

ANDROSCOGGIN COUNTY CLASSES

Swedish Death Cleaning —Part 2

Date: Thursday, May 1

Time: 2–3 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? 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 open up space in our homes and minds.

Understanding the Internet

Date: Monday, May 5

Time: 2–3 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

The internet has become such a large part of our daily lives that having a basic understanding of its origins is essential. This course introduces the origins of the internet, how it works, and what you can do on the internet.

Social Dining

Days: Tuesdays

Time: 11:45 a.m.–1 p.m.

Location: SeniorsPlus Lewiston

Cost: Free

Registration is open the week prior to the event. Please call during business hours to register.

May 6: Chicken fajita mix, yellow rice, pinto beans, tropical fruit

May 13: Pork egg roll bowl, rice, peas and carrots, mandarin oranges

May 20: BBQ chicken, au gratin potatoes, 3-bean salad, blueberries

May 27: Cottage cheese and fruit plate, pasta salad, pacific veg. blend

Wowzitude! 'Armchair Travel'

— Italy's Iconic Tilt: Discover Pisa Beyond the Tower

Date: Tuesday, May 6

Time: 2 p.m.

— Slovenia's Storybook City: Live from Ljubljana

Date: Tuesday, May 13

Time: 2 p.m.

— Mystery Destination

Date: Tuesday, May 20

Time: 2 p.m.

— Springtime on Chicago's Magnificent Mile

Date: Tuesday, May 27

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, May 7 and 21

(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.

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

Learning About Devices

Date: Thursday, May 8

Time: 2:30–3:30 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.

Indigenous Artifacts of the Androscoggin River

Date: Monday, May 12

Time: 1:30–2:30 p.m.

Instructor: Androscoggin

Historical Society

Location: SeniorsPlus Lewiston

Penny Jessop, Vice President of the Androscoggin Historical Society, will present a program emphasizing the legacy of Indigenous People along the Androscoggin River in this area. Using items from the Society's collection, she will discuss the significance of the footprints they left behind.

Puzzle and Book Swap

Date: Wednesday, May 14

Time: Noon–2 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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment

is available upon request.

Walk-in Tech Assistance with NDEC

Dates: Thursdays, May 15 and 29

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.

AARP Smart Driver

Date: Monday, May 19

Time: Noon–4 p.m.

Location: SeniorsPlus Lewiston

Cost: \$25 non-AARP member, \$20 member (cash or check, day of)

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers aged 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Android Basics

Dates: Wednesday, Thursday, and Friday, May 28, 29, 30

Time: 1–2 p.m.

Instructor: NDEC

Location: SeniorsPlus Lewiston

Get started with your Android device, learn how to use essential applications like email, contacts, camera, and Chrome, and manage your settings.

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.

EXERCISE CLASSES

Total Strength and Balance

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

(No class May 5, 7, 9, and 26)

Instructor: Linn Morin, Certified Trainer

Cost: See below

Location: SeniorsPlus Lewiston

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: SeniorsPlus Lewiston

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-ins welcome. Classes are ongoing. Call for access to zoom link.

OXFORD COUNTY

Wowzitude!

'Armchair Travel'

— Celebrating Cinco de Mayo: A Fiesta in Mexico City

Date: Thursday, May 1

Time: 11 a.m.

— Italy's Iconic Tilt: Discover Pisa Beyond the Tower

Date: Tuesday, May 6

Time: 2 p.m.

— Poland's Port of Legends: Live from Gdansk

Date: Thursday, May 8

Time: 11 a.m.

— Slovenia's Storybook City: Live from Ljubljana

Date: Tuesday, May 13

Time: 2 p.m.

— Ohrid, North Macedonia

Date: Thursday, May 15

Time: 11 a.m.

— Mystery Destination

Date: Tuesday, May 20

Time: 2 p.m.

— Mystery Destination

Date: Thursday, May 22

Time: 11 a.m.

— No Wowzitude May 27

Date: Tuesday, May 27

— Croatia's Crown Jewel: The Old City of Dubrovnik

Date: Thursday, May 29

Time: 11 a.m.

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

Partner Loss Grief Group

Dates: Thursdays, May 1–22

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 or call Andwell Bereavement Department at 795-9468.

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

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

New Day!

Games—Train Dominoes

Date: Thursday, May 15

Time: 1–3 p.m.

Location: SeniorsPlus Norway

We'll teach you if you don't know how to play.

