

### Class locations

**Lewiston:** 8 Falcon Road

**Norway:** 9 Marston St.

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

## ANDROSCOGGIN COUNTY CLASSES

### Lewiston Game Day

**Dates:** Mondays, June 3 & 17

**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’

##### — York, England

**Date:** Tuesday, June 4

**Time:** 2 p.m.

##### — London’s West End

**Date:** Tuesday, June 11

**Time:** 2 p.m.

##### — Tunis, Tunisia

**Date:** Tuesday, June 18

**Time:** 2 p.m.

##### — Amsterdam, Netherlands

**Date:** Tuesday, June 25

**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.

### iPhone Basics

**Dates:** Tuesdays, June 4, 11, & 18

**Time:** 6–7 p.m.

**Facilitator:** Marci Gaglione of NDEC

**Location:** SeniorsPlus Lewiston

**Requirements:** An iPhone

This 3-part course covers the basics of how to use Apple’s popular iPhone. This class starts with the basics of how to log on using multiple methods from passcode to touch id to face recognition. Apple’s iCloud service will be discussed, including how it will help secure your data and allow your data to be used across multiple Apple devices. The App Store will be covered to find applications that may meet your varied interests and needs.

### Knitting Group

**Dates:** Wednesdays (closed June 19)

**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.

### AARP Smart Driver

**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)

The AARP Smart Driver Course is the nation’s first refresher course specifically designed for drivers aged 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

**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).**

### Fintech

**Date:** Monday, June 10

**Time:** 1–2 p.m.

**Instructor:** Alan Elze

**Location:** SeniorsPlus Lewiston

What in the world is fintech? Financial technology utilized by firms to compete with traditional financial methods in the delivery of services or goods. Back in our generation, one paid cash or utilized a single credit card. Now with the advent of smartphones and other technology, one can buy with little thought of what something costs. Can it lead to problems? Come and check it out.

### Maine CITE

**Date:** Tuesday, June 11

**Time:** 11 a.m.–noon

**Instructor:** Melissa H. Bliss, MS OTR/L

**Location:** SeniorsPlus Lewiston

Maine CITE (Community Inclusion through TEchnology) helps people of all ages and abilities learn about and obtain the devices they need to be more independent in life. Melissa Bliss, Assistive Technology Specialist, will show us examples of adaptive tools that help with fall prevention, vision, hearing, memory, medication management, and safety. Learn how their Device Lending Library works, and how to reach them for answers.

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

## Physician Seminar: Orthopedics

**Date:** Thursday, June 13

**Time:** Noon–1 p.m.

**Location:** SeniorsPlus Lewiston

Join Orthopedic Surgeon Zafar Ahmad to learn about various non-surgical treatments to manage arthritis. Identify the warning signs of arthritis. Get exercise tips to ease joint pain and stiffness. Learn about hip and knee replacement, including what to expect. There will be time for Q&A.

## Telehealth—Connecting with your Healthcare Provider from Home

**Date:** Thursday, June 20

**Time:** 10–11 a.m.

**Facilitator:** Marci Gaglione of NDEC

**Location:** SeniorsPlus Lewiston

**Requirements:** No device required; just bring yourself.

In this class we will look at how you can connect with your healthcare provider from the comfort of your own home. Telehealth is the new home visit, allowing healthcare providers to evaluate, diagnose, and treat patients, whether it's for check ups, consultations, or a follow-up appointment. We will discuss setting up your initial appointment, what to expect, insurance, patient portals, and community resources.

## Opening Minds through Art (OMA)

**Dates:** Fridays, June 14, 21, 28, July 5, 12, & 19

**Time:** 2–3 p.m.

**Location:** SeniorsPlus Lewiston

**Volunteers needed!** NEW: A caregiver support group will be offered during OMA sessions. Opening Minds through Art 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.

## Fabric Yo-Yo Crafts with Louise—Butterfly

**Date:** Thursday, June 20

**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.

## Android Basics

**Dates:** Monday, Tuesday, & Wednesday, June 24, 25, & 26

**Time:** Noon–1 p.m.

**Facilitator:** Roger Flores of NDEC

**Location:** SeniorsPlus Lewiston

**Requirements:** An Android tablet or phone

This 3-part course helps you get started with your Android device. Learn how to use essential applications like email, contacts, camera, and Chrome, and manage your settings.

## Paper Crafting with Corinne

**Date:** Thursday, June 27

**Time:** 1–2:30 p.m.

**Instructor:** Corinne Saindon

**Location:** SeniorsPlus Lewiston

**Cost:** \$5, payable in class

Create cards using punches. We will create 2 cards that will be great for many occasions. Class materials fee is \$5, includes all materials needed for each project. Class size is limited.

