

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

Wowzitude!

'Armchair Travel'

— Regensburg, Bavaria Fall Festival

Date: Tuesday, September 3

Time: 2 p.m.

— Bath, England

Date: Tuesday, September 10

Time: 2 p.m.

— Split, Croatia

Date: Tuesday, September 17

Time: 2 p.m.

— Prague, Czech Republic

Date: Tuesday, September 24

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

Game Day

Dates: Wednesdays, September 4 and 18 (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.

Caregiver Info Session

Date: Monday, September 9

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.

E-Bike Demo

Date: Wednesday, September 11

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.

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.

Affordable Internet after the ACP

Date: Monday, September 16

Time: 1–2 p.m.

Facilitator: NDEC

Location: SeniorsPlus Lewiston

We will look at the timeline published from the FCC regarding the Affordable Connectivity Program wind down, so you know what to expect. We will also look at several options which may help you get internet access you need at a price you can afford.

CMP: Understanding Your Bill

Date: Thursday, September 19

Time: 10–11 a.m.

Instructor: Central Maine Power

Location: SeniorsPlus Lewiston

Understanding your energy use can help put you in control of your monthly bills. Learn about assistance options, how to read the bill, outages, community solar projects, and more.

AARP Frauds and Scams

Date: Monday, September 23

Time: 1–2 p.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Lewiston

Frauds and scams can take many forms. Do you know how to recognize a potential scam? What actions to take? This AARP Fraud Watch presentation will discuss identity theft, Romance Scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

Falls Prevention Awareness Week

SeniorsPlus is committed to empowering all older adults in our community to reduce their risk of falls, which are one of the greatest causes of serious injuries and death among people over age 65. From **September 23-27**, SeniorsPlus is standing with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week.

Tai Chi Reunion Practice

Date: Monday, September 23

Time: 3:30-4:30 p.m.

Instructor: Nancy Yocono

Location: SeniorsPlus Lewiston

This fun practice session is for people who have taken Tai Chi for Health and Balance previously. September is Falls Prevention month. Let's socialize and practice our forms together.

Reducing the Risk of Falls

Date: Tuesday, September 24

Time: 11 a.m.-noon

Instructor: Jessica Riseman

Location: SeniorsPlus Lewiston

It seems that falls are common, no matter what age. However, for many older adults, an unexpected fall can result in a serious and costly injury. The good news is that falls can be prevented. Learn how to prevent falls and minimize your risk.

Rock N' Talk

Date: Wednesday, September 25

Time: 1-3 p.m. (drop-in)

Instructor: Consumer Council System of Maine

Location: SeniorsPlus Lewiston

During a Rock N' Talk event, people spend time decorating rocks with phrases and/or images that inspire healing. Rock N' Talk is a community project event that provides a safe and comfortable space for people to share their experiences with mental health and

related services. We believe that everyone deserves access to quality mental healthcare, and your voice matters. All supplies provided.

Opening Minds through Art (OMA)

Dates: Fridays, September 27, October 4, 11, 18, 25, & November 1

Time: 2-3 p.m.

Location: SeniorsPlus Lewiston

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.

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.

EXERCISE CLASSES

Total Strength and Balance

Days/time: Mondays, Wednesdays, and Fridays, 10:30-11:15 a.m.

(No class Monday, Sept. 2)

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.

See our Facebook page:

www.facebook.com/seniorsplus

To register, call 795-4010 or email edcenter@seniorsplus.org

OXFORD COUNTY

Wowzitude! 'Armchair Travel'

Now two times a week!

— Regensburg, Bavaria Fall Festival

Date: Tuesday, September 3
Time: 2 p.m.

— 9/11 Memorial, New York City

Date: Thursday, September 5
Time: 11 a.m.

— Bath, England

Date: Tuesday, September 10
Time: 2 p.m.

— Destination to be announced

Date: Thursday, September 12
Time: 11 a.m.

— No Wowzitude, join us for Game Day

Date: Tuesday, September 17

— Destination to be announced

Dates: Thursday, September 19
Time: 11 a.m.

