

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY

Medicare Made Simple

Date: Monday, August 4

Time: 1–2 p.m.

Instructor: Brandi Connor-Vargeson

Location: SeniorsPlus Lewiston

In this introductory class, learn about insurance options with Medicare, when to enroll or change plans, and how state law may affect choices.

This presentation is perfect for people who are new to Medicare, or anyone who would like to learn more. Q&A.

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.

Aug. 5: Hashbrown casserole, stewed tomato and zucchini, blueberries

Aug. 12: Lobster mac and cheese, Key Largo veggies, mango and raspberries

Aug. 19: Creamy chicken pasta, Capri veggie mix, tropical fruit

Aug. 26: Honey pork bites, garlic mash potatoes, California veggie blend, spiced pears

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Wowzitude!

‘Armchair Travel’

— Painted Passages:

Buenos Aires, Argentina

Date: Tuesday, August 5

Time: 2 p.m.

— Mystery Destinations

Dates: Tuesdays, August 12, 19, & 26

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, August 6 & 20
(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, August 7 and 21

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

Date: Thursday, August 14

Time: 10 a.m.–noon

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.

Healthy Living for Your Brain and Body

Date: Monday, August 18

Time: 2:30–3:30 p.m.

Instructor: Dana Morrell

Location: SeniorsPlus Lewiston

This program offers science-based recommendations about taking care of our brains and bodies. While there are currently no proven methods to prevent cognitive decline or dementia, research has shown that we can take action to reduce our risk of developing it and help maintain or potentially improve overall health.

AARP HomeFit

Date: Monday, August 25

Time: Noon–1:30 p.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Lewiston

Barely 1% of the nation’s housing supply contains any “universal design” elements—such as single-story living or a sink that can be reached from a wheelchair. Based on the free AARP HomeFit Guide, this presentation can help individuals and families make their current or future residence—or that of a loved one—their “lifelong home.”

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

AARP Smart Driver

Date: Thursday, August 28

Time: 10 a.m.–2 p.m.

Instructor: Rich Stevens

Location: SeniorsPlus Lewiston

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

This refresher course specifically designed for drivers aged 50 and older teaches proven techniques to help keep you and your loved ones safe on the road. Drivers may benefit from a discount on their insurance premium.

Register now!

Opening Minds Through Art

Dates: Mondays, September 8–
October 6

Time: 1–2 p.m.

Location: SeniorsPlus Lewiston

Opening Minds through Art (OMA) strives to bring joy, art, and pride to people living with dementia and Alzheimer's in our community. Weekly, for five weeks, people with dementia are paired one on one with trained volunteers who help them create art using imagination instead of memory. If you know someone living with dementia or Alzheimer's who may enjoy this program, or would like to volunteer, drop us a line.

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.

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 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 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.

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

Classes are free, unless noted.
We are fully accessible.
Hearing Assistive Equipment
is available upon request.

FRANKLIN COUNTY

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.

Aug. 4: Hashbrown casserole, stewed
tomato and zucchini, blueberries

Aug. 18: Creamy chicken pasta,
Capri veggie mix, tropical fruit

Virtual Living Well with Chronic Pain

Dates: Tuesdays, August 5–
September 9

Time: 9–11:30 a.m.

Location: Zoom

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 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.

Becky's Quilting Slow Stitch

Date: Tuesday, August 5

Time: 10 a.m.–noon

Facilitator: Becky Tyler

Location: SeniorsPlus Wilton

Bring a 10"x10" square of cotton fabric (it will be covered up), along with scraps of fabric (the smaller the better; 1/2"x1/2" to 2"x2" works well), lace, buttons, embroidery needle, embroidery floss (your choice of color), scissors, needle threader, a few pins, thimble, and a hoop if you want one. Slow stitching is adding items to the square of fabric held down by embroidery stitches. Copies of the patterns will be available to take home.

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

Walk-in Tech Assistance

Dates/time: Tuesdays, August 5 and 12, from 1–3 p.m.

Days/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.

Coffee and Cribbage

Days: Thursdays

Time: 9–11 a.m.

Location: SeniorsPlus Wilton

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

Wowzitude!

‘Armchair Travel’

— The Adriatic’s Secret Jewel: Live from Trieste, Italy

Date: Thursday, August 7

Time: 11 a.m.

— Budapest, Hungary’s Heroes and Hidden Gems

Date: Thursday, August 14

Time: 11 a.m.

— Colors of the Medina: Marrakesh, Morocco in Motion

Date: Thursday, August 21

Time: 11 a.m.

— Sunlight & Stone: A Journey Through Tel Aviv, Israel

Date: Thursday, August 28

Time: 11 a.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Skip-Bo (Card Game)

Date: Tuesday, August 12

Time: 10 a.m.–noon

Location: SeniorsPlus Wilton

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

Knitting Class

Dates: Tuesdays, August 12 and 26 (every other Tuesday)

Time: Noon–2 p.m.

Facilitator: Sue LeDoux

Location: SeniorsPlus Wilton

Interested in learning a new skill? Want 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.

Estate Planning Info

Date: Thursday, August 28

Time: 1–3 p.m.

Facilitator: Jennifer F. Kreckel, Esq.

Location: SeniorsPlus Wilton

This session will cover information on wills, durable power of attorney, advance health directives (living wills), talk of trust, transfer of ownership of property, transfer upon death deeds, as well as MaineCare rules. Q&A.

Register now!

Tai Chi for Health and Balance

Dates: Tuesdays and Thursdays, September 23–November 18

(no class Tuesday, November 11)

Time: 10–11 a.m.

Location: Jay-Niles Memorial Library

Call today to reserve your spot.

OXFORD COUNTY

Chair Yoga

Dates: Tuesdays, August 5, 12, 19, 26

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$20 for 4-week series, payable to instructor

Location: SeniorsPlus Norway

Class is designed to help with ease of movement and breath, and finding stability, balance, and strength for every ability.

Wowzitude!

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Date: Thursday, August 21

Time: 11 a.m.

— Sunlight & Stone: A Journey Through Tel Aviv, Israel

Date: Thursday, August 28

Time: 11 a.m.

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

Norway Museum and Historical Society

Date: Thursday, August 7

Time: 1–2:30 p.m.

Location: Norway Museum and Historical Society, 471 Main St.

Join Collections Curator Sue Dennison for an overview of the Norway Museum and some interesting stories about Norway’s past. Meet at the museum at 1 p.m.

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

Craft Club

Date: Thursday, August 14

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Scrapbooking—This session will show how to make physical scrapbook pages.

Game Day

Date: Thursday, August 21

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Learn to play MahJong. Beginners welcome.

Technical Assistance Resource

Jim Whitman from Community Concepts is available at Norway Memorial Library for individual assistance with your IT devices. Please call Jim at 508-1757 to make an appointment.

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups —Lewiston Mondays

Date: Monday, August 11
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, August 28
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, August 28
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, August 7
(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, August 21
(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, August 26
(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.

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 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.

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. 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. 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.