

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY CLASSES

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.

June 3: White chicken chili, oyster crackers, broccoli, strawberries

June 10: Turkey salad on lettuce, pasta salad, stewed tomatoes, sliced peaches

June 17: BBQ pork and rice bowl, coleslaw, sliced apples

June 24: Salisbury steak, gravy, mashed potatoes, harvest beets, pears

Wowzitude!

‘Armchair Travel’

— Mystery Destinations

Dates: Tuesdays, June 3, 17, and 24

Time: 2 p.m.

— The Castle Above the Danube: Budapest, Hungary

Date: Tuesday, June 10

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, June 4 and 18
(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.

AARP Frauds and Scams

Date: Thursday, June 5

Time: 10–11 a.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Lewiston

Frauds and scams can take many forms. Do you know how to recognize a potential scam? What actions to take? This presentation will discuss identity theft, romance scams, imposter scams, and how to report these. Ask questions, get resources, guides, and more.

Walk-in Tech assistance with NDEC

Date: Thursday, June 5

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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Spotlight

SeniorsPlus and SAPARS Senior Resource Fair

Date: Thursday, June 12

Time: 9 a.m.–noon

Location: SeniorsPlus Lewiston

Join us for a senior resource fair in partnership with Sexual Assault Prevention and Response Services. Explore a wide range of local services, connect with helpful organizations, and learn more about resources designed to support older adults. Light refreshments served.

Puzzle and Book Swap

Dates: Thursday, June 5, and
Monday, June 16

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.

Author Talk, Peter van Oosten

Date: Wednesday, June 25

Time: 1–2:30 p.m.

Location: SeniorsPlus Lewiston

Join us for a presentation with Peter van Oosten, author of *Animals and Other Siblings*. In this heartfelt and often humorous collection of anecdotes, Peter shares real-life encounters and reflections on our deep connections and communication with animals. Hear from a gifted storyteller who sees animals not just as companions, but as kin.

Visit our Facebook page:

www.facebook.com/seniorsplus

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

Android Intermediate

Date: Thursdays, June 26, July 3, 10

Time: 10–11 a.m.

Instructor: NDEC

Requirements: Android tablet/phone and completion of Android Basics or have equivalent knowledge.

Location: SeniorsPlus Lewiston

Develop a deeper understanding of the Android system and its connection to Google, learn how to use common apps more effectively, and become comfortable with a wider range of settings.

Iris Paper Folding

Date: Monday, June 30

Time: 2–3 p.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Lewiston

Learn this fun and creative paper craft technique that uses layered strips of paper to form a spiral design resembling the iris of a camera. Perfect for handmade cards and decorations, this beginner-friendly class will guide you step by step to create your own beautiful designs.

Save the date!

Cooking Matters

Dates: Thursdays, July 10–August 14

Time: 12:30– 2 p.m.

Instructor: Healthy Androscoggin

Location: SeniorsPlus Lewiston

This six-week series teaches adults healthy eating habits, cooking skills, food shopping, and budgeting. Each class focuses on a theme such as fruits and vegetables, cutting fat, or healthy snacking. You'll add your own creative touches to low-cost, nutritious recipes that you create.

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

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Family FUNdraiser Night

Date: Wednesday, June 25

Time: 4–9 p.m.

Location: Lost Valley, Auburn

SeniorsPlus will hold a family-friendly fundraiser with live music by local reggae band Roots, Rhythm and Dub, lawn games, children's activities, raffles, and a 50-50. Lost Valley Brew Pub will donate 15% of food sales to the Encompass Capital Campaign for a new education and nutrition center on Mollison Way in Lewiston.

EXERCISE CLASSES

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.

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

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.

OXFORD COUNTY

Wowzitude!

'Armchair Travel'

— Mystery Destinations

Dates: Tuesdays, June 3, 17, and 24

Time: 2 p.m.

— Kakheti Uncorked: Georgia's Wine Country

Date: Thursday, June 5

Time: 11 a.m.

— The Castle Above the Danube: Budapest, Hungary

Date: Tuesday, June 10

Time: 2 p.m.

— Slovenia: Castles, Churches, and Crystal Waters

Date: Thursday, June 12

Time: 11 a.m.

