

### Class locations

**Lewiston:** 8 Falcon Road

**Norway:** 9 Marston St.

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

## ANDROSCOGGIN COUNTY CLASSES

### Knitting Group

**Dates:** Wednesdays

**Time:** 4:30–7:30 p.m.

**Location:** SeniorsPlus Lewiston

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

### Lewiston Game Day

**Dates:** Mondays, May 6 & 20

**Time:** 1–3 p.m.

**Location:** SeniorsPlus Lewiston

Have some popcorn while you play cribbage, canasta, board or card games. Bring your own or play ours.

### Wowzitude! ‘Armchair Travel’

#### — Seville, Spain

**Date:** Tuesday, May 7

**Time:** 2 p.m.

#### — Granada, Spain

**Date:** Tuesday, May 14

**Time:** 2 p.m.

#### — Ljubljana, Slovenia

**Date:** Tuesday, May 21

**Time:** 2 p.m.

#### — Warsaw, Poland

**Date:** Tuesday, May 28

**Time:** 2 p.m.

**Location:** SeniorsPlus Lewiston

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. Walk-ins welcome. **Check out SeniorsPlus on Facebook for Wowzitude updates.**

### Fabric Yo-Yo Crafts with Louise — Flowers

**Date:** Thursday, May 9

**Time:** 3–4 p.m.

**Instructor:** Louise Geoffroy

**Location:** SeniorsPlus Lewiston

**Cost:** \$5

Come join the fun of making fabric yo-yo’s. It’s simple hand sewing/basting around a fabric circle and then gathering it into a round cloth yo-yo. If you can thread a needle and sew on a button, you can make a cloth yo-yo. To register, please call or email SeniorsPlus.

### Getting News & Information Online

**Date:** Monday, May 13

**Time:** 12:30–1:30 p.m.

**Facilitator:** Nicole Moran of NDEC

**Location:** SeniorsPlus Lewiston

With online content, we have a constant flow of information as well as misinformation. In this class we will look at ways to determine “real” news from “fake” news and then discover how to find the news and information you want using blogs, podcasts, online publications and much more.

**See our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

**Registration is required for all offerings, except support groups, or otherwise noted in description. Please call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org).**

### AARP Frauds and Scams Workshop

**Date:** Monday, May 13

**Time:** 3–4 p.m.

**Location:** SeniorsPlus Lewiston

Frauds and scams can take many forms. Do you know how to recognize a potential scam? What actions to take? Please join us for the AARP Fraud watch presentation where we will learn about identity theft, Romance Scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

### “Being Mortal” Screening and Conversation

**Date:** Thursday, May 16

**Time:** 1–3 p.m.

**Instructor:** Allison Osgood of Beacon Hospice

**Location:** SeniorsPlus Lewiston

Join hospice specialist Allison Osgood for a review of Dr. Gawande’s groundbreaking documentary, “Being Mortal.” This workshop will feature an interactive discussion on having more effective and successful conversations with patients and families facing a serious or life-limiting illness.

Classes are free, unless noted. We are fully accessible. Hearing Assistive Equipment is available upon request.

## Paper Crafting with Corrine

**Date:** Thursday, May 23

**Time:** 1–2:30 p.m.

**Instructor:** Corrine Saindon

**Location:** SeniorsPlus Lewiston

**Cost:** \$5

Let's create cards for the men in your life! We will create two cards that will certainly celebrate men. Class fee includes all materials needed for each project. This fee is payable in class. Class size is limited. To register, please call or email SeniorsPlus.

## Save the date!

### AARP Smart Driving Course

**Date:** Thursday, June 6

**Time:** Noon–4 p.m.

**Instructor:** AARP Staff, Rich

**Location:** SeniorsPlus Lewiston

**Cost:** \$25 non-AARP member, \$20 member (cash or check, day of)

**See our Facebook page:**

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

### Upcoming! Opening Minds through Art

- 2 to 3 p.m. on Fridays, June 14 through July 19, at 8 Falcon Road, Lewiston;
- 1 to 2 p.m. on Thursdays, August 1 through September 5, at 284 Main St., Wilton;
- 2 to 3 p.m. on Fridays, September 27 through November 1, at 8 Falcon Road, Lewiston.

#### Volunteers still needed!

Opening Minds through Art (OMA) strives to bring joy, art, and pride to people living with dementia and Alzheimer's in our community. Weekly, for six weeks, people with dementia are paired one on one with trained volunteers who help them create art using imagination instead of memory. If you know someone living with dementia or Alzheimer's who may enjoy this program, drop us a line.

## EXERCISE CLASSES

### Total Strength and Balance

**Day/time:** Mondays, Wednesdays, & Fridays, 10:30–11:15 a.m.

(No classes May 13, 15, 17, and 27)

**Instructor:** Linn Morin, Certified Trainer

**Cost:** See below

**Location:** SeniorsPlus Lewiston

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 Zoom

**Day/time:** Tuesdays, 9–10 a.m.

**Day/time:** Fridays, 9–10 a.m.

**Instructor:** Mary Bishop, RYT

**Location:** ZOOM ONLY

**Cost:** \$5 per class. Payments exchanged directly with Mary.

**Must-haves:** A computer, laptop,

or tablet; sturdy chair on a non-slip surface.

This practice is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability.

## OXFORD COUNTY

### Wowzitude! 'Armchair Travel'

— **Discovering Pest Downtown, Budapest, Hungary**

**Date:** Thursday, May 2

**Time:** 11 a.m.

— **Kampala, Uganda**

**Dates:** Thursday, May 9

**Time:** 11 a.m.

— **Yukon, Canada**

**Date:** Thursday, May 16

**Time:** 11 a.m.

— **Beatlemania in the Big Apple**

**Date:** Thursday, May 23

**Time:** 11 a.m.

— **Ohrid, North Macedonia**

**Date:** Thursday, May 30

**Time:** 11 a.m.

**Location:** SeniorsPlus Norway

See class description under Androscoggin County.

