

Class locations

Lewiston: 8 Falcon Road

Norway: 9 Marston St.

Wilton: 284 Main St., Suite 100

ANDROSCOGGIN COUNTY

Puzzle and Book Swap

Dates: Monday, November 3, and Thursday, November 20

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.

Social Dining

Date: 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.

November 4: Roasted turkey, mashed potatoes, stuffing, gravy, green beans, strawberry shortcake

November 11: Closed, Veterans Day

November 18: Baked fish, wild rice, brussels sprouts, tropical fruit

November 25: Hawaiian pulled pork over rice, wax beans, strawberries

Wowzitude!

‘Armchair Travel’

—**Buenos Aires: Where History Dances with Modern Life**

Date: Tuesday, November 4

Time: 2–3 p.m.

—**Closed Veterans Day**

Date: Tuesday, November 11

—**Reflections of Lake Louise: Canada’s Alpine Gem**

Date: Tuesday, November 18

Time: 2–3 p.m.

—**Bogotá, Colombia: Where History Meets the Clouds**

Date: Tuesday, November 25

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.

Game Day

Dates: Wednesdays, November 5 & 19 (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.

Walk-in Tech assistance with NDEC

Dates: Thursdays, November 6 & 20

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.

Getting Through the Holidays

Date: Thursday, November 13

Time: 9–11 a.m.

Facilitator: Andwell Bereavement Department

Location: SeniorsPlus Lewiston

Andwell Hospice is teaming up with Seniors Plus to offer a workshop with the understanding of how difficult the holiday season can be for those who are grieving. Regardless of what holidays you observe, they can be especially difficult if you are grieving the loss of someone who would have been with you. Our hope is that spending some time with others who understand what you may be experiencing will be helpful.

Healthy Aging Workshop

Date: Thursday, November 20

Time: 10–11 a.m.

Facilitator: Ariel Baker, PT, DPT

Location: SeniorsPlus Lewiston

Learn about how to promote healthy aging through nutrition and physical activity with the guidance of a licensed physical therapist. In this interactive class, we will discuss some of the common facets of a healthy lifestyle in which older adults are lacking. Find out how you’re doing, and how simple changes can help you reach your full potential at every age.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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

Neurographics Art

Date: Monday, November 24

Time: 1:30–4 p.m.

Instructor: Artist, Anita Poulin

Location: SeniorsPlus Lewiston

This guided workshop blends art and neuroscience to help you reduce stress, unlock new perspectives, and express yourself in powerful visual ways. No experience needed, all materials are provided. Come explore the magic of lines, shapes, and intention.

EXERCISE CLASSES

Chair Yoga

In-Person and Zoom

Days/time: Tuesdays, 9–10 a.m.

(no class November 11)

Days/time: Fridays, 9–10 a.m.

(no class November 28)

Instructor: Mary Bishop

Cost: \$5 per class. Payments exchanged directly with Mary.

Location: Education Center & 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.

Total Strength and Balance

Days/time: Mondays, Wednesdays,

& Fridays, 10:30–11:15 a.m.

(No class November 28)

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

Chair Yoga

Dates: Tuesdays, November 4, 18, 25

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$15 for series

Location: SeniorsPlus Norway

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

Wowzitude!

‘Armchair Travel’

—Buenos Aires: Where History Dances with Modern Life

Date: Tuesday, November 4

Time: 2–3 p.m.

—Stroll Through Vienna’s Storybook Streets

Date: Thursday, November 6

Time: 11 a.m.–noon

—London, England:

Layers of Time and Tradition

Date: Thursday, November 13

Time: 11 a.m.–noon

—Reflections of Lake Louise: Canada’s Alpine Gem

Date: Tuesday, November 18

Time: 2–3 p.m.

—Where the Mountains Meet the Sea: Kotor, Montenegro

Date: Thursday, November 20

Time: 11 a.m.–noon

—Bogotá, Colombia: Where History Meets the Clouds

Date: Tuesday, November 25

Time: 2–3 p.m.

Location: SeniorsPlus Norway

(Closed Nov. 11 & 27) 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. Check out SeniorsPlus on Facebook for updates. Walk-ins welcome.

MahJong

Dates: Thursdays, November 6 & 20

Time: 1–3 p.m.

Location: SeniorsPlus Norway

You’ve seen MahJong match games on your computer, now learn to play the Chinese MahJong version of this fascinating tile game. Beginners welcome. Veteran players are appreciated.

Computer Access

Date: Tuesday, November 18

Time: 11:30 a.m.–12:30 p.m.

Location: SeniorsPlus Norway

Computers and wifi are available for personal use. SeniorsPlus staff will be available for easy questions. Register for your dedicated time.

Game Day

Date: Friday, November 21

Time: 10 a.m.–noon

Location: SeniorsPlus Norway

Take a break before the busy holiday season and join us for train dominoes, Yahtzee, cribbage, and cards—or bring your own. Walk-ins welcome.

Christmas Tree Decorations

Date: Tuesday, November 25

Time: 11 a.m.–1 p.m.

Location: SeniorsPlus Norway

Make a cinnamon stick and fabric scrap ornament and an embellished jingle bell ornament. Materials provided. No crafting experience necessary. Space is limited, please register.

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

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.

November 3: Roasted turkey, mashed potatoes, stuffing, gravy, green beans, strawberry shortcake

November 17: Baked ham, wild rice, Brussels sprouts, tropical fruit

Walk-in Tech Assistance

Days/time: Tuesdays, 1–3 p.m.

(no class November 11)

Days/time: Thursdays, noon–2 p.m.

(no class November 27)

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.

Wowzitude!

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—Closed Veterans Day

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—Reflections of Lake Louise: Canada’s Alpine Gem

Date: Tuesday, November 18

Time: 2–3 p.m.

—Bogotá, Colombia: Where History Meets the Clouds

Date: Tuesday, November 25

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

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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. Check out SeniorsPlus on Facebook for updates. Walk-ins welcome.

Coffee and Cribbage

Date: Thursdays

Time: 9 a.m.–noon

(no class November 27)

Location: SeniorsPlus Wilton

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

Getting Through the Holidays

Dates: Thursday, November 13

Time: 1–3 p.m.

Facilitator: Andwell Bereavement Department

Location: SeniorsPlus Wilton

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Game Day

Dates: Thursday, November 20

Time: 1–3 p.m.

Location: SeniorsPlus Wilton

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

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

AARP Decluttering and Downsizing

Dates: Tuesday, November 4

Time: 10–11 a.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Wilton

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.

‘...I Should Have Known That!’ Trivia Game

Date: Tuesday, November 25

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

Get ready to challenge your memory, have some laughs, and learn something new. “...I Should Have Known That!” is a light-hearted, brain-boosting trivia session featuring a wide range of questions on everyday knowledge, pop culture, history, and common facts that might just leave you saying, “I should have known that!” Walk-ins welcome.

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups —Lewiston Mondays

Date: Monday, November 10
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Wednesday, November 26
(usually every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, November 20
(usually every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, November 6
(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, November 20
(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, November 25
(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

SeniorsPlus offers a quarterly Caregiver Support Newsletter to share caregiver-specific resources and opportunities. If you or someone you know 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.

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

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.

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