— Prague, Czech Republic

Date: Tuesday, September 24
Time: 2 p.m.

— Former Communist Yugoslavia

Date: Thursday, September 26
Time: 2 p.m.

Location: SeniorsPlus Norway

Wowzitude's Award-Winning Travel Club, designed for armchair travelers, takes you on LIVE, guided virtual walks around the world. See full description under Androscoggin County.

E-Bike Demo

Date: Tuesday, September 10
Time: 1–3 p.m.

Instructor: Travis Clough of Bicycle Coalition of Maine

Location: SeniorsPlus Norway

Join the Bicycle Coalition of Maine at SeniorsPlus Norway 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, September 12
Time: 1–2:30 p.m.

Facilitator: Justine Casalinova of Healthy Oxford Hills, Western Maine Health

Location: SeniorsPlus Norway

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.

Norway Game Day

Date: Tuesday, September 17
(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. 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. Contact CCFC's Digital Navigator Ashley Lawrence today to get started: call 207-240-7843 or email ACP@community-concepts.org

FRANKLIN COUNTY

Estate Planning

Date: Tuesday, September 3
Time: 10–11 a.m.

Facilitator: Jennifer F. Kreckel, Kreckel Law, P.A. of Rumford

Location: SeniorsPlus Wilton

This session will cover information on wills, durable power of attorney, advance health directives (living wills), talk of trust, transfer of ownership of property, transfer upon death deeds, as well as MaineCare rules.

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.

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.

Wowzitude! 'Armchair Travel'

— 9/11 Memorial, New York City

Date: Thursday, September 5
Time: 11 a.m.

— Destinations to be announced

Date: Thursdays, September 12 and 19
Time: 11 a.m.

— Former Communist Yugoslavia

Dates: Thursday, September 26
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. See full description under Androscoggin County.

Respiratory Illnesses and Vaccines

Date: Tuesday, September 10
Time: 10–11 a.m.

Facilitator: Devin Myles, field epidemiologist, Maine CDC

Location: SeniorsPlus Wilton

Come visit SeniorsPlus as we learn about respiratory illnesses and the vaccines that prevent them.

To register, call 795-4010 or email edcenter@seniorsplus.org

Walk-in Tech Assistance

Dates/Time: Tuesdays, September 10, 17, and 24

Date/Time: 1–3 p.m.

Facilitator: Michael Burd

Location: SeniorsPlus Wilton

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

Monthly Book Swap

Date: Thursday, September 19
(every third Thursday)

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

Bring in your gently used books and take home some new reads to enjoy. No books to swap? No problem! Books provided by the Literacy Volunteers of Franklin & Somerset Counties.

Preserving the History of Farmington Falls

Date: Thursday, September 26

Time: 1–2 p.m.

Facilitator: Jane Woodman,
president of the Farmington
Historical Society

Location: SeniorsPlus Wilton

Join us for a presentation about the early history of the village, bridges, and mills of Farmington Falls.

Save The Date!

Historic Apples of Wilton

Date: Tuesday, October 1

Time: 10–11 a.m.

Location: SeniorsPlus Wilton

CAREGIVER GROUPS AND RESOURCES

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 and would like to receive the newsletter, please reach out.

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, September 9

(every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, September 26

(every last Thursday)

Time: 3–4:30 p.m.

Facilitator: Heather Komulainen

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, September 26

(every fourth Thursday)

Time: 2:30–4 p.m.

Facilitator: Valerie Cole, LSW

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, September 5

(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, September 19

(every third Thursday)

Time: 6–7:30 p.m.

Facilitator: Cyndi Dolloff

Location: SeniorsPlus Wilton

Provided by Adoptive & Foster Families of Maine, Inc. and The Kinship Program, this meeting is led by Cyndi Dolloff, AFFM Trainer, Facilitator, and Resource Parent. RSVP by calling Brigid at 207-827-2331 or email brigid@affm.net. Please contact Brigid if childcare is needed.

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 provide 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.