

### Class locations

**Lewiston:** 8 Falcon Road

**Norway:** 9 Marston St.

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

## ANDROSCOGGIN COUNTY CLASSES

### Wowzitude!

#### 'Armchair Travel'

##### — Destinations to be announced

**Date:** Tuesdays, August 6 & 20

**Time:** 2 p.m.

##### — Royalty Rocks Richmond:

#### Where Music Legends

#### Meet Regal History

**Date:** Tuesday, August 13

**Time:** 2 p.m.

##### — Waltz Through Time:

#### Vienna's Imperial Splendor & Musical Legacy

**Date:** Tuesday, August 27

**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. Destination are subject to change. Walk-ins welcome. Check out SeniorsPlus on Facebook for Wowzitude updates.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

### Game Day (new time!)

**Dates:** Wednesday, August 7 and 21 (every first and third Wednesday)

**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.

### 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.

### AARP Smart Driving

**Date:** Monday, August 12

**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. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Plus, safer driving can save you more than just money. 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).**

### E-Bike Demo

**Date:** Wednesday, August 14

**Time:** 10 a.m.–1 p.m. (drop-in)

**Instructor:** Travis Clough of Bicycle Coalition of Maine

**Location:** SeniorsPlus Lewiston

Join the Bicycle Coalition of Maine at SeniorsPlus as we offer a free e-bike demo. E-bikes are easy to learn, easy to use, and make riding fun and accessible again.

### Pop-Up Grocery Store Tour

**Date:** Thursday, August 15

**Time:** 1–2:30 p.m.

**Facilitator:** Emily Smith of Healthy Androscoggin

**Location:** SeniorsPlus Lewiston

This class will explore tips on getting nutritious food into our kitchens while spending less money. There will be a delicious sample to try. All participants will receive a \$10 Hannaford gift card.

### Internet Safety

**Dates:** Wednesday, August 21, and Friday, August 23

**Time:** Noon–1 p.m.

**Facilitator:** NDEC

**Location:** SeniorsPlus Lewiston

Staying safe online is essential in today's world. This class teaches you how to keep your information and your computer/devices safe.

## EXERCISE CLASSES

### Total Strength and Balance

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

**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 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 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 further.

## OXFORD COUNTY

### Wowzitude! 'Armchair Travel'

*Now two times a week!*

#### — Taste Two Worlds: A Culinary Adventure Through NYC's Chinatown & Little Italy

**Date:** Thursday, August 1

**Time:** 11 a.m.

#### — Destination to be announced

**Date:** Tuesday, August 6

**Time:** 2 p.m.

#### — Eternal City Secrets: Rome's Hidden Treasures Revealed

**Date:** Thursday, August 8

**Time:** 11 a.m.

#### — Royalty Rocks Richmond: Where Music Legends Meet Regal History

**Date:** Tuesday, August 13

**Time:** 2 p.m.

#### — Beyond Vancouver: British Columbia's Small-Town Treasures Await

**Dates:** Thursday, August 15

**Time:** 11 a.m.

#### — Frida's Neighborhood: Artistic Soul of Mexico City's Coyoacán

**Dates:** Thursday, August 22

**Time:** 11 a.m.

#### — Waltz Through Time: Vienna's Imperial Splendor and Musical Legacy

**Date:** Tuesday, August 27

**Time:** 2 p.m.

#### — Destination to be announced

**Dates:** Thursday, August 29

**Time:** 11 a.m.

**Location:** SeniorsPlus Norway

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 for Wowzitude updates. Note, there will be no Wowzitude on the third Tuesday of each month

### Norway Game Day

**Date:** Tuesday, August 20

(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. 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 device or devices, including smart phones, tablets, laptops, and desktop computers. Please contact CCFC's Digital Navigator Ashley Lawrence today to get started: call 207-240-7843 or email [ACP@community-concepts.org](mailto:ACP@community-concepts.org).

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

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

## FRANKLIN COUNTY

### Walk-in Tech Assistance

**Dates/Time:** Tuesdays, August 6, 13, and 20

**Date/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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

## 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.*

### Wowzitude! 'Armchair Travel'

— **Culture & Cuisine: A Live Stroll Through NYC's Chinatown and Little Italy**

**Date:** Thursday, August 1

**Time:** 11 a.m.

— **Rome, Italy**

**Date:** Thursday, August 8

**Time:** 11 a.m.

— **Discovering the Hidden Gems of Small Town British Columbia, Canada**

**Dates:** Thursday, August 15

**Time:** 11 a.m.

— **Destination to be announced**

**Dates:** Thursday, August 22

**Time:** 11 a.m.

— **Destination to be announced**

**Dates:** Thursday, August 29

**Time:** 11 a.m.

**Location:** SeniorsPlus Wilton

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 for updates.

### Coffee and Cribbage

**Date:** Thursdays

**Time:** 9–10:30 a.m.

**Location:** SeniorsPlus Wilton

Welcome 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.

### 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.

### E-Bike Demo—Wilton

**Dates:** Tuesday, August 27

**Time:** 1–3 p.m.

**Location:** SeniorsPlus Wilton

Join the Bicycle Coalition of Maine at SeniorsPlus in Wilton as we offer a free e-bike demo. E-bikes are easy to learn, easy to use and make riding fun and accessible again.

### Opening Minds through Art (OMA)

**Dates:** Thursdays, August 1, 8, 15, 22, 29, September 5, and Friday, September 13

**Time:** 1–2 p.m.

**Location:** SeniorsPlus Wilton

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.

*Save the Date!*

### Estate Planning Info Session

**Date:** Tuesday, September 3

**Time:** 10–11 a.m.

**Location:** SeniorsPlus Wilton



## CAREGIVER GROUPS AND RESOURCES

### Caregiver Support Groups

#### —Lewiston Mondays

**Date:** Monday, August 12  
(every second Monday)

**Time:** 5:30–7 p.m.

**Facilitator:** Dana Morrell, LSW

**Location:** SeniorsPlus Lewiston

#### —Lewiston Thursdays

**Date:** Thursday, August 29  
(every last Thursday)

**Time:** 3–4:30 p.m.

**Facilitator:** Heather Komulainen

**Location:** SeniorsPlus Lewiston

#### —Norway

**Date:** Thursday, August 22  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Facilitator:** Valerie Cole, LSW

**Location:** SeniorsPlus Norway

#### —Wilton

**Date:** Thursday, August 1  
(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 (*on hiatus*)

**Date:** Returns Thursday,  
September 19

**Time:** 6–7:30 p.m.

**Facilitator:** Cyndi Dolloff

**Location:** SeniorsPlus Wilton

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program, this monthly meeting is on break until Thursday,

September 19. FMI: Brigid at 207-827-2331 or [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

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 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.

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