

### Class locations/Office hours

**Lewiston:** 8 Falcon Road  
M-Th 8:30-4:30; Fri 8:30-noon

**Norway:** 9 Marston St.  
Tu/Th 8:30-4:30; Fri 8:30-noon

**Wilton:** 284 Main St., Suite 100  
Tu/Th 8:30-4:30

## 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. Note that the menu is subject to change as necessary.

**December 2:** American chop suey, broccoli, peaches

**December 9:** Lobster mac & cheese, stewed tomatoes with zucchini, spiced pears

**December 16:** Glazed ham, pineapple and cherries, sweet potato, Brussels sprouts, apple crisp

**December 23:** Pork egg roll bowl, brown rice, stir-fry veggies, ginger pineapple

**December 30:** Honey mustard chicken, roasted potatoes, coleslaw, raisins

### 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’

—Villa La Angostura: The Gateway to Patagonia’s Beauty

**Date:** Tuesday, December 2

**Time:** 2–3 p.m.

—Regensburg, Germany: Medieval Magic, Holiday Lights

**Date:** Tuesday, December 9

**Time:** 2–3 p.m.

—Vienna, Austria: Holiday Magic

**Date:** Tuesday, December 16

**Time:** 2–3 p.m.

—Banff, Canada: A Winter’s Day in the Canadian Rockies

**Date:** Tuesday, December 23

**Time:** 2–3 p.m.

—Mystery Destination

**Date:** Tuesday, December 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.

### Game Day

**Dates:** Wednesdays, December 3 & 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.

### Walk-in Tech assistance with NDEC (last sessions)

**Dates:** Thursdays, December 4 and 18

**Time:** 1–3 p.m.

**Instructor:** Bailey Smart of NDEC

**Location:** SeniorsPlus Lewiston

These will be Bailey’s last visits to

SeniorsPlus. Thank you, Bailey! 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.

### Paper & Puzzle Piece Ornament Making

**Dates:** Monday, December 8

**Time:** 1–2:30 p.m.

**Instructor:** Jessica Riseman

**Location:** SeniorsPlus Lewiston

Join us for a fun and creative session making festive ornaments from colorful paper and recycled puzzle pieces. All materials are provided, just bring your imagination and enjoy crafting unique decorations to brighten the season.

### Maine Mature Driving Project

**Date:** Thursday, December 11

**Time:** 10–11:30 a.m.

**Instructor:** Tom Meuser, PhD

**Location:** SeniorsPlus Lewiston

The MMDP presentation strives to inform older adults about how aging-related changes in health and function may impact on driving safety, how the Maine BMV addresses medical-fitness-to-drive concerns, and how older drivers may self-regulate to remain safely behind the wheel OR make a smooth transition into driving retirement.

**NEW!**

### Blind and Visually Impaired Persons (BaVIP) Group

**Date:** Friday, December 12

(every second Friday)

**Time:** 11:30 a.m.–12:30 p.m.

**Facilitator:** The Division for the Blind and Visually Impaired

**Location:** SeniorsPlus Lewiston

The BaVIP Group continues to bring together individuals in the Lewiston/Auburn area who are living with vision

loss, as well as family members and loved ones who want to connect, learn, and share experiences. The meetings provide a welcoming space for community connection, peer support, and resource sharing on topics ranging from adaptive technology to everyday living skills.

## Six Pillars of Brain Health

**Date:** Monday, December 15

**Time:** 2–3 p.m.

**Instructor:** Jessica Riseman

**Location:** SeniorsPlus Lewiston

It's never too late to focus on brain health. In this interactive session, you will learn about AARP's Six Pillars of Brain Health which are all about strategies for supporting brain health. We'll share ideas to inspire each other to try new things.

## Puzzle and Book Swap

**Dates:** Thursday, December 18 and  
Monday, December 29

**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.

## EXERCISE CLASSES

### Total Strength and Balance

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

**(No class December 1, 3, 5, 26)**

**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.

**Days/time:** Fridays, 9–10 a.m.

**(no class December 26)**

**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.

## OXFORD COUNTY

### Chair Yoga

**Dates:** Tuesdays, December 2, 9, 16,  
23, and 30

**Time:** 10–11 a.m.

**Instructor:** Martha Stone

**Cost:** \$25 for series in December

**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'

**—Villa La Angostura: The  
Gateway to Patagonia's Beauty**

**Date:** Tuesday, December 2

**Time:** 2–3 p.m.

**—Budapest, Hungary:**

**Winter Warmth and Wonder**

**Date:** Thursday, December 4

**Time:** 11 a.m.–noon

**—Regensburg, Germany:  
Medieval Magic, Holiday Lights**

**Date:** Tuesday, December 9

**Time:** 2–3 p.m.

**—Ljubljana, Slovenia:**

**Christmas in the Green Capital**

**Date:** Thursday, December 11

**Time:** 11 a.m.–noon

**—Vienna, Austria: Holiday Magic**

**Date:** Tuesday, December 16

**Time:** 2–3 p.m.

**—Candlelight in the Holy City:**

**Hanukkah's Fourth Night**

**Date:** Thursday, December 18

**Time:** 11 a.m.–noon

**—Banff, Canada: A Winter's Day  
in the Canadian Rockies**

**Date:** Tuesday, December 23

**Time:** 2–3 p.m.

**—Mystery Destination**

**Date:** Tuesday, December 30

**Time:** 2–3 p.m.

**Location:** SeniorsPlus Norway

Destinations subject to change. See  
Androscoggin County for description.