Computer Technical Assistance

Date: Friday, May 16

Time: 8–10 a.m.

Instructor: James Whitman from Community Concepts

Location: SeniorsPlus Norway

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

Featured!

Estate Planning: Legal Issues for Seniors

Date: Tuesday, May 27

Time: 3–4:30 p.m.

Instructor: Martha McLean, Attorney

Location: SeniorsPlus Norway

Join us for a discussion with local Attorney Martha McLean followed by questions and answers. Registration required.

Coming in June!

Guiding an Improved Dementia Experience

Date: *To be announced*

Presenter: Michelle Stebbins, RN, BSN, MS, Andwell Health Partners

Location: SeniorsPlus Norway

Share the exciting launch of GUIDE, a new dementia care management program coming in July. The 8-year CMS pilot is focused on improving patients' and caregivers' quality of life, reducing caregiver strain and burden, and helping patients remain in their homes and communities longer. Learn about eligibility, referral processes, and GUIDE's nine care domains.

FRANKLIN COUNTY

Coffee and Cribbage

Days: Thursdays

Time: 9–10:30 a.m.

Location: SeniorsPlus Wilton

Beginner and experienced cribbage players welcome. Please bring boards if you are able.

Wowzitude!

'Armchair Travel'

— Celebrating Cinco de Mayo: A Fiesta in Mexico City

Date: Thursday, May 1

Time: 11 a.m.

— Poland's Port of Legends: Live from Gdansk

Date: Thursday, May 8

Time: 11 a.m.

— Ohrid, North Macedonia

Date: Thursday, May 15

Time: 11 a.m.

— Mystery Destination

Date: Thursday, May 22

Time: 11 a.m.

— Croatia's Crown Jewel: The Old City of Dubrovnik

Date: Thursday, May 29

Time: 11 a.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Using Facebook Securely

Date: Thursday, May 1

Time: 1–2 p.m.

Facilitator: NDEC

Location: SeniorsPlus Wilton

Learn how to use Facebook more securely, how to understand all privacy options, and how to change options to share information only with those you wish to see it.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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. Extra yarn and needles will be available.

Walk-in Tech Assistance

Days: Tuesdays

Time: 1–3 p.m.

Facilitator: Michael Burd

Location: SeniorsPlus Wilton

Michael Burd, Technology Literacy, CTE and Life Skills Instructor of Franklin County Adult Education, can assist with your phone, tablet, or laptop.

Medicare Made Simple

Date: Tuesday, May 6

Time: 10–11 a.m.

Facilitator: Brandi Connor-Vargeson

Location: SeniorsPlus Wilton

Learn how to navigate the different Medicare plan options, coverage costs, enrollment periods, and resources available to Medicare beneficiaries.

Animal Fostering Info

Date: Thursday, May 8

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 forever home. Join us to learn about fostering opportunities and needs.

Monthly Book Swap

Date: Thursday, May 15

(every third Thursday)

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

Connect with others over your love of books. Bring your gently used books and take home new reads. No books to swap? No problem! Books provided by the Literacy Volunteers of Franklin & Somerset Counties.

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

Bingocize

Dates: Tuesdays and Thursdays,
May 13–July 22 (No class June 19)

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

Bingocize combines the game of bingo with exercise and/or health education. Participants play twice per week, with each 45-60 minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and health questions. Registration required before first class.

Swedish Death Cleaning —Parts 1 and 2

Dates: Tuesdays, May 13 and 27

Time: 10–11 a.m.

Location: SeniorsPlus Wilton

See description on page 1.

Living Well with Chronic Pain

Dates: Tuesdays, May 20–June 24

Time: 9:30 a.m.–noon

Location: Jay-Niles Memorial Library

This six-week class meets once a week for two hours and thirty minutes. Each class includes a new topic on how to manage chronic pain. Through a combination of presentations, discussions, and activities, learn to deal with frustration, fatigue, and isolation; exercise for maintaining and improving strength; appropriate use of medications; communicating with family and health professionals; and how to evaluate new treatments. **Space is limited.** Call or email to register.

CAREGIVER GROUPS AND RESOURCES

Caregiver 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.

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, May 12
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, May 29
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, May 22
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, May 1
(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, May 15
(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, May 27
(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.

ONLINE GROUPS AND OFFERINGS

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 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. Learn how 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. Trained volunteers are standing by to answer tech questions and to help you sign up for online training sessions. Call Cyber Seniors at 1-844-217-3057.