## EXERCISE CLASSES

### Total Strength and Balance

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

**(closed June 7 and 19)**

**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 info.

### Chair Yoga In-Person and Zoom

**Day/time:** Tuesdays, 9–10 a.m.

**Day/time:** Fridays, 9–10 a.m.

**(closed June 7)**

**Instructor:** Mary Bishop, RYT

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

**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.

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.

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

## OXFORD COUNTY

### Wowzitude! 'Armchair Travel'

#### — Dublin, Ireland

**Date:** Thursday, June 6

**Time:** 11 a.m.

#### — Venice, Italy

**Dates:** Thursday, June 13

**Time:** 11 a.m.

#### — Destination to be announced

**Date:** Thursday, June 20

**Time:** 11 a.m.

#### — Krakow, Poland

**Date:** Thursday, June 27

**Time:** 11 a.m.

**Location:** SeniorsPlus Norway

See class description under  
Androscoggin County.

### Norway Game Day

**Date:** Tuesday, June 18

(every third Tuesday)

**Time:** 1–3 p.m.

**Location:** SeniorsPlus Norway

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

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment  
is available upon request.

## FRANKLIN COUNTY

### 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:** Tuesdays

**Time:** 1–3 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.

### Wowzitude! 'Armchair Travel'

#### — Dublin, Ireland

**Date:** Thursday, June 6

**Time:** 11 a.m.

#### — Venice, Italy

**Dates:** Thursday, June 13

**Time:** 11 a.m.

#### — Destination to be announced

**Date:** Thursday, June 20

**Time:** 11 a.m.

#### — Krakow, Poland

**Date:** Thursday, June 27

**Time:** 11 a.m.

**Location:** SeniorsPlus Wilton

See class description under  
Androscoggin County.

### Coffee and Cribbage

**Dates:** Thursdays

**Time:** 9–10:30 a.m.

**Location:** SeniorsPlus Wilton

Open to all beginner and experienced

cribbage players. We will have limited cribbage boards available, so if you are able to bring your own, please do so.

### MyChart with Mike

**Date:** Thursday, June 13

**Time:** 1–2 p.m.

**Facilitator:** Michael Burd

**Location:** SeniorsPlus Wilton

Need support signing up for or navigating MyChart? Join us for a workshop with Michael Burd, Technology Literacy, CTE and Life Skills Instructor from Franklin County Adult Education. Bring your computer, cell phone, or other device and your questions.

### Sexual Assault Prevention and Response Services (SAPARS)

**Date:** Tuesday, June 18

(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.

### Ticks and Mosquitos

**Date:** Thursday, June 27

**Time:** 1–2 p.m.

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

**Location:** SeniorsPlus Wilton

Learn about the types of ticks and mosquitos in Maine, the illnesses they can spread, what to do if you get bitten, and how to prevent exposures.

### Save the date! Tai Chi for Health and Balance

**Dates:** Tuesdays and Wednesdays,  
July 9 through August 28

**Time:** 9–10 a.m.

**Cost:** Suggested donation of \$20  
(covers all 16 classes)

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

**Save the date!**

### Soul Caregivers

**Dates:** Tuesdays, July 9, 16, 23, 30 & August 6

**Time:** 3:30–4:30 p.m.

**Instructor:** Emily Judge, RN, BSN, Student Nurse Coach

**Location:** SeniorsPlus Lewiston

This 5-week workshop will increase awareness and self-care practices through mindfulness and the coaching process, to build resilient caregivers who feel empowered to face the challenges of their role, leading to improved care for their loved ones, and enhanced personal well-being for themselves.

### Caregiver Info Session

**Date:** Monday, June 24

**Time:** 2–3 p.m.

**Instructor:** Heather Komulainen, Caregiver Programs Administrator

**Location:** SeniorsPlus Lewiston

Thousands of Mainers care for their loved ones who are older or have a disability, or are raising a grandchild. Caregivers can also be a neighbor or friend helping an older adult or someone living with an Alzheimer's or a dementia-related diagnosis. SeniorsPlus offers support, education, and funding to make being a caregiver a little easier. We also offer programs to allow caregivers the time to do things other than providing direct care. Learn more about the groups and programs offered at our Lewiston, Norway, and Wilton offices.

#### 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.*

## Caregiver Support Groups

### —Lewiston Mondays

**Date:** Monday, June 10  
(every second Monday)

**Time:** 5:30–7 p.m.

**Facilitator:** Dana Morrell, LSW

**Location:** SeniorsPlus Lewiston

### —Lewiston Thursdays

**Date:** Thursday, June 27  
(every last Thursday)

**Time:** 3–4:30 p.m.

**Facilitator:** Heather Komulainen

**Location:** SeniorsPlus Lewiston

### —Norway

**Date:** Thursday, June 27  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Facilitator:** Valerie Cole, LSW

**Location:** SeniorsPlus Norway

### —Wilton

**Date:** Thursday, June 6  
(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.

## Kinship Support Group

### —Wilton

**Date:** Thursday, June 20  
(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 Newsletter

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

## ONLINE 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.