

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

Choosing MyPlate and Eating Healthy on a Budget

Dates: Tuesdays, November 5, 12, 19, and 26

Time: 10:30 a.m.–noon

Location: SeniorsPlus Lewiston

Join us for this engaging four-class series about all five food groups, micro and macro nutrients, reading labels, and more. We will make and try a lunch sample in every class. Resources for budget-friendly cooking and incentives will be provided.

Wowzitude! 'Armchair Travel'

— **Edinburgh, Scotland**

Date: Tuesday, November 5

Time: 2 p.m.

— **Mystery Destination**

Date: Tuesday, November 12

Time: 2 p.m.

— **Costa Rica: Exploring Nature and Culture in the Heart of Paradise**

Date: Tuesday, November 19

Time: 2 p.m.

— **Thanksgiving Traditions: A Walk Through Parade History**

Date: Tuesday, November 26

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, November 6 and 20 (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.

Android Basics

Dates: Thursdays, November 7, 14, and 21

Time: 1–2 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

Requirements for this class: An Android tablet or phone.

Get started with your Android device. Learn how to use essential applications like email, contacts, camera, and Chrome, and manage your settings. See and register for upcoming tech classes here: https://digitalequitycenter.org/classes/class_location/seniors-plus/

Registration is required for all offerings, except support groups, or otherwise noted in description. Please call 795-4010 or email edcenter@seniorsplus.org.

A Matter of Balance

Dates: Mondays, November 18–January 6

Time: 1–3 p.m.

Facilitators: Jessica Riseman and June Turcotte

Location: SeniorsPlus Lewiston

This evidenced-based, Healthy Living for ME class aims to promote and teach practical strategies to reduce the fear of falling while increasing physical activity. Learn from our trained staff members ways to change the environment to reduce fall risk factors, increase physical activity, and control how the fear of falling may impact one's life. This class requires registration and will run for eight weeks. Space is limited.

Caregiver Info Session

Date: Thursday, November 21

Time: 10–11 a.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

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

See our Facebook page:
www.facebook.com/seniorsplus

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.

Art Exhibit—Opening Minds through Art

Date: Friday, November 22

Time: 1–3 p.m.

Location: SeniorsPlus Lewiston

Celebrate our Lewiston OMA artists as we display all the art they have been completing over multiple OMA sessions. Open to the public, bring a friend. Refreshments will be served.

EXERCISE CLASSES

Total Strength and Balance

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

(No class Monday, Nov. 11)

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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Vaccination Clinics

- **Monday, November 4:**
11 a.m. to 1 p.m.
at SeniorsPlus,
9 Marston St., Norway
- **Wednesday, November 13:**
11 a.m. to 1 p.m.
at Blake Street Towers,
70 Blake St., Lewiston
- **Tuesday, November 19:**
11 a.m. to 1 p.m.
at Meadowview Park,
23 Spofford St., Lewiston

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 <https://agewisemaine.org/events/>

Chair Yoga In-Person and Zoom

Day/time: Tuesdays, 9–10 a.m.

(No class Nov. 12)

Day/time: Fridays, 9–10 a.m.

(No class November 8 and 15)

Instructor: Mary Bishop, RYT

Location: Zoom and SeniorsPlus Lewiston

Cost: \$5.00 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

Vaccine Clinic

Date: Monday, November 4

Time: 11 a.m.–1 p.m.

Location: SeniorsPlus Norway

See box at left for more information.

Wowzitude!

‘Armchair Travel’

Now two times a week!

—Edinburgh, Scotland

Date: Tuesday, November 5

Time: 2 p.m.

—The Architectural Splendor of Rome’s Spanish Steps

Date: Thursday, November 7

Time: 11 a.m.

—Mystery Destination

Date: Tuesday, November 12

Time: 2 p.m.

—Florence Art and Architecture

Date: Thursday, November 14

Time: 11 a.m.

—Game Day, no tour in Norway

Date: Tuesday, November 19

—Secrets of Knaresborough, England: Time and Tales

Date: Thursday, November 21

Time: 11 a.m.

—Thanksgiving Traditions: A Walk Through Parade History

Date: Tuesday, November 26

Time: 2 p.m.

—Closed for Thanksgiving

Date: Thursday, November 28

Location: SeniorsPlus Norway

See full description under Androscoggin County.

Advanced Care Planning

Date: Thursday, November 14

Time: 1–3 p.m.

Facilitator: Andwell Health Partners (formerly Androscoggin Hospice)

Location: SeniorsPlus Norway

Find out more about advance directives, living wills, surrogate decision making, and more.

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

Table Games —Cribbage and More

Date: Tuesday, November 19
(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.

iPhone Basics

Dates: November 20, 21, and 22

Time: 10–11 a.m.

Facilitator: NDEC

Location: SeniorsPlus Norway

Get started with your iPhone including logging on, securing your data, and using data across Apple devices. Call to register at 207-795-4010.

Make a Winter Holiday Swag

Date: Wednesday, November 27

Time: 10–11:30 a.m.

Location: SeniorsPlus Norway

Brighten up your winter with a cheerful evergreen swag. Materials provided; Free. Call to register at 207-795-4010.

Switch to digital!

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

See our Facebook page:

www.facebook.com/seniorsplus

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? Michael Burd, Technology Literacy, CTE and Life Skills Instructor of Franklin County Adult Education, will be here to help.

Wowzitude!

‘Armchair Travel’

—The Architectural Splendor of Rome’s Spanish Steps

Date: Thursday, November 7

Time: 11 a.m.

—Florence Art and Architecture

Date: Thursday, November 14

Time: 11 a.m.

— Secrets of Knaresborough, England: A Journey Through Time and Tales

Date: Thursday, November 21

Time: 11 a.m.

—Closed for Thanksgiving

Date: Thursday, November 28

Location: SeniorsPlus Wilton

See full description under
Androscoggin County.

Coffee and Cribbage

Dates: Thursdays, November 7, 14,
and 21

Time: 9–10:30 a.m.

Location: SeniorsPlus Wilton

Welcome to all cribbage players,

beginner and experienced. Limited cribbage boards available, so if you are able to bring your own, please do.

Online Games—Finding & Playing Good Games for 55+

Date: Tuesday, November 19

Time: 10–11 a.m.

Facilitator: NDEC

Location: SeniorsPlus Wilton

Research has found that playing games online has benefits for mental health, such as improving memory, enhancing cognitive skills, and helping focus. In this class we will visit several great sites with a wide variety of fun games.

Monthly Book Swap

Date: Thursday, November 21
(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.

Pop-Up Grocery Store Tour

Date: Tuesday, November 26

Time: 10–11 a.m.

Facilitator: Kamaran Currier,
Healthy Community Coalition

Location: SeniorsPlus Wilton

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.

Save the Date!

Navigating Grief During the Holidays

Date: Thursday, December 5

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, November 11
(every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Will return in December

Facilitator: Heather Komulainen

Location: SeniorsPlus Lewiston

—Norway

Date: Wednesday, November 27
(then back to every fourth Thursday)

Time: 2:30–4 p.m.

Facilitator: Valerie Cole, LSW

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, November 7
(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, November 21
(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.

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.

ONLINE GROUPS AND OFFERINGS

Medicare Made Simple

Date/time: At your convenience

Presenter: SeniorsPlus staff

Location: Online video

Check out this pre-recorded Zoom class to learn how to navigate Medicare. In this introductory course, you will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or anyone who currently has Medicare and would like to learn more.

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.

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.