

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY

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.

September 2: Fajita chicken over rice, corn, peppers; blueberries

September 9: Lemon garlic shrimp and veggies over pasta; Brussels sprouts; pineapple and oranges

September 16: Lasagna roll-up with meat sauce; broccoli; mango and blueberries

September 23: BBQ pork loin; baked beans; coleslaw; peaches

September 30: Meatballs and rotini with red sauce; broccoli; pears

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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.

Wowzitude!

'Armchair Travel'

—Whitehorse, Yukon:

The Edge of the Wilderness

Date: Tuesday, September 2

Time: 2–3 p.m.

—Stories of Strength:

9/11 Memorial in New York City

Date: Tuesday, September 9

Time: 2–3 p.m.

—Mystery Destinations

Dates: Tuesdays, September 16, 23, and 30

Time: 2–3 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.

Knitting Group

Days: Wednesdays

Time: 4:30–7:30 p.m.

Location: SeniorsPlus Lewiston

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

Game Day

Dates: Wednesdays, September 3 and 17 (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.

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

Walk-in Tech Assistance with NDEC

Dates: Thursdays, September 4 & 18

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!

Opening Minds Through Art

Dates: Mondays, September 8–Oct. 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, drop us a line.

Puzzle and Book Swap

Date: Thursday, September 11

Time: 9–11 a.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.

Estate Planning

Date: Monday, September 15

Time: 3–4:30 p.m.

Instructor: Jim Pross, Esq.

Location: SeniorsPlus Lewiston

Prepare for your future. Learn about drafting wills and trusts, preparing for possible incapacity or long term care, and the myths and misconceptions about the long-term care system.

AARP Decluttering and Downsizing

Date: Thursday, September 25

Time: 9:30–10:30 a.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Lewiston

Having too much stuff can impede people from relocating or getting health care into their homes. Explore why stuff is so important for some people and learn practical, easy-to-follow tips on how to get started.

EXERCISE CLASSES

Total Strength and Balance

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

(No class September 1)

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.

(No class September 30)

Days/time: Fridays, 9–10 a.m.

Instructor: Mary Bishop

Cost: \$5 per class, directly to 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.

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 in to see if this class is right for you. Classes are ongoing. Call for access to Zoom link.

OXFORD COUNTY

Wowzitude!

‘Armchair Travel’

—Whitehorse, Yukon:

The Edge of the Wilderness

Date: Tuesday, September 2

Time: 2–3 p.m.

—Ljubljana, Slovenia

Date: Thursday, September 4

Time: 11 a.m.–noon

—Stories of Strength:

9/11 Memorial in New York City

Date: Tuesday, September 9

Time: 2–3 p.m.

—Skopje, North Macedonia

Date: Thursday, September 11

Time: 11 a.m.–noon

—Mystery Destinations

Dates/time: Tuesdays, September 16, 23, and 30, 2–3 p.m.

Date/time: Thursday, September 25, 11 a.m.–noon

—Tel Aviv, Israel:

Welcoming the New Year

Date: Thursday, September 18

Time: 11 a.m.–noon

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

NEW!

Book and Puzzle Swap

Date: Thursday, September 4

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Drop in and find your newest favorite author or a challenging puzzle. If you have books or puzzles to share, bring them along for others.

NEW!

Computer Access Drop-In

Date: Tuesday, September 9

Time: 12:30–1:30 p.m.

Location: SeniorsPlus Norway

Computers and wi-fi are available for personal use. Register for your dedicated time.

AARP Preventing Frauds and Scams

Date: Thursday, September 11

Time: 1–2 p.m.

Location: SeniorsPlus Norway

Frauds and scams can take many forms. Do you know how to recognize a potential scam? This AARP Fraud Watch presentation will discuss identity theft, romance scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

Chair Yoga

Dates: Tuesdays, Sept. 16, 23, and 30

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$15 for 3-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.

MahJong

Date: Thursday, September 18

Time: 1–3 p.m.

Location: SeniorsPlus Norway

You’ve seen the MahJong match games; learn to play the American MahJong version of this fascinating tile game. Beginners welcome.

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

NEW DAY!

Game Day

Date: Friday, September 19

Time: 10 a.m.–noon

Location: SeniorsPlus Norway

Learn train dominoes, play Yahtzee, cribbage, and cards—or bring your own. Walk-ins welcome.

SAVE THE DATE!

Living Well with Chronic Pain

Dates: Thursdays, October 2

through November 6

Time: 12:30–2:30 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 on how to manage chronic pain. This class is a combination of presentations, discussion, and activities with others who have similar experiences to you.

FRANKLIN COUNTY

Game Day

Date: Tuesday, September 2

Time: 10 a.m.–noon

Location: SeniorsPlus Wilton

Skip-Bo, Yahtzee, Rummikub, Dominos, Connect 4, Scrabble, Sorry, and more. Choose from our games or bring your own. Walk-ins welcome.

Walk-in Tech Assistance

Days/time: Tuesdays, 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.

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

NEW DAY AND TIME!

Wowzitude!

'Armchair Travel'

— Whitehorse, Yukon:

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Date: Tuesday, September 2

Time: 2–3 p.m.

—Stories of Strength:

9/11 Memorial in New York City

Date: Tuesday, September 9

Time: 2–3 p.m.

— Mystery Destinations

Dates: Tuesdays, September 16, 23, and 30

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Coffee and Cribbage

Days: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

Coloring and Conversation

Date: Thursday, September 4

Time: 1–3 p.m.

Location: SeniorsPlus Wilton

Looking for a peaceful way to spend your afternoon? Join us for a gentle, creative gathering where you can enjoy good company, calming activities, and light, friendly conversation. Whether you're here to talk, reflect, or simply color in peace, you're welcome.

Social Dining

Dates: Mondays, September 8 and 22

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.

September 8: Lemon garlic shrimp

and veggies over pasta; Brussels sprouts; pineapple and oranges
September 22: BBQ pork loin; baked beans; cole slaw; peaches

Breathe Easier: Staying Tobacco-Free at Every Age

Date: Tuesday, September 9

Time: 10–11 a.m.

Facilitators: Grace Chamberlain and Rylee Litalien

Location: SeniorsPlus Wilton

An informative and encouraging session on the health impacts of tobacco and benefits of quitting at any age. This presentation will cover all forms of tobacco intake, with clear tips for reducing harm and practical strategies to quit. Free resources, local support information, and time for questions.

Knitting Class

Dates: Tuesdays, September 9 and 23 (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 strongly advocates for the mental health benefits knitting provides. All knitting levels welcome.

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

Tai Chi for Health and Balance, also known as Tai Chi for Arthritis and Fall Prevention, is an enjoyable program that incorporates classes twice a week for 8 weeks with home practice. It helps to improve muscular strength, flexibility, balance, and stamina. Beginners welcome! Registration required before first class; please call to reserve your spot.

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, September 8

(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, September 25

(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, September 25

(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, September 4

(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, September 18

(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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Adoptive, Foster, Kinship Support Group—Lewiston

Date: Tuesday, September 23

(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.

Caregiver Support Newsletter

Did you know that SeniorsPlus offers a quarterly Caregiver Support Newsletter? The goal of the newsletter is to share caregiver-specific resources and opportunities to those in need. If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out.

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.

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

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.