

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.

January 6: Mushroom cheddar quiche with sausage links, hashbrowns, stewed tomatoes, blueberries

January 13: Turkey Tetrazzini, Italian veggie blend, pineapple and oranges

January 20: Shepherd's pie, broccoli, spiced apples

January 27: Salsa chicken, yellow rice, Mexican corn and beans, strawberries and mango

Wowzitude!

'Armchair Travel'

Days: Tuesdays

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

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

trained local guides eager to Zoom in and introduce us to their favorite spots. Destinations are subject to change. Walk-ins welcome.

Tuesday, January 6: Cusco, Peru:
Gateway to the Sacred Andes

Tuesday, January 13: Viva México: A Journey Through Color and Culture

Tuesday, January 20: Quito
Uncovered: Life on the Equator

Tuesday, January 27: Carved in Ice:
Winter Walk at Lake Louise, Canada

Game Day

Dates: Wednesdays, January 7 & 21
(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.

Book and Puzzle Swap

Date/time: Thursday, January 8,
10 a.m.-noon

Date/time: Thursday, January 22,
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 new ones to enjoy.

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, January 9
(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,

Spotlight

SeniorsPlus Blood Drive

Date: Thursday, January 15

Time: 10 a.m.-3 p.m.

Location: SeniorsPlus Lewiston

Join us in making a difference! The American Red Cross will be hosting a blood drive in our Education Center. Every donation helps save lives and supports patients in need. Appointments are highly encouraged, but walk-ins are welcome. To schedule your donation, visit [RedCrossBlood.org](https://www.RedCrossBlood.org) or call 1-800-733-2767, option 1. Your generosity can make a life-changing impact.

peer support, and resource sharing on topics ranging from adaptive technology to everyday living skills.

Iris Paper Folding

Date: Thursday, January 22

Time: 10-11 a.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Lewiston

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.

10 Warning Signs of Alzheimer's

Date: Wednesday, January 28

Time: 1-2 p.m.

Instructor: Dana Morrell, LCSW

Location: SeniorsPlus Lewiston

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to

look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

Self-Care BINGO with SAPARS

Date: Thursday, January 29

Time: 1–2:30 p.m.

Instructor: Dana Morrell, LCSW

Location: SeniorsPlus Lewiston

Come learn more about what the Sexual Assault Prevention and Response Services (SAPARS) has for agency's resources, support programs, and advocacy offerings. They will guide attendees through what help is available and how to access it confidentially. In addition, they'll host some fun rounds of self-care bingo to promote wellness and positive coping strategies.

EXERCISE CLASSES

Total Strength and Balance

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

(No class January 19)

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.

Holiday closures

All SeniorsPlus offices will be closed Monday, January 19.

Chair Yoga

In-Person and Zoom

Days/time: Tuesdays, 9–10 a.m.

(no class January 6)

Days/time: Fridays, 9–10 a.m.

(no class January 2 and 9)

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, January 6, 13, 20, 27

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$20 for series in January

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'

Days/time: Tuesdays, 2–3 p.m.

Days/time: Thursdays, 11 a.m.–noon

Location: SeniorsPlus Norway

Destinations subject to change. See Androscoggin County for description.

Tuesday, January 6: Cusco, Peru:

Gateway to the Sacred Andes

Thursday, January 8: Twilight in

Tbilisi, Georgia: A Winter Walk

Tuesday, January 13: Viva México: A

Journey Through Color and Culture

Thursday, January 15: Mystery

Tuesday, January 20: Quito

Uncovered: Life on the Equator

Thursday, January 22: A Day of Remembrance in Krakow, Poland

Tuesday, January 27: Carved in Ice: Winter Walk at Lake Louise, Canada

Thursday, January 29: Tel Aviv: Between History and the Horizon

MahJong

Date: Thursday, January 8

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 and veteran players are welcome.

Computer Access

Date: Tuesday, January 13

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.

Make a Playing Card Holder

Date: Thursday, January 15

Time: 1–3 p.m.

Location: SeniorsPlus Norway

Make an easy holder for card games that play with lots of cards using blank CDs. All materials provided, no crafting experience required.

Book and Puzzle Swap

Date: Thursday, January 22

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Bring a book or puzzle to swap, or just come to get your latest read or puzzle challenge.

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

FRANKLIN COUNTY

Guidance Through Grief

Dates: Tuesdays, Jan. 6–Feb. 24

Time: 10–11:30 a.m.

Facilitator: Andwell Bereavement Department

Location: SeniorsPlus Wilton

Guidance Through Grief is offered to support individuals through the grieving process. All members of the community are welcome to join; there is no charge to participate. Visit www.andwell.org/bereavement to register or call the Bereavement Department, 207-777-7740.

Six Pillars of Brain Health

Date: Tuesday, January 6

Time: 1–2 p.m.

Facilitator: Jess Riseman

Location: SeniorsPlus Wilton

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.

Wowzitude!

'Armchair Travel'

Days: Tuesdays

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Tuesday, January 6: Cusco, Peru:

Gateway to the Sacred Andes

Tuesday, January 13: Viva México: A

Journey Through Color and Culture

Tuesday, January 20: No class

Tuesday, January 27: Carved in Ice:

Winter Walk at Lake Louise, Canada

NEW TIME!

Walk-in Tech Assistance

Days/time: Tuesdays, 1–3 p.m.

Dates/time: Thursdays, Jan. 15 & 29 (every other Thursday), 2–3 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), Digital Literacy Program Coordinator of Greater Franklin, will be here to help.

Tech Topics with Tyler

—**License to Browse:**

Safety While You Scroll, Part One

Date: Thursday, January 15

Time: 1–2 p.m.

—**License to Browse:**

Safety While You Scroll, Part Two

Date: Thursday, January 29

Time: 1–2 p.m.

Facilitator: Tyler Provencher,

Digital Literacy Program

Coordinator of Greater Franklin

Location: SeniorsPlus Wilton

Looking to deepen your understanding of technology? Join us for bi-weekly presentations on various tech topics. The presentations will be a combination of lectures and group discussion. Participants are encouraged to come with questions and an eagerness to engage in communal conversation and education. No registration required.

Coffee and Cribbage

Days: Thursdays

Time: 9 a.m.–noon

(No class January 1)

Location: SeniorsPlus Wilton

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

Game Day

Date: Thursday, January 8

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.

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.

January 12: Turkey Tetrazzini, Italian veggie blend, pineapple and oranges

January 26: Salsa chicken, yellow rice, Mexican corn and beans, strawberries and mango

EveryBODY Yoga

Date: Tuesday, January 20

(third Tuesday of each month)

Time: 3–4 p.m.

Instructor: Jen Stone of

Family Focused Yoga

Cost: \$5 per class. Payment

exchanged directly with Jen.

Location: SeniorsPlus Wilton

EveryBODY Yoga invites participants to take meaningful steps toward supporting their well-being while building community connection. The class incorporates mindful movement and simple breath-work designed to promote strength, calm, and grounding. The session is open to all experience levels, and participants are welcome to practice using either a chair or a mat. **Registration is required** – please call to reserve your spot.

'...I Should Have Known That!' Trivia Game

Date: Thursday, January 22

Time: 1–3 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.

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

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, January 12
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, January 29
(every last Thursday)

Time: 3–4 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, January 22
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Resumes in February
(every first Thursday unless holiday)

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.

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.

Kinship Support Group —Wilton

Date: Thursday, January 15
(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, January 27
(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.

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.**