

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

Ageism in Healthcare Listening Sessions

Date: Monday, March 3

Time: 1:30–3 p.m.

Location: SeniorsPlus Lewiston & Zoom

The Maine Council on Aging invites you to join a virtual discussion about ageism in healthcare. Ageism can happen in many ways, like treating aging as if it is a disease, making assumptions based on age, or viewing older patients as incompetent. We want you to share your experiences with ageism in healthcare and your ideas on how to change it. Join us in person or email us at edcenter@seniorsplus.org to get a link for the Zoom meeting.

Wowzitude! 'Armchair Travel'

— Mammoth Marvels: Exploring Yellowstone

Date: Tuesday, March 4

Time: 2 p.m.

— Discover Yellowknife, Canada: Gateway to the Arctic

Date: Tuesday, March 11

Time: 2 p.m.

— Bamberg: A Fairytale City of Bridges, Breweries, History

Date: Tuesday, March 18

Time: 2 p.m.

— Florence: Art, History, and Life in the Heart of Tuscany

Date: Tuesday, March 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, March 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

Days: Wednesdays

Time: 4:30–7:30 p.m.

Location: SeniorsPlus Lewiston

Work on your own project, learn from others, and socialize.

Cloud-Based Backup Solutions

Date: Thursday, March 6

Time: 10–11 a.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

In this class, we will explore the most popular, free, cloud-based platforms to safely back up the information that is important to you. **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.

Walk-in Tech Assistance with NDEC

Dates: Thursdays, March 6 & 20

Time: 1–3 p.m.

Instructor: Bailey Smart of NDEC

Location: SeniorsPlus Lewiston

Have technology questions? Need help with your device? Want to know what technology classes could improve your skills? No appointment needed; stop by!

Puzzle and Book Swap

Dates: Thursdays, March 6 & 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.

Memory Garden Workshop —Hands-on Grief Activity

Date: Monday, March 10

Time: 1–3 p.m.

Instructor: Andwell Grief Department

Location: SeniorsPlus Lewiston

The Memory Garden purpose is to foster conversation around persons/beings that are no longer on this earth. A gentle reminder that those we love are never gone; they live forever in our hearts and minds. Create a memory garden in honor of your loved one. All materials will be provided. No crafting skills are required.

Your Money Personality

Date: Thursday, March 13

Time: 1–2 p.m.

Instructor: New Ventures Maine

Location: SeniorsPlus Lewiston

We will use a fun "Money Habitudes" card sort activity to identify your money management style. Developed by Syble Solomon, this process helps you learn how your habits and attitudes affect your decisions and actions related to \$\$\$\$. **Space is limited. Please call or email SeniorsPlus to register.**

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

Social Dining—Free Lunch!

Date: Wednesday, March 19

Time: 11:45 a.m.–1 p.m.

Location: SeniorsPlus Lewiston

Enjoy a delicious meal at SeniorsPlus! Menu is corned beef, roasted cabbage, boiled potatoes, carrots, and peach cobbler. You can come for lunch, then stay for an afternoon of games. Make new friends and memories. Free for those aged 60 and over. **Space is limited. Please call or email SeniorsPlus for a reservation.**

GUIDE (Guiding an Improved Dementia Experience) Info Session

Date: Thursday, March 20

Time: 10–11 a.m.

Presenter: Sherri Tanner, RN, BSN, CDP, of Andwell Health Partners

Location: SeniorsPlus Lewiston

Learn what the GUIDE (Guiding an Improved Dementia Experience) Program is, and how it could help you and your family. GUIDE, a dementia care management program coming July 2025, was thoughtfully designed to benefit patients, caregivers, and their healthcare providers. Collaboration and ongoing support are at the core of GUIDE, a program aimed at improving quality of life for dementia patients and their caregivers and reducing caregiver strain and burden. Have a loved one with dementia or are you working in the healthcare system? Tune in to see how GUIDE can support you!

Basic Internet Safety

Date: Wednesday, March 26

Time: 3:30–4:30 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

Staying safe online is essential in today's world. This one-hour overview class teaches you how to keep your information and your devices safe.

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

Identifying Frauds and Scams

Date: Thursday, March 27

Time: 10–11 a.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/**

Save the date!

Building Better Caregivers

Dates: Thursdays, April 17–May 22

Time: 10 a.m.–noon

Location: SeniorsPlus Lewiston

This six-week class meets once a week for two and a half hours. Each class includes a new topic designed for family caregivers. The class is a combination of presentations, discussion, and activities with others who have similar experiences. **Space is limited. Please call or email SeniorsPlus to register.**

EXERCISE CLASSES

Total Strength and Balance

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

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.
(No class March 18 and 25)

Days/time: Fridays, 9–10 a.m.
(No class March 21)

Instructor: Mary Bishop, RYT

Cost: \$5.00 per class. Payments exchanged directly with Mary.

