

See description on page 1, and visit our Facebook and website for Wowzitude updates.

### Walking Group

**Days:** Tuesdays

**Time:** 9–10 a.m.

**Location:** Wilton office

Weather permitting, we will meet at our SeniorsPlus Wilton location and leave from

there. We will walk through Wilson Lake Park and through the quaint downtown. We can discuss the length and duration of our walk, so there is no need to be intimidated; members are encouraged to walk at a pace that is comfortable for them.

### Coffee and Cribbage

**Days:** Thursdays

**Time:** 9:30–10:30 a.m.

**Location:** Wilton office

Welcome to all beginner and experienced cribbage players. We will have limited cribbage boards available, so please bring your own if you are able.

### Loose Ends Knitting Group

**Days:** Thursdays

**Time:** 1–2 p.m.

**Location:** Wilton office

Bring your own knitting, crocheting, needlepoint, or anything you enjoy. Relax and socialize as we learn and grow together as a group. Extra yarn and needles will be available.

### Dementia Conversations

**Date:** Wednesday,  
September 13

**Time:** 10–11 a.m.

**Location:** Wilton office

This class will provide strategies for difficult conversations surrounding common issues that can arise when someone you care for shows signs of Alzheimer's or dementia, to help you build a care team that works, and to connect you with helpful resources.

### New website feature!

Our newly-designed website features an interactive class calendar. Click to view by day, by location, or by class type. Online registration now available! Visit [seniorsplus.org/education-center](http://seniorsplus.org/education-center) to try it out.

## CAREGIVER SUPPORT AND RESOURCES

### Caregiver Support Groups

#### — Lewiston/Mondays

**Date:** Monday, September 11  
(every second Monday)

**Time:** 5:30–7 p.m.

**Facilitator:** Dana Morrell,  
LSW

**Location:** Lewiston office

#### — Lewiston/Tuesdays

**Date:** Tuesday, September 26  
(every last Tuesday)

**Time:** 3–4:30 p.m.

**Facilitator:** Heather  
Komulainen

**Location:** Lewiston office

#### — Norway

**Date:** Thursday, September 28  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Facilitator:** Valerie Cole, LSW

**Location:** Norway office

#### — Wilton

**Date:** Thursday, September 7  
(every first Thursday)

**Time:** 3–4:15 p.m.

**Facilitator:** Janice Sabin, LSW

**Location:** Wilton office

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.

#### See our Facebook page:

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment  
is available upon request.

### Kinship Support Group — Wilton

**Date:** Thursday, September 21  
(every third Thursday)

**Time:** 6–7:30 p.m.

**Facilitator:** Cyndi Dolloff

**Location:** Wilton office

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program, this meeting is led by Cyndi Dolloff, AFFM Trainer, Facilitator, and Resource Parent. Childcare is provided. RSVP by calling Brigid at 207-827-2331 or email [brigid@affm.net](mailto:brigid@affm.net).

### Caregiver Support Newsletter

SeniorsPlus offers a quarterly Caregiver Support Newsletter to share caregiver-specific resources and opportunities. If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out.

## ONLINE GROUPS AND OFFERINGS

### AT&T - Cyber Aware Webinar

**Date/time:** At your  
convenience

**Presenter:** AT&T staff

**Location:** Online video

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

### Fraud & Scams Prevention

**Date/time:** At your  
convenience

**Presenter:** SeniorsPlus staff

**Location:** Online video

Every year, one in 10 older adults fall victim to scams and fraud. The number is most likely higher because many are embarrassed and afraid to report it to the authorities or to their families. This workshop will give you the information needed to protect yourself and your loved ones. Topic areas include Fraud Trends and Behavior, the Con Artist's Playbook, Practice Spotting Fraud (using real examples), Prevention, and Resources. Content from AARP Fraud Watch Network.

### Cyber-Senior Mentors — A Tech Resource

**Date/time:** At your  
convenience

**Presenter:** Cyber-Senior

**Location:** Phone and/or online

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 one-on-one technology support, please join in. Trained volunteers are standing by to answer your tech questions and also to help you sign up for online training sessions. **Call Cyber Seniors at 1-844-217-3057.**