

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

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

ANDROSCOGGIN COUNTY CLASSES

Affordable Internet After the ACP

Date: Monday, February 3

Time: 2:30–3:30 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

In this one-hour class 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 the internet access you need at a price you can afford. *See and register for upcoming tech classes here: https://digitalequitycenter.org/classes/class_location/seniors-plus/

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

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

Wowzitude! 'Armchair Travel'

— Lima, Peru's Coastal Gem

Date: Tuesday, February 4

Time: 2 p.m.

— Auckland, New Zealand

Date: Tuesday, February 11

Time: 2 p.m.

— City Streets of Quito

Date: Tuesday, February 18

Time: 2 p.m.

— Skiing Through Lake Louise

Date: Tuesday, February 25

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.

Game Day

Dates: Wednesdays, February 5 & 19 (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.

SPOTLIGHT—All counties

Living Well with Diabetes

Dates: Tuesdays, February 11, 18, and 25, March 4, 11, and 18

Time: 10 a.m.–12:30 p.m.

Location: Zoom

This six-week Zoom class meets once a week for two hours and thirty minutes. Each class includes a new topic on how to help participants with pre-diabetes manage their health. This class is a combination of presentations, discussion, and activities with others who have similar experiences to you. You will learn:

- Techniques to deal with symptoms of diabetes, including fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration;
- Appropriate exercise for maintaining and improving strength and endurance;
- Healthy eating;
- Use of medication;
- How to better work with healthcare providers.

Space is limited. Please call or email SeniorsPlus to register.

Walk-in Tech Assistance with NDEC

Dates: Thursdays, February 6 & 20

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? What else can SeniorsPlus do? Staff on hand to answer your questions. No appointment necessary—just stop by.

Identifying Frauds and Scams

Date: Friday, February 7

Time: 3–4 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online, and what to do if you have experienced online fraud or abuse.

*See and register for upcoming tech classes here: https://digitalequitycenter.org/classes/class_location/seniors-plus/

Get Connected with NDEC

Date: Thursday, February 13

Time: Noon–1 p.m.

Location: SeniorsPlus Lewiston

Find out about the free programs and services provided by the National Digital Equity Center (NDEC). The NDEC provides support such as assistance for affordable high-speed internet, free Digital Skills Classes, and the Digital Skills Success Plan Program which is geared specifically towards people who either need assistance with learning how to acquire and/or use a device or take digital skills classes to improve their employment options. No registration required. See upcoming tech classes here: https://digitalequitycenter.org/classes/class_location/seniors-plus/

Puzzle and Book Swap

Date: Thursday, February 20

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 some new ones to enjoy.

EXERCISE CLASSES

Total Strength and Balance

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

(No class February 17)

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. Call for access to Zoom link.

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

OXFORD COUNTY

Wowzitude!

'Armchair Travel'

— Lima, Peru's Coastal Gem

Date: Tuesday, February 4

Time: 2 p.m.

— Rome's Timeless Treasures:
Castles, Piazzas, & the Vatican

Date: Thursday, February 6

Time: 11 a.m.

— Auckland, New Zealand

Date: Tuesday, February 11

Time: 2 p.m.

— A Valentine's Day Stroll
Through Paris, France

Date: Thursday, February 13

Time: 11 a.m.

— No Wowzitude

Date: Tuesday, February 18

Join us for Table Games, 1–3 p.m.

— Mystery Destinations

Dates: Thursdays, February 20 & 27

Time: 11 a.m.

— Skiing Through Lake Louise

Date: Tuesday, February 25

Time: 2 p.m.

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

Online Games Find & Play

Date: Friday, February 7

Time: 11 a.m.–noon

Instructor: National Digital
Equity Center

Location: SeniorsPlus Norway

How to find fun and challenging games on your electronic devices.

Living Well with Diabetes —Virtual Class

Dates: Tuesdays, February 11, 18,
and 25, March 4, 11, and 18

Time: 10 a.m.–12:30 p.m.

See full description on page 1.

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

Crafts— CD Playing Card Holder

Date: Thursday, February 13

Time: 1–3 p.m.

Instructor: SeniorsPlus

Location: SeniorsPlus Norway

Make a playing card holder for a few cards or many. Materials provided. Please register for this class.

Table Games —Cribbage and More!

Date: Tuesday, February 18

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.

New to Norway!

Computer Technical Assistance

Date: Friday, February 21

Time: 8–10 a.m.

Instructor: James Whitman

Location: SeniorsPlus Norway

Make an appointment for individual assistance with your IT devices.

10 Tips for Healthy Eating Cooking Class

Date: Wednesday, February 26

Time: 10:30 a.m.–12:30 p.m.

Instructor: Stephanie Cordwell,
Healthy Oxford Hills

Location: SeniorsPlus Norway

Join us for the second session of this class to learn more about healthy cooking. The class will prepare and enjoy a light meal together.

FRANKLIN COUNTY Walk-in Tech Assistance

Dates: Tuesdays

(No class February 18)

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

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.

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.

Wowzitude! 'Armchair Travel'

**— Rome's Timeless Treasures:
Castles, Piazzas, & the Vatican**

Date: Thursday, February 6

Time: 11 a.m.

**— A Valentine's Day Stroll
Through Paris, France**

Date: Thursday, February 13

Time: 11 a.m.

— Mystery Destinations

Dates: Thursdays, February 20 & 27

Time: 11 a.m.

Location: SeniorsPlus Wilton

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

Making Maple Syrup

Date: Thursday, February 6

Time: 1–2 p.m.

Facilitator: Long Drive Acres
Maple Farm

Location: SeniorsPlus Wilton

Have you ever wondered about making maple syrup of your own? Don't miss out on this sweet opportunity. Join us to learn about the art of maple syrup production.

Living Well with Diabetes —Virtual Class

Dates: Tuesdays, February 11, 18,
and 25, March 4, 11, and 18

Time: 10 a.m.–12:30 p.m.

See full description on page 1.

Switch to digital!

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

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

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, February 10
(every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, February 27
(every last Thursday)

Time: 3–4:30 p.m.

Facilitator: Heather Komulainen

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, February 27
(every fourth Thursday)

Time: 2:30–4 p.m.

Facilitator: Valerie Cole, LSW

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, February 6
(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, February 20
(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.

Adoptive, Foster, and Kinship Support Group —Lewiston

Date: Tuesday, February 25
(every fourth Tuesday)

Time: 6–7:30 p.m.

Facilitator: Deb Hallowell

Location: SeniorsPlus Lewiston

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program, this meeting is led by Deb Hallowell, AFFM Facilitator, and Resource Parent. Childcare is provided with RSVP. RSVP by calling Brigid at 207-827-2331 or email brigid@affm.net.

Caregiver Support 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 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 are providing 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.