

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

SeniorsPlus has big news!

Date: Tuesday, December 3

Time: 10–11:30 a.m.

Location: SeniorsPlus Lewiston

Join SeniorsPlus in celebrating Giving Tuesday 2024 and the launch of our capital campaign to build a new education and nutrition center! The event is free and will feature food and plans for construction of the new facility. Take a morning break, relax with friends, and check it out.

Wowzitude!

‘Armchair Travel’

— Mystery Destinations

Dates: Tuesdays, December 3 & 31
(no Wowzitude on Dec. 24)

Time: 2 p.m.

— Berlin’s Yuletide Magic: Germany Christmas Adventure

Date: Tuesday, December 10

Time: 2 p.m.

— Vienna’s Christmas Charm: Tour of Austria’s Holiday Magic

Date: Tuesday, December 17

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, December 4 & 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.

AARP Frauds and Scams

Date: Thursday, December 5

Time: 2–3 p.m.

Instructor: 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.

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

Who is SeniorsPlus?

Date: Thursday, December 12

Time: 1–2 p.m.

Facilitator: 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.

DIY Holiday Gift Tags

Date: Thursday, December 12

Time: 3–4:30 p.m.

Instructor: Louise Geoffroy

Location: SeniorsPlus Lewiston

Have a supply of old holiday cards? Bring them in and we’ll make holiday gift tags from them. If you don’t have any we’ll have plenty available, plus craft scrapbooking scissors for fancy edging, stamps for “To/From,” and ribbon to make a tie for the tag. Your gifts this year will have that special just-for-you feel with these holiday gift tags.

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

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Being a Savvy Shopper

Date: Tuesday, December 17

Time: 1–2 p.m.

Instructor: Alan Elze

Location: SeniorsPlus Lewiston

When we buy something new or used or obtain services, how do we go about doing it? Ads in the paper, TV ads, Internet ads, friends, or research? We will look at some ways to make you a smarter shopper.

Andwell Therapy Care: Falls Prevention

Date: Thursday, December 19

Time: 10–11 a.m.

Instructor: Andwell

Location: SeniorsPlus Lewiston

Are you concerned about falls or want to learn how to stay safe and steady on your feet? Andwell Therapy Care's fall prevention workshop is designed to help you prevent falls and maintain your independence. Join us for an interactive session focused on assessing balance, strength, and overall safety.

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.

EXERCISE CLASSES

Total Strength and Balance

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

(No class Dec. 2, 4, 6, & 9)

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.
(No class Dec. 3)

Day/time: Fridays, 9–10 a.m.
(No class Dec. 6)

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.

All locations: Mitten and Glove Drive to benefit Nutrition clients

Throughout December and January, SeniorsPlus is collecting new mittens and gloves to be given to our Meals on Wheels and social dining clients. Please bring new mittens and gloves to any of our locations. Our goal is to collect 750 pairs to support those in need. Thank you!

OXFORD COUNTY

Wowzitude! 'Armchair Travel'

— Mystery Destinations

Dates: Tuesdays, December 3 & 31
(no Wowzitude on Dec. 24)

Time: 2 p.m.

— Slovenian Spirits:

St. Nicholas Day in Ljubljana

Date: Thursday, December 5

Time: 11 a.m.

— Berlin's Yuletide Magic:

Germany Christmas Adventure

Date: Tuesday, December 10

Time: 2 p.m.

— Mystery Destinations

Date: Thursdays, December 12 & 26

Time: 11 a.m.

— Vienna's Christmas Charm: Tour of Austria's Holiday Magic

Date: Tuesday, December 17

Time: 2 p.m.

— Christmas in Assisi, Italy

Date: Thursday, December 19

Time: 11 a.m.

See full description under Androscoggin County.

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

Android Phone Basics

Dates: Tuesday, December 3,
Wednesday, December 4, and
Friday, December 6

Time: 10–11 a.m.

Instructor: NDEC

Location: SeniorsPlus Norway

Learn some of the many things your Android can do. Call to register at 207-795-4010.

Table Games

—Cribbage and More

Dates/times: Thursday, December 26 from 1–3 p.m. and Friday, December 27 from 10 a.m.–noon

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.

FRANKLIN COUNTY

Walk-in Tech Assistance

Dates: Tuesdays, December 3, 10, & 17

Time: 1–3 p.m.

Facilitator: Michael Burd

Location: SeniorsPlus Wilton

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

Loose Ends

Knitting Group

Dates: Tuesdays (**No class on December 24**)

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 (**No class on December 26**)

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.

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Date: Thursday, December 5

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— Mystery Destination

Date: Thursday, December 12

Time: 11 a.m.

— Christmas in Assisi, Italy

Date: Thursday, December 19

Time: 11 a.m.

— No class

Date: Thursday, December 26

Location: SeniorsPlus Wilton

See full description under Androscoggin County.

Navigating Grief

During the Holidays

Date: Thursday, December 5

Time: 1–2 p.m.

Facilitator: Amy Dulac, Andwell Health Partners

Location: SeniorsPlus Wilton

Grief, at a time when traditionally you would be celebrating, can conjure all sorts of emotions. Let’s sit down and talk about our expectations, hopes, and even fears about the holidays that are upon us. It can be helpful to know that you are not alone on this journey and there are ways that you can embrace the idea of creating new memories without feeling like you are leaving your loved one behind.

Advance Care Planning

Date: Tuesday, December 10

Time: 10–11 a.m.

Facilitator: Andwell Health Partners

Location: SeniorsPlus Wilton

Join us to learn about advance directives, living wills, surrogate decision making, and more.

Using Facebook Securely

Date: Tuesday, December 17

Time: 10–11 a.m.

Facilitator: NDEC

Location: SeniorsPlus Wilton

This class is designed to teach current Facebook account holders how to use Facebook more securely, how to understand all privacy options, and how to change privacy options so the information you share on Facebook is only available to those you wish to see it.

Monthly Book Swap

Date: Thursday, December 19
(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.

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

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

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, December 9
(every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, December 26
(every last Thursday)

Facilitator: Heather Komulainen

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, December 26
(every fourth Thursday)

Time: 2:30–4 p.m.

Facilitator: Valerie Cole, LSW

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, December 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, December 19
(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

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.

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.