

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

Wowzitude!

'Armchair Travel'

— Majestic Buda:

A Royal Tour of Hungary's Historic Castle

Date: Tuesday, October 1

Time: 2 p.m.

— Timeless Treasures:

Exploring the Secrets of Trevi Fountain

Date: Tuesday, October 8

Time: 2 p.m.

— Nördlingen, Germany

Date: Tuesday, October 15

Time: 2 p.m.

— Autumn Stroll: Discover Central Park's Fall Beauty

Date: Tuesday, October 22

Time: 2 p.m.

— Frankfurt, Germany

Date: Tuesday, October 29

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, October 2 and 16 (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.

Who is SeniorsPlus?

Date: Thursday, October 3

Time: 10–11 a.m.

Instructor: Debbie Bechard

Location: SeniorsPlus Lewiston

Learn who we are and how we can help. This is an agency overview with plenty of time for questions and answers.

Estate Planning

Date: Thursday, October 17

Time: 1–2:30 p.m.

Instructor: Jim Pross, Esq.

Location: SeniorsPlus Lewiston

Prepare for your future. Learn about drafting wills and trusts, preparing for possible incapacity or long term care, and the myths and misconceptions about the long term care system.

See our Facebook page:

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.

“Cutting the Cord” —Getting TV & Phone Services Over the Internet

Date: Thursday, October 24

Time: 10–11 a.m.

Facilitator: NDEC

Location: SeniorsPlus Lewiston

“Cutting the Cord” is about canceling cable or satellite services and being able to watch television shows online, as well as options that would allow you to get rid of your landline. This class will not only show you the wide variety of options out there, but also teach you some tools to decide if cutting the cord is right for you.

Paper Crafting with Corinne

Date: Thursday, October 24

Time: 1–2:30 p.m.

Instructor: Corinne Saindon

Cost: \$5.00

Location: SeniorsPlus Lewiston

Let's create cards for Thanksgiving. Come create a beautiful turkey card! Class size is limited.

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

Using Software & Devices for Better Health

Date: Monday, October 28

Time: 1–2 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

In this class, we will explore apps, software, and devices that help promote and maintain exercise and diet, monitoring blood sugar, blood pressure, weight medication reminders, using FitBits, Apple Watch, etc., and connecting with Bluetooth.

Safe Storage and Disposal of Medication

Date: Wednesday, October 30

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

Vaccination Clinics

- **September 25:** 1–3 p.m.
- **October 4:** 10 a.m.–noon
- **October 23:** 10 a.m.–noon

Both the flu and COVID vaccines will be available for anyone over the age of 18. Walk-ins are welcome, but we encourage everyone to register in advance at agewisemaine.org/events.

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

EXERCISE CLASSES

Total Strength and Balance

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

(No class Monday, October 14)

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.

(No class Friday, October 11)

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

Switch to digital!

Email us at edcenter@seniorsplus.org with your name and mailing address to receive the calendar each month by email.

Ageism Awareness Day is October 9

Ageism refers to stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or oneself based on age. There is movement around the world to reject ageism and instead replace it with age positivity. From the moment of birth, we are all aging!

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.

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

OXFORD COUNTY

Wowzitude!

'Armchair Travel'

— Majestic Buda:

A Royal Tour of Hungary's Historic Castle

Date: Tuesday, October 1

Time: 2 p.m.

— Cape Cod through the Ages

Date: Thursday, October 3

Time: 11 a.m.

— Timeless Treasures:

Exploring the Secrets of Trevi Fountain

Date: Tuesday, October 8

Time: 2 p.m.

— Hispanic Heritage Tour in Lima, Peru

Date: Thursday, October 10

Time: 11 a.m.

— No Wowzitude, join us

for Table Games & Cribbage

Date: Tuesday, October 15

— Traditions and

Celebrations of the Sukkah

Dates: Thursday, October 17

Time: 11 a.m.

— Autumn Stroll: Discover Central Park's Fall Beauty

Date: Tuesday, October 22

Time: 2 p.m.

— Yellowstone's Terraced Gardens: Exploring the

Mammoth Hot Springs

Dates: Thursday, October 24

Time: 11 a.m.

— Frankfurt, Germany

Date: Tuesday, October 29

Time: 2 p.m.

— Haunted York, England

Dates: Thursday, October 31

Time: 11 a.m.

Location: SeniorsPlus Norway

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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.

Table Games

—Cribbage and More

Date: Tuesday, October 15

(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.

Internet Safety

Date: Friday, October 18

Time: 10 a.m.–11:30 p.m.

Presenter: Tyler Despain
of Rheap data

Location: SeniorsPlus Norway

Learn basic internet safety and privacy from a local cybersecurity expert. You will learn how to identify common email scams, how to use computers safely, and how to protect your privacy on the internet. Q&A.

FRANKLIN COUNTY

Apple History of Wilton

Date: Tuesday, October 1

Time: 10–11 a.m.

Facilitator: John Bunker,
apple historian

Location: SeniorsPlus Wilton

Join us to learn about the rich apple history of Wilton.

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

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.

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'

— Cape Cod through the Ages

Date: Thursday, October 3

Time: 11 a.m.

— Hispanic Heritage Tour in Lima, Peru

Date: Thursday, October 10

Time: 11 a.m.

— Traditions and

Celebrations of the Sukkah

Dates: Thursday, October 17

Time: 11 a.m.

— Yellowstone's Terraced Gardens: Exploring the

Mammoth Hot Springs

Dates: Thursday, October 24

Time: 11 a.m.

— Haunted York, England

Dates: Thursday, October 31

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 Oxford County.

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

“Cutting the Cord” —Getting TV & Phone Services Over the Internet

Date: Tuesday, October 15

Time: 10–11 a.m.

Facilitator: NDEC

Location: SeniorsPlus Wilton

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Monthly Book Swap

Date: Thursday, October 17

(every third Thursday)

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

Connect with others over your love of books at our monthly book swap. 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.

CMP: Understanding Your Bill

Date: Thursday, October 31

Time: 1–2 p.m.

Facilitator: Linda Ball, CMP

Location: SeniorsPlus Wilton

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.

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, October 21 (then back to every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, October 31
(every last Thursday)

Time: 3–4:30 p.m.

Facilitator: Heather Komulainen

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, October 24

(every fourth Thursday)

Time: 2:30–4 p.m.

Facilitator: Valerie Cole, LSW

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, October 3

(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, October 17

(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.

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.