

## Class locations

**Lewiston:** 8 Falcon Road

**Norway:** 9 Marston St.

**Wilton:** 284 Main St., Suite 100

## ANDROSCOGGIN COUNTY CLASSES

### Wowzitude!

#### 'Armchair Travel'

— Trailblazing Women of Lima, Peru

**Date:** Tuesday, April 1

**Time:** 2 p.m.

#### — Mystery Destinations

**Dates:** Tuesdays, April 8, 22, & 29

**Time:** 2 p.m.

#### — Cherry Blossoms in Bloom: Central Park, NYC

**Date:** Tuesday, April 15

**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, April 2 & 16 (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

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

### Walk-in Tech Assistance with NDEC

**Dates:** Thursdays, April 3 & 17

**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.

### Puzzle and Book Swap

**Dates:** Thursdays, April 3 & 17

**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.

### CMP: Understanding Your Bill

**Date:** Thursday, April 10

**Time:** 9–10 a.m.

**Instructor:** CMP

**Location:** SeniorsPlus Lewiston

Understanding your energy use can help put you in control of your monthly bills. Learn about assistance options, how to read the bill, outages, community solar projects, and more. Have a question? Bring your bill in!

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

*SPOTLIGHT—All counties*

## Aging Well Living Well expo

**Date:** Friday, April 25

**Time:** 8 a.m.–12:30 p.m.

**Location:** University of Maine Farmington, Olsen Student Center, 111 South St.

Free admission. Registration required by April 7. Continental breakfast, exhibitors, e-bike demo, door prizes, 50/50 raffle, secure paper shredding, drug take-back, and your choice of three sessions:

- Backyard Birding
- Estate and Long-Term Care Planning
- Bingocize
- Funerals: Know your Options
- Don't get Hooked! Internet Safety
- Medicare Made Easy
- Emergency Preparedness

To register or for more info, visit [seniorsplus.org/awlw](http://seniorsplus.org/awlw) or call us at 207-795-4010.

### Medicare Made Simple

**Date:** Tuesday, April 15

**Time:** Noon–1 p.m.

**Instructor:** Brandi Connor-Vargeson

**Location:** SeniorsPlus Lewiston

With many Medicare plan options available, it can be difficult to know the best choices for your health needs. Navigate the different options, coverage costs, enrollment periods, and resources available to Medicare beneficiaries.

Visit our Facebook page:  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

To register, call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org)

## Swedish Death Cleaning —Part 1

**Date:** Thursday, April 17

**Time:** 3:30–4:30 p.m.

**Instructor:** Debbie Bechard,  
Community Ambassador

**Location:** SeniorsPlus Lewiston

Have you sometimes thought about paring down your possessions, but don't know where to start? Join us for a two-part workshop. Swedish Death Cleaning is known as a 'gentle art'—and is not about a weekend cleaning frenzy but rather a thoughtful (not morbid) process that helps us remove excess possessions from our lives to open up space in our homes...and our minds.

## Community Recycle Day Drive-Thru event

**Date:** Saturday, April 26

**Time:** 9 a.m.–noon

**Location:** Community Credit Union,  
40 Stanley St., Auburn

Community Credit Union is holding a free three-hour Community Recycle event at its Auburn branch. Recycle your items and benefit community organizations, including SeniorsPlus. All are welcome to participate, no membership required.

- On-site paper document shredding—Shredding On Site
- Televisions, monitors, computers, laptops, and printers only—North Coast Services
- Kaydenz Kitchen is accepting gently used and new clothing and shoes; also nonperishable goods.
- SHAREcenter is accepting new or gently used office supplies, classroom supplies, art supplies, dishes, utensils, cups, and pots and pans; also bottles and cans.
- SeniorsPlus is accepting nonperishables such as soups, pasta, canned veggies, canned fruit, canned meats (no glass please) as well as word search and crossword puzzle books.

## EXERCISE CLASSES

### Total Strength and Balance

**Day/time:** Mondays, Wednesdays,  
& 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.

**Days/time:** Fridays, 9–10 a.m.

**Instructor:** Mary Bishop

**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.

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](http://www.facebook.com/seniorsplus)

## OXFORD COUNTY

### Wowzitude! 'Armchair Travel'

— Trailblazing Women  
of Lima, Peru

**Date:** Tuesday, April 1

**Time:** 2 p.m.

— Exploring Buenos Aires'  
Vibrant Murals

**Date:** Thursday, April 3

**Time:** 11 a.m.

— Mystery Destinations

**Dates:** Tuesdays. April 8, 22, & 29

**Time:** 2 p.m.

— Sofia, Bulgaria

**Date:** Thursday, April 10

**Time:** 11 a.m.

— Cherry Blossoms in Bloom:  
Central Park, NYC

**Date:** Tuesday, April 15

**Time:** 2 p.m.

— The Elegance of Milan, Italy

**Date:** Thursday, April 17

**Time:** 11 a.m.

— From Woolton, England:  
The Beatles' Beginnings

**Date:** Thursday, April 24

**Time:** 11 a.m.

**Location:** SeniorsPlus Norway

Destinations subject to change. See  
Androscoggin County for description.