### AARP Frauds and Scams Workshop

**Date:** Tuesday, May 14

**Time:** 10–11 a.m.

**Location:** SeniorsPlus Norway

Frauds and scams can take many forms. Do you know how to recognize a potential scam? What actions to take? Please join us for the AARP Fraud watch presentation where we will learn about identity theft, Romance Scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

## Norway Game Day

**Date:** Tuesday, May 21  
(every third Tuesday)

**Time:** 1–3 p.m.

**Location:** SeniorsPlus Norway

Let's play cribbage, checkers, cards, or a jigsaw puzzle. Staff will be there to network and talk about all our programs while we play games. Walk-ins welcome.

## Tech assistance in Oxford County

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. Please 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).

## FRANKLIN COUNTY

### Wowzitude! 'Armchair Travel'

#### — Discovering Pest Downtown, Budapest, Hungary

**Date:** Thursday, May 2  
**Time:** 11 a.m.

#### — Kampala, Uganda

**Dates:** Thursday, May 9  
**Time:** 11 a.m.

#### — Yukon, Canada

**Date:** Thursday, May 16  
**Time:** 11 a.m.

#### — Beatlemania in the Big Apple

**Date:** Thursday, May 23  
**Time:** 11 a.m.

#### — Ohrid, North Macedonia

**Date:** Thursday, May 30  
**Time:** 11 a.m.

**Location:** SeniorsPlus Wilton

See class description under Androscoggin County.

## Coffee and Cribbage

**Date:** Thursdays

**Time:** 9–10:30 a.m.

**Location:** SeniorsPlus Wilton

For all beginner and experienced cribbage players. Limited cribbage boards available, so if you are able to bring your own, please do so.

## Ticks and Mosquitos

**Date:** Tuesday, May 7

**Time:** 10–11 a.m.

**Facilitator:** Devin Myles, Field Epidemiologist, Maine CDC

**Location:** SeniorsPlus Wilton

This class will highlight tick- and mosquito-borne illnesses and what we can do to prevent exposures. We'll also discuss tick and mosquito biology and ecology (the how and why these pests do what they do where they do it).

## Loose Ends Knitting Group

**Dates:** Tuesdays

**Time:** 1–2 p.m.

**Location:** SeniorsPlus Wilton

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.

## Walk-in Tech Assistance

**Dates/time:** Tuesdays, May 7, 14, and 28 from 1–3 p.m.

**Date/time:** Tuesday, May 21 from 2–3 p.m.

**Facilitator:** Michael Burd

**Location:** SeniorsPlus Wilton

Need assistance with a device like a phone, tablet, or laptop? Do you need assistance with email or Zoom? Michael Burd, Technology Literacy, CTE and Life Skills Instructor of Franklin County Adult Education, will be here to help.

## Sexual Assault Prevention and Response Services (SAPARS)

**Date:** Tuesday, May 21  
(every third Tuesday)

**Time:** 9–11 a.m.

**Location:** SeniorsPlus Wilton

A Sexual Assault Prevention Advocate will be available to provide resources and one-on-one check-ins. They are available to listen, provide support, and discuss options.

## Spare Change Bingo

**Date:** Tuesday, May 21

**Time:** 10–11 a.m.

**Location:** SeniorsPlus Wilton

Looking for fun and have loose change around the house? Come join us for a high fun, low stakes hour of bingo. We will play multiple games with a 25 cent buy-in; all the money will go into the pot for the winner.

## Winged Wonders: Exploring Backyard Birding

**Date:** Tuesday, May 28

**Time:** 10–11 a.m.

**Facilitator:** Burt Knapp

**Location:** SeniorsPlus Wilton

Join us for a presentation from Burt Knapp, board member of the Western Maine Audubon. Burt and his wife, Nancy, the current president of the Western Maine Audubon, enjoy backyard birding and find many different species of birds around their farm. Come discover the wonder of birding right outside your door.

**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.

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

## CAREGIVER GROUPS AND RESOURCES

### Caregiver Support Groups

#### —Lewiston Mondays

**Date:** Monday, May 13  
(every second Monday)

**Time:** 5:30–7 p.m.

**Facilitator:** Dana Morrell, LSW

**Location:** SeniorsPlus Lewiston

#### —Lewiston Thursdays

**Date:** Thursday, May 30  
(every last Thursday)

**Time:** 3–4:30 p.m.

**Facilitator:** Heather Komulainen

**Location:** SeniorsPlus Lewiston

#### —Norway

**Date:** Thursday, May 23  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Facilitator:** Valerie Cole, LSW

**Location:** SeniorsPlus Norway

#### —Wilton

**Date:** Thursday, May 2  
(every first Thursday)

**Time:** 3–4:15 p.m.

**Facilitator:** Janice Sabin, LSW

**Location:** SeniorsPlus 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.

### Kinship Support Group

#### —Wilton

**Date:** Thursday, May 16  
(every third Thursday)

**Time:** 6–7:30 p.m.

**Facilitator:** Cyndi Dolloff

**Location:** SeniorsPlus Wilton

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

Did you know that SeniorsPlus offers a quarterly Caregiver Support Newsletter? 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.

## ONLINE GROUPS AND OFFERINGS

### 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. Call or email SeniorsPlus to obtain link via email.

### Fraud & Scams Prevention

**Date/time:** At your convenience

**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. Call or email SeniorsPlus to obtain link via email.

### 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.

## 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.*