

### Class locations

**Lewiston:** 8 Falcon Road

**Norway:** 9 Marston St.

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

## ANDROSCOGGIN COUNTY CLASSES

### Lewiston Game Day

**Dates:** Mondays, July 1 and 15

**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’

— **Calgary, Canada**

**Date:** Tuesday, July 2

**Time:** 2 p.m.

— **Charles Dickens in London: The Fleet Street and Inner Temple**

**Date:** Tuesday, July 16

**Time:** 2 p.m.

— **Barranco Art District, Lima, Peru**

**Date:** Tuesday, July 30

**Time:** 2 p.m.

— **Destination to be announced**

**Date:** Tuesdays, July 9 and 23

**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.

### 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.

### Safe Storage and Disposal of Medication

**Date:** Monday, July 8

**Time:** 1–2 p.m.

**Instructor:** Jason Labbe  
of Healthy Androscoggin  
**Location:** SeniorsPlus Lewiston

Prescription medications, if not used, stored, or disposed of properly, can pose significant health risks to both children and adults, as well as harm the environment.

Join us to learn the best practices for safely storing your medications and receive disposable pouches for the safe disposal of unwanted or expired medications

**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.

**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).**

### Get Connected with the National Digital Equity Center

**Date:** Thursday, July 11

**Time:** 11 a.m.–noon

**Facilitator:** Bailey Smart of NDEC

**Location:** SeniorsPlus Lewiston

Find out about the free programs and services provided by the National Digital Equity Center (NDEC). The NDEC provides support such as assistance for affordable high-speed internet, free Digital Skills Classes, and the Digital Skills Success Plan Program which is geared specifically towards people who either need assistance with learning how to acquire and/or use a device or take digital skills classes to improve their employment options.

### Internet Safety Planning

**Date:** Thursday, July 18

**Time:** 10–11 a.m.

**Instructor:** Tyler Despain  
of Rheap Data

**Location:** SeniorsPlus Lewiston

Learn basic internet safety and privacy from a local cybersecurity expert, Tyler Despain, who is the owner of Rheap Data. In this class you will learn how to identify common email scams, how to use computers safely, and how to protect your privacy on the internet! There will be time for Q&A.

## 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 info.

### 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.

## OXFORD COUNTY

### Wowzitude! 'Armchair Travel'

— Paris, France

**Date:** Thursday, July 11

**Time:** 11 a.m.

— Jerusalem, Israel

**Date:** Thursday, July 18

**Time:** 11 a.m.

— Batumi, Georgia

**Date:** Thursday, July 25

**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.

### Norway Game Day

**Date:** Tuesday, July 16

(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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment

is available upon request.

## 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)

## 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.*

**See our Facebook page:**

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

## 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.

### Tai Chi for Health and Balance

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

**Time:** 9–10 a.m.

**Instructor:** Jessica Bronish

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

**Location:** SeniorsPlus Wilton

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. Registration required before first class.

### Walk-in Tech Assistance

**Dates:** Tuesdays, July 9, 16, 23, and 30

**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.

### Coffee and Cribbage

**Date:** Thursdays, July 11, 18, and 25

**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.

### Wowzitude! 'Armchair Travel'

— Paris, France

**Date:** Thursday, July 11

**Time:** 11 a.m.

— Jerusalem, Israel

**Date:** Thursday, July 18

**Time:** 11 a.m.

— Batumi, Georgia

**Date:** Thursday, July 25

**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 Wowzitude updates.

### Intro to Ukulele

**Date:** Thursdays, July 11, 18, and 25

**Time:** 2–3 p.m.

**Instructor:** Michael Burd

**Location:** SeniorsPlus Wilton

Discover the joy of making music with what many believe to be the world's happiest instrument! No prior musical experience required—just bring your enthusiasm and willingness to learn! Limited instruments available; please call to register.

### AARP Frauds and Scams Workshop

**Date:** Tuesday, July 23

**Time:** 11 a.m.–noon

**Facilitator:** Jessica Riseman

**Location:** SeniorsPlus Wilton

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.

### Save the date! Opening Minds through Art (OMA) Volunteers needed!

**Dates:** Thursdays, August 1, 8, 15,  
22, 29, and 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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

**See our Facebook page:**

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

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

### Soul Caregivers

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

**Time:** 3:30–4:30 p.m.

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

**Location:** SeniorsPlus Lewiston

This 5-week workshop is aimed to increase awareness and self-care practices through implementation of mindfulness and the coaching process. The goal: To build resilient caregivers that feel empowered to face the challenges of their role, ultimately leading to improved care for their loved ones, and enhanced personal well-being for themselves.

### Caregiver Support Groups

#### —Lewiston Mondays

**Date:** Monday, July 8  
(every second Monday)

**Time:** 5:30–7 p.m.

**Facilitator:** Dana Morrell, LSW

**Location:** SeniorsPlus Lewiston

#### —Lewiston Thursdays

**Date:** Thursday, July 25  
(every last Thursday)

**Time:** 3–4:30 p.m.

**Facilitator:** Heather Komulainen

**Location:** SeniorsPlus Lewiston

#### —Norway

**Date:** Thursday, July 25  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Facilitator:** Valerie Cole, LSW

**Location:** SeniorsPlus Norway

#### —Wilton

**Date:** Thursday, July 11 (then back to 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, July 18  
(every third Thursday)

**Time:** 6–7:30 p.m.

**Facilitator:** Cyndi Dolloff

**Location:** SeniorsPlus Wilton

Provided by Adoptive & Foster Families of Maine, Inc. Kinship Program by Cyndi Dolloff, Family Support Parent. Cyndi is temporarily unavailable. RSVP by calling Brigid at 207-827-2331 or email [brigid@affm.net](mailto:brigid@affm.net).

returns September 19

### Building Better Caregivers

**Dates:** Fridays, July 26–August 30

**Time:** 9:30–11:30 a.m.

**Facilitator:** Valerie Cole, LSW, and Janice Sabin, LSW

**Location:** SeniorsPlus Norway

Building Better Caregivers™ (BBC) is a workshop for caregivers who are caring for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. BBC helps caregivers in two key ways: it offers training in how to provide better care, and it also helps caregivers learn how to manage their own emotions, stress, and physical health. The workshop occurs once a week for six weeks.

### Caregiver Support 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 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. 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.