### Partner Loss Grief Group

**Dates:** Thursdays, April 3–May 22  
(8 weeks)

**Time:** 12:45–2:15 p.m.

**Instructor:** Andwell Bereavement  
Department

**Location:** SeniorsPlus Norway

The loss of a life partner can cause many changes, emotions, and bring up many questions. Comfort can be found when you know you are not alone. Register online at [www.andwell.org/bereavement](http://www.andwell.org/bereavement) or call Andwell Bereavement Department at 207-795-9468.

**To register,** call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org)

## Living Well for Better Health

**Dates:** Fridays, April 11–May 23  
(no class April 25)

**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.**

## Memory Garden Workshop —Hands-on Grief Activity

**Date:** Tuesday, April 15

**Time:** 10 a.m.–noon

**Instructor:** Andwell Bereavement  
Department

**Location:** SeniorsPlus Norway

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 required.

*New to Norway!*

## Computer Technical Assistance

**Date:** Friday, April 18

**Time:** 8–10 a.m.

**Instructor:** James Whitman,  
Community Concepts

**Location:** SeniorsPlus Norway

Please call Jim at 508-1757 to make an appointment for individual assistance with your IT devices.

**Visit our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

*Save the date!*

## Estate Planning

**Date:** Thursday, May 29

**Time:** 3–4:40 p.m.

**Facilitator:** Lawyer Martha McLean

**Location:** SeniorsPlus Norway

General estate planning information, with time for questions.

## FRANKLIN COUNTY

### Walk-in Tech Assistance

**Dates:** Tuesdays (No class April 22)

**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. Relax and socialize as we learn and grow together as a group. Extra yarn and needles will be available.

### Coffee and Cribbage

**Dates:** Thursdays

**Time:** 9–10:30 a.m.

**Location:** SeniorsPlus Wilton

Welcome to all beginner and experienced cribbage players. Limited cribbage boards available, so please bring your own if possible.

### Getting News and Information Online

**Date:** Thursday, April 3

**Time:** 2–3 p.m.

**Facilitator:** NDEC

**Location:** SeniorsPlus Wilton

With online content, we have a constant flow of information as well

as misinformation. We will look at ways to determine “real” news from “fake” news and then discover how to find the news and information you want using blogs, podcasts, online publications, and much more.

### Wowzitude!

#### ‘Armchair Travel’

#### — Exploring Buenos Aires’ Vibrant Murals

**Date:** Thursday, April 3

**Time:** 11 a.m.

#### — Sofia, Bulgaria

**Date:** Thursday, April 10

**Time:** 11 a.m.

#### — The Elegance of Milan, Italy

**Date:** Thursday, April 17

**Time:** 11 a.m.

#### — From Woolton, England: The Beatles’ Beginnings

**Date:** Thursday, April 24

**Time:** 11 a.m.

**Location:** SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

## Memory Garden Workshop —Hands-on Grief Activity

**Date:** Tuesday, April 8

**Time:** 10:30 a.m.–12:30 p.m.

**Instructor:** Andwell Bereavement  
Department

**Location:** SeniorsPlus Wilton

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 required.

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](mailto:edcenter@seniorsplus.org)

## CAREGIVER GROUPS AND RESOURCES

### Caregiver Support Groups

#### —Lewiston Mondays

**Date:** Monday, April 14  
(every second Monday)

**Time:** 5:30–7 p.m.

**Location:** SeniorsPlus Lewiston

#### —Lewiston Thursdays

**Date:** Thursday, April 24  
(every last Thursday)

**Time:** 3–4:30 p.m.

**Location:** SeniorsPlus Lewiston

#### —Norway

**Date:** Thursday, April 24  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Location:** SeniorsPlus Norway

#### —Wilton

**Date:** Thursday, April 3  
(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, April 17  
(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](mailto:brigid@affm.net).

### Adoptive, Foster, Kinship Support Group—Lewiston

**Date:** Tuesday, April 22  
(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](mailto: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

### 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.*