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

Must-haves: If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in person, then just yourself.

This class offered both in person and on Zoom 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 Zoom link.

Tai Chi for Health and Balance

Dates: Mondays and Thursdays, March 24–May 15

Time: Noon–1 p.m.

Location: SeniorsPlus Lewiston

Tai Chi for Health and Balance, also known as Tai Chi for Arthritis and Fall Prevention, is an enjoyable program that incorporates classes twice a week for 8 weeks with home practice. It helps to improve muscular strength, flexibility, balance, and stamina.

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

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

Living Well with Diabetes —Virtual Class

Dates: Tuesdays, March 4–25

Time: 10 a.m.–12:30 p.m.

Speakers: Jessica Riseman, Jessica Bronish, and Joanne McDonald

Location: Online

A six-week class sharing strategies for managing diabetes.

Wowzitude! 'Armchair Travel'

— Mammoth Marvels: Exploring Yellowstone

Date: Tuesday, March 4

Time: 2 p.m.

— Mystery Destinations

Dates: Thursdays, March 6 and 27

Time: 11 a.m.

— Discover Yellowknife, Canada: Gateway to the Arctic

Date: Tuesday, March 11

Time: 2 p.m.

— St. Patrick's Day in Dublin

Date: Thursday, March 13

Time: 11 a.m.

— No Wowzitude

Date: Tuesday, March 18

Join us for Table Games, 1–3 p.m.

— Downtown Budapest

Date: Thursday, March 20

Time: 11 a.m.

— Florence: Art, History, and Life in the Heart of Tuscany

Date: Tuesday, March 25

Time: 2 p.m.

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

Table Games—Learn and Play Train Dominoes

Date: Tuesday, March 18

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Have you tried Train Dominoes yet? Find out how much fun it is! Staff will

be there to network and talk about our programs. Walk-ins welcome.

Make an Accordion Book

Date: Thursday, March 20

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Make a small book to use for photos, greeting cards, or your own poems. Materials provided. **Please register.**

New to Norway!

Computer Technical Assistance

Date: Friday, March 21

Time: 8–10 a.m.

Instructor: James Whitman from Community Concepts

Location: SeniorsPlus Norway

Call 795-4010 to make an appointment for individual assistance with devices.

Tips for Healthy Eating Cooking Class

Date: Wednesday, March 26

Time: 10:30 a.m.–12:30 p.m.

Instructor: Stephanie Cordwell, Healthy Oxford Hills

Location: SeniorsPlus Norway

Part 2 of a Healthy Eating class. Participants will cook and share a meal.

Advance Directives

Date: Thursday, March 27

Time: 1–2:30 p.m.

Speakers: Andwell Health Partners

Location: SeniorsPlus Norway

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

Save the date!

Living Well for Better Health

Dates: Fridays, April 11–May 16

Time: 10 a.m.–12:30 p.m.

Location: SeniorsPlus Norway

This six-week class meets once a week for two and a half hours. Each

class includes a new topic designed to help participants dealing with chronic conditions. The class is a combination of presentations, discussion, and activities with others who have similar experiences. **Space is limited. Please call or email SeniorsPlus to register.**

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

Dates: Tuesdays

Time: 1–3 p.m.

Location: SeniorsPlus Wilton

Bring your own knitting, crocheting, needlepoint, or anything you enjoy. 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.

Wowzitude! 'Armchair Travel'

— Mystery Destinations

Dates: Thursdays, March 6 and 27

Time: 11 a.m.

— St. Patrick's Day in Dublin

Date: Thursday, March 13

Time: 11 a.m.

— Downtown Budapest

Date: Thursday, March 20

Time: 11 a.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

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

Making Maple Syrup

Date: Thursday, March 13
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? Join us to learn about the art of maple syrup production.

Advance Care Planning

Date: Thursday, March 20
Time: 1–2 p.m.
Facilitator: Andwell Health Partners
Location: SeniorsPlus Wilton

Learn about advance directives, living wills, surrogate decision making, more.

CAREGIVER GROUPS AND RESOURCES

See listings above for GUIDE Program on March 20 and Building Better Caregivers starting April 17.

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, March 10
(every second Monday)
Time: 5:30–7 p.m.
Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, March 27
(every last Thursday)
Time: 3–4:30 p.m.
Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, March 27
(every fourth Thursday)
Time: 2:30–4 p.m.
Location: SeniorsPlus Norway

—Wilton

Date: Thursday, March 6
(every first Thursday)
Time: 3–4:15 p.m.
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, March 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, Kinship Support Group—Lewiston

Date: Tuesday, March 25
(every fourth Tuesday)
Time: 6–7:30 p.m.
Facilitator: Deb Hollowell
Location: SeniorsPlus Lewiston

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program, this meeting is led by Deb Hollowell, 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. 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

In this pre-recorded Zoom class, 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

Learn more about online fraud and scams in this pre-recorded Zoom class. 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. 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.