

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

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

Date: Thursday, January 2

Time: 2–3 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

What does it mean to “cut the cord”? It’s 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. See and register for upcoming tech classes here: https://digitalequitycenter.org/classes/class_location/seniors-plus/

Knitting Group

Dates: Wednesdays (No group Jan. 1)

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.

Wowzitude!

‘Armchair Travel’

— **Wonders of Winter: Krakow, Poland Holiday Market**

Date: Tuesday, January 7

Time: 2 p.m.

— **Discover Arequipa, Peru: The White City in Focus**

Date: Tuesday, January 14

Time: 2 p.m.

— **Journey Through Cusco: Heart of the Inca Empire**

Date: Tuesday, January 21

Time: 2 p.m.

— **Mystery Destination**

Date: Tuesday, January 28

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. Destination are subject to change. Walk-ins welcome.

Videoconferencing with Healthcare Providers, Family, & Friends

Date: Thursday, January 9

Time: 10–11 a.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

There are several options for speaking face to face with family, friends, or coworkers over a device connected to the internet. In this class we will look at some of the most popular options out there including Zoom, with a short tutorial on navigating the Zoom room.

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

Puzzle and Book Swap

Date: Thursday, January 9

Time: 1–3 p.m.

Location: SeniorsPlus Lewiston

Connect with others over your love of books and/or puzzles. Bring in your gently used books or jigsaw puzzles and take home new ones to enjoy.

Game Day

Dates: Wednesdays, January 15 & 22
(back to every first and third Wednesday in February)

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.

Caregiver info Session

Date: Thursday, January 16

Time: 10–11 a.m.

Facilitator: Heather Komulainen

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. Join this informational session to learn more about the groups and programs offered at our Lewiston, Norway, and Wilton offices.

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

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Walk-in Tech Assistance with NDEC

Date: Thursday, January 16

Time: 1–3 p.m.

Instructor: Bailey Smart of NDEC

Location: SeniorsPlus Lewiston

Have technology questions? Do you need help with your device? Want to know what technology classes could improve your tech skills? No appointment necessary—just stop by.

Managing Money

Date: Thursday, January 23

Time: 10–11 a.m.

Instructor: Dana Morrell

Location: SeniorsPlus Lewiston

During the program, caregivers hear tips and ways to help them better prepare for the costs of caregiving. The program includes stories of real-life caregivers sharing their experiences in managing finances for the person they are caring for.

Learning About Devices

Date: Friday, January 24

Time: 12:30–1:30 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

Devices connected to the internet have become a part of our everyday life. In this class you will learn about the wide variety of devices, from the servers that receive, store, and transmit our data, all the way to tablets, smartphones, and wearable devices.

All locations: Mitten and Glove Drive

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

EXERCISE CLASSES

Total Strength and Balance

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

(No class January 1)

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

Days/time: Tuesdays, 9–10 a.m.

Days/time: Fridays, 9–10 a.m.

Instructor: Mary Bishop, RYT

Location: In person at Education Center, 8 Falcon Road, and Zoom

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. Drop in to see if this class is right for you. Classes are ongoing. Please call for access to zoom link.

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

OXFORD COUNTY

Wowzitude!

'Armchair Travel'

— **Festive Lights: Last Night of Hanukkah in Jerusalem**

Date: Thursday, January 2

Time: 11 a.m.

— **Wonders of Winter: Krakow, Poland Holiday Market**

Date: Tuesday, January 7

Time: 2 p.m.

— **Mystery Destinations**

Dates: Thursdays, January 9, 16, 23, and 30

Time: 11 a.m.

— **Discover Arequipa, Peru: The White City in Focus**

Date: Tuesday, January 14

Time: 2 p.m.

No Wowzitude

Date: Tuesday, January 21

Join us for Table Games, 1–3 p.m.

— **Mystery Destination**

Date: Tuesday, January 28

Time: 2 p.m.

See full description under Androscoggin County. Destinations subject to change.

Rock N' Talk

Date: Friday, January 17

Time: 10 a.m.–noon

Instructor: Brittany Lorange

Location: SeniorsPlus Norway

Design rocks with a picture or phrase that inspires your mental health recovery journey. All welcome, all materials provided. Call to register.

Switch to digital!

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

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

Historical Society of Norway

Date: Tuesday, January 21

Time: 10–11:30 a.m.

Speaker: Sue Dennison,
Curator/ Collection Manager,
Norway Historical Society

Location: SeniorsPlus Norway

Join us for this lively presentation highlighting the Historical Society of Norway and see some of the interesting artifacts from the museum.

Table Games—Cribbage and More

Date: Tuesday, January 21

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Play cribbage, checkers, cards, or dominoes. Staff will be there to network and talk about our programs. Walk-ins welcome.

Advance Directives

Date: Thursday, January 23

Time: 1–2:30 p.m.

Instructor: Andwell Health Partners

Location: SeniorsPlus Norway

Do you know that there are different options that can be chosen for advance directives? This class will give you valuable information that can help you identify the best choices for you. Learn about advance choices, living wills, surrogate decision making, and more.

10 Tips for Healthy Eating Cooking Class

Date: Wednesday, January 29

Time: 10:30 a.m.–12:30 p.m.

Instructor: Stephanie Cordwell,
Healthy Oxford Hills

Location: SeniorsPlus Norway

Join us for the first of this two-part class (second class February 26) to learn more about healthy cooking. The class will prepare and enjoy a light meal together.

FRANKLIN COUNTY Walk-in Tech Assistance

Days: Tuesdays

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

Days: 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

Days: 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'

— Festive Lights: Last Night of Hanukkah in Jerusalem

Date: Thursday, January 2

Time: 11 a.m.

— Mystery Destinations

Dates: Thursdays, January 9, 16, 23,
and 30

Time: 11 a.m.

Location: SeniorsPlus Wilton

See full description under Androscoggin County. Destinations subject to change.

Telehealth—Connecting with your Healthcare Provider from Home

Date: Tuesday, January 7

Time: Noon–1 p.m.

Facilitator: NDEC

Location: SeniorsPlus Wilton

In this class we will look at how you can connect with your healthcare provider from the comfort of your own home. Telehealth is the new home visit, allowing healthcare providers to evaluate, diagnose, and treat patients, whether it's for checkups, consultations, or a follow-up appointment. We will discuss the process, including setting up your initial appointment, what to expect, insurance and patient portals, and community resources.

Rock N' Talk

Date: Tuesday, January 14

Time: 10 a.m.–noon (drop in)

Facilitator: Consumer Council
System of Maine

Location: SeniorsPlus Wilton

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.

Animal Fostering Info Session

Date: Thursday, January 23

Time: 1–2 p.m.

Facilitator: Greater Androscoggin
Humane Society

Location: SeniorsPlus Wilton

Lots of our furry friends need a helping hand before they get a fur-ever home. Join us to learn about fostering opportunities and needs.

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, January 13
(every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, January 30
(every last Thursday)

Time: 3–4:30 p.m.

Facilitator: Heather Komulainen

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, January 23
(every fourth Thursday)

Time: 2:30–4 p.m.

Facilitator: Valerie Cole, LSW

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, January 2
(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, January 16
(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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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.

Coming soon!

Have you heard about our new Education and Nutrition Center to be built next to our current main office starting in 2025?

Visit seniorsplus.org/ campaign to learn more.

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.