— Juneteenth – Office Closed

Date: Thursday, June 19

— The Jewish Culture Festival in Kraków

Date: Thursday, June 26

Time: 11 a.m.

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

Introduction to GUIDE

Date: Thursday, June 12

Time: 1–2 p.m.

Instructor: Michelle Stebbins, Andwell Health Partners

Location: SeniorsPlus Norway

Join Andwell at the exciting launch of GUIDE, a new dementia care management program (coming

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

July 2025). GUIDE is focused on improving quality of life for patients and caregivers, reducing caregiver strain and burden, and helping patients remain in their homes and communities longer. Staff will cover program eligibility requirements and referral processes.

Swedish Death Cleaning

Date: Friday, June 13

Time: 9:30 a.m.–noon

Instructor: Debbie Bechard

Location: SeniorsPlus Norway

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'—not about a cleaning frenzy but a thoughtful process to help remove excess possessions to open up space in our homes...and our minds.

Computer Technical Assistance

Date: Friday, June 20

Time: 8–10 a.m.

Instructor: James Whitman from Community Concepts

Location: SeniorsPlus Norway

Please call Jim at 795-4010 to make an appointment for individual assistance with your IT devices.

FRANKLIN COUNTY Knitting Class

Dates: Tuesdays, June 3 and 17 (every other Tuesday)

Time: Noon–2 p.m.

Facilitator: Sue LeDoux

Location: SeniorsPlus Wilton

Interested in learning a new skill? Wanting to further your knitting knowledge? This is the class for you! Sue has been knitting for over 50 years and strongly advocates for the mental health benefits knitting provides. All knitting levels welcome.

Walk-in Tech Assistance

Dates/time: Tuesdays, June 3 & 17, 1–3 p.m.

Days/time: Thursdays, noon to 2 p.m. (office closed June 19)

Location: SeniorsPlus Wilton

Need assistance with a phone, tablet, or laptop? Michael Burd (Tuesdays), Technology Literacy, CTE and Life Skills Instructor of Franklin County Adult Education, and Tyler Provencher (Thursdays) from RSU 73 Adult Ed will be here to help.

Coffee and Cribbage

Days: Thursdays (no class June 19)

Time: 9–11 a.m.

Location: SeniorsPlus Wilton

Welcome to all beginner and experienced cribbage players.

E-Bike Demo

Date: Thursday, June 5

Time: 10 a.m.–noon

Facilitator: Bicycle Coalition of Maine

Location: SeniorsPlus Wilton

E-bikes are easy to learn, easy to use, and make riding fun and accessible again.

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— The Jewish Culture Festival in Kraków

Date: Thursday, June 26

Time: 11 a.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Skip-Bo (Card Game)

Date: Thursday, June 5

Time: 1–3 p.m.

Location: SeniorsPlus Wilton

Come play Skip-Bo. Easy to learn, fun to play!

Being a Savvy Shopper

Date: Tuesday, June 10

Time: 10 a.m.–noon

Facilitator: Alan Elze

Location: SeniorsPlus Wilton

When we buy something new or used or obtain services, how do we go about doing it? Ads in the paper, TV ads, internet ads, friends, or research? We will look at some ways to make you a smarter shopper. Registration required.

Tatting with Becky

Dates: Tuesdays, June 10 and 24

Time: Noon–2 p.m.

Facilitator: Becky Tyler

Location: SeniorsPlus Wilton

Come learn the art of tatting, a form of lace making that is both meditative and fun. Create beautiful doilies, jewelry, ornaments, bookmarks, and more. Materials will be provided. No experience necessary; just bring your curiosity and creativity.

New dates!

Bingocize

Dates: Tuesdays and Thursdays, June 10–August 19 (no class June 19)

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

Bingocize® combines the game of bingo, exercise, and/or health education. Groups of 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 education questions. Registration is required before first class; call today to secure your spot.

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

Basic Internet Safety

Date: Thursday, June 12

Time: 1–2 p.m.

Facilitator: NDEC

Location: SeniorsPlus Wilton

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. Registration required.

Monthly Book Swap

Date: Thursday, June 26 (resumes every third Thursday in July)

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups —Lewiston Mondays

Date: Monday, June 9

(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, June 26

(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, June 26

(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, June 5

(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, June 19

(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, June 24

(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.

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.*

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.

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.