

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.

July 1: Hawaiian pulled pork, brown rice, pickled beets, tropical fruit salad

July 8: Chicken salad wrap, cheddar goldfish, coleslaw, strawberries

July 15: Turkey egg roll bowl with rice, three bean salad, mixed berries

July 22: Tuna wrap with lettuce and cheese, pretzel goldfish, ripe tomatoes, melon

July 29: Seafood salad, Italian-style rice salad, lima beans, kiwi

Wowzitude!

‘Armchair Travel’

— Mystery Destinations

Dates: Tuesdays, July 1, 15, & 29

Time: 2 p.m.

— Step into History: Gniezno, Poland’s First Capital

Date: Tuesday, July 8

Time: 2 p.m.

— Perugia, Italy: A Hilltop Tapestry of Time

Date: Tuesday, July 22

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, July 2 and 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

Days: 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.

Walk-in Tech assistance with NDEC

Dates: Thursdays, July 3 and 24

Time: 2–4 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.

Puzzle and Book Swap

Dates: Thursdays, July 3 and 24

Time: 2–4 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.

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.

Mindful Doodling

Date: Monday, July 28

Time: 2–3:30 p.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Lewiston

Relax and unwind with easy, meditative drawing. No experience needed—just simple patterns, relaxation, and creative fun. All materials are included. This beginner-friendly class will guide you step by step to create your own beautiful designs.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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

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

EXERCISE CLASSES

Chair Yoga In-Person and Zoom

Days/time: Tuesdays, 9–10 a.m.
(No class July 1 and 8)

Days/time: Fridays, 9–10 a.m.
(No class July 4)

Instructor: Mary Bishop

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

Location: In person at SeniorsPlus Lewiston 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.

Total Strength and Balance

Days/time: Mondays, Wednesdays, Fridays, 10:30–11:15 a.m. (No class July 4)

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.

OXFORD COUNTY

Cooking Matters Class

Dates: Tuesdays, July 1, 8, 15, 29, and August 5 and 12

Time: 11:30 a.m.–1:30 p.m.

Instructor: Stephanie Cordwell, SNAP Instructor

Location: Basement of Christ Church, 35 Paris St., Norway

Six-week class offering participants the opportunity to learn healthy cooking skills and meal planning. Participants will enjoy a meal that they have prepared together.

Wowzitude!

‘Armchair Travel’

— Mystery Destinations

Dates: Tuesdays, July 1, 15, & 29

Time: 2 p.m.

— Mystery Destinations

Dates: Thursdays, July 3, 24, & 31

Time: 11 a.m.

— Step into History: Gniezno, Poland’s First Capital

Date: Tuesday, July 8

Time: 2 p.m.

— Tel Aviv, Israel: Past Meets Present on the Mediterranean

Date: Thursday, July 10

Time: 11 a.m.

— In Bloom at Schönbrunn: Gardens in Vienna, Austria

Dates: Thursday, July 17

Time: 11 a.m.

— Perugia, Italy: A Hilltop Tapestry of Time

Date: Tuesday, July 22

Time: 2 p.m.

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

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

New in Norway!

Chair Yoga

Days: Tuesdays

Time: 10–11 a.m.

Instructor: Martha Stone

Location: SeniorsPlus Norway

Fee: \$5 per session, paid directly to instructor

To register: Call 795-4010 or email edcenter@seniorplus.org

Craft Club

Date: Thursday, July 10

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Learn about and practice slow drawing, a creative, mindful, and relaxing experience.

Computer Technical Assistance

Date: Friday, July 18

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.

Game Day

Date: Tuesday, July 22

Time: 10 a.m.–noon

Location: SeniorsPlus Norway

Learn to play MahJong. Beginners welcome. Veteran players are appreciated.

FRANKLIN COUNTY

Skip-Bo (Card Game)

Dates: Tuesday, July 1

Time: 10 a.m.–noon

Location: SeniorsPlus Wilton

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

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

Knitting Class

Dates: Tuesdays, July 1, 15, and 29 (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? Sue has been knitting for over 50 years and advocates for the mental health benefits knitting provides. All levels welcome.

Coffee and Cribbage

Date: Thursdays

Time: 9–11 a.m.

Location: SeniorsPlus Wilton

Welcome to all beginner and experienced cribbage players. Walk-ins welcome.

Wowzitude!

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— Mystery Destinations

Dates: Thursdays, July 3, 24, & 31

Time: 11 a.m.

— Tel Aviv, Israel: Past Meets Present on the Mediterranean

Date: Thursday, July 10

Time: 11 a.m.

— In Bloom at Schönbrunn: Gardens in Vienna, Austria

Dates: Thursday, July 17

Time: 11 a.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

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.

Social Dining

Days: Every other Monday

Time: 11:30 a.m.

Location: SeniorsPlus Wilton

Cost: Free

Registration is open the week prior to the event. Please call during business hours to register. Menu is subject to change as necessary.

July 7: Chicken salad wrap, cheddar goldfish, coleslaw, strawberries

July 21: Tuna wrap with lettuce and cheese, pretzel goldfish, ripe tomatoes, melon

Scrapbooking with Becky

Date: Tuesday, July 8

Time: 10 a.m.–noon

Facilitator: Becky Tyler

Location: SeniorsPlus Wilton

Want to make your own cookbook? Start a family cookbook? Bring your favorite recipe on an index card and a small book for the pages you create. All supplies will be provided.

Walk-in Tech Assistance

Dates/time: Tuesdays, 1–3 p.m.

(No class July 1)

Dates/time: Thursdays, noon–2 p.m.

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.

Monthly Book Swap

Date: Thursday, July 17

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.

Emergency Preparedness

Date: Tuesday, July 29

Time: 10 a.m.–noon

Facilitator: Renee Wheaton, Gibson Center, North Conway, NH

Location: SeniorsPlus Wilton

Learn about the importance of being prepared for natural disasters and family emergencies. This discussion will cover the items and documents needed to shelter in place or leave your home.

AARP Frauds and Scams

Date: Thursday, July 31

Time: 1–2 p.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Wilton

Do you know how to recognize a potential scam? What actions to take? Learn about identity theft, romance scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

Save the dates!

Virtual Living Well with

Chronic Pain will be held via Zoom on Tuesdays, August 5 through September 9, from 9 to 11:30 a.m.

Tai Chi for Health and

Balance will be held Tuesdays and Thursdays, September 23 to November 18, from 10 to 11 a.m. at Jay-Niles Memorial Library.

Call today to reserve your spot.

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

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, July 14

(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, July 31

(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, July 24

(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, July 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, July 17

(every third Thursday)

Time: 6–7:30 p.m.

Facilitator: Cyndi Dolloff

Location: SeniorsPlus Wilton

Provided by Adoptive & Foster Families of Maine, Inc. and 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, July 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.

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 currently has Medicare and would like to learn more.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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.

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