## Computer Access

**Date:** Tuesday, December 9

**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 basic questions. Register for your dedicated time or call and leave a message for Joanne McDonald to arrange an appointment.

## MahJong

**Date:** Thursday, December 11

**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.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment  
is available upon request.

**Visit our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

**To register,** call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org)

### Norway Spotlight

## Getting Through the Holidays

**Date:** Thursday, December 4

**Time:** 1–3 p.m.

**Instructors:** Andwell Bereavement Team

**Location:** SeniorsPlus Norway

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.

## Holiday Crafting

**Date:** Tuesday, December 16

**Time:** 11:15 a.m.–1:15 p.m.

**Location:** SeniorsPlus Norway

Join us for a fun and creative session making festive ornaments from colorful paper and recycled puzzle pieces. All materials are provided, just bring your imagination and enjoy crafting unique decorations to brighten the season.

## Stamping Workshop

**Date:** Thursday, December 18

**Time:** 12:30–2:30 p.m.

**Instructors:** Tabatha Damon and Lee Berry

**Location:** SeniorsPlus Norway

Enjoy a stamping session with a variety of stamp choices including holiday and winter themed designs. Supplies included; you can also bring your own embellishments, colored pencils, and markers. Please register for this class.

### Holiday closures

All SeniorsPlus offices will be closed December 25 and 26 and January 1.

## 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. Note that the menu is subject to change as necessary.

**December 1:** American chop suey, broccoli, peaches

**December 15:** Glazed ham, pineapple and cherries, sweet potato, Brussels sprouts, apple crisp

**December 29:** Honey mustard chicken, roasted potatoes, coleslaw, craisins

### Wowzitude!

#### ‘Armchair Travel’

—Villa La Angostura: The Gateway to Patagonia’s Beauty

**Date:** Tuesday, December 2

**Time:** 2–3 p.m.

—Regensburg, Germany: Medieval Magic, Holiday Lights

**Date:** Tuesday, December 9

**Time:** 2–3 p.m.

—Vienna, Austria: Holiday Magic

**Date:** Tuesday, December 16

**Time:** 2–3 p.m.

—Banff, Canada: A Winter’s Day in the Canadian Rockies

**Date:** Tuesday, December 23

**Time:** 2–3 p.m.

—Mystery Destination

**Date:** Tuesday, December 30

**Time:** 2–3 p.m.

**Location:** SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

### Holiday Iris Paper Folding

**Date:** Tuesday, December 2

**Time:** 10–11 a.m.

**Facilitator:** Jessica Riseman

**Location:** SeniorsPlus Wilton

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.

### Walk-in Tech Assistance

**Days/time:** Tuesdays, 1–3 p.m.

**(no class December 23 or 30)**

**Days/time:** Thursdays, noon–2 p.m.

**(no class December 25 or January 1)**

**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

**Date:** Thursdays

**Time:** 9 a.m.–noon **(No class**

**December 25 or January 1)**

**Location:** SeniorsPlus Wilton

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

### Food Pantry Info Session

**Dates:** Thursday, December 4

**(December 18 snow date)**

**Time:** 1–2 p.m.

**Facilitator:** Al Kaplan

**Location:** SeniorsPlus Wilton

Learn more about local food pantries: where they’re located, how they operate, and how community members can access and/or support them.

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

**Date:** Tuesday, December 9

**Time:** 10–11 a.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.

**To register,** call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org)



## Game Day

**Dates:** Tuesday, December 16

**Time:** 10 a.m.–noon

**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.

**SAVE THE DATE!**

## Guidance Through Grief Group

**Dates:** Tuesdays, January 6 through February 24 (8 weeks)

**Time:** 10–11:30 a.m.

**Facilitator:** Andwell Bereavement Department

**Location:** SeniorsPlus Wilton

Visit [www.andwell.org/bereavement](http://www.andwell.org/bereavement) to register or call the Bereavement Department, 207-777-7740.

## CAREGIVER GROUPS AND RESOURCES

### Caregiver Support Groups

#### —Lewiston Mondays

**Date:** Monday, December 8  
(every second Monday)

**Time:** 5:30–7 p.m.

**Location:** SeniorsPlus Lewiston

#### —Lewiston Thursdays

**Date:** Thursday, December 18  
(usually every last Thursday)

**Time:** 3–4 p.m.

**Location:** SeniorsPlus Lewiston

#### —Norway

**Date:** Thursday, December 18  
(then every fourth Thursday)

**Time:** 2:30–4 p.m.

**Location:** SeniorsPlus Norway

#### —Wilton

**Date:** Thursday, December 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, December 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](mailto:brigid@affm.net).

## Adoptive, Foster, Kinship Support Group—Lewiston

**Date:** Tuesday, December 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](mailto: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.

## 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.