

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 207-440-2374 during business hours to register. Note that the menu is subject to change as necessary.

February 3: American chop suey, seasoned rutabaga, tropical fruit

February 10: Chicken cacciatore, rotini, California veggie mix, peaches

February 17: Oven roasted pork loin, sweet potatoes, broccoli, cinnamon applesauce

February 24: Ham casserole with broccoli and rice, cauliflower, strawberries

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

Tuesday, February 3: Mystery

Tuesday, February 10: Auckland, New Zealand: The Edge of the Pacific

Tuesday, February 17: The Power of the Falls: Niagara Falls, Canada

Tuesday, February 24: Carved in White: The Heart of Arequipa, Peru

Game Day

Dates: Wednesdays, February 4 & 18 (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, February 5, 10 a.m.–noon

Date/time: Thursday, February 26, 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.

Puzzle and Conversation

Date: Thursday, February 5

Time: 10 a.m.–noon

Location: SeniorsPlus Lewiston

Take a break and join us for jigsaw puzzles and conversation. This casual get-together is a chance to relax, socialize, and enjoy the simple pleasure of puzzling together. All are welcome; come solo or with a friend.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Getting to Know Your Smartphone

Date: Thursday, February 12

Time: 10–11 a.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Lewiston

During this hands-on workshop we’ll explore some of the common features of smartphones. You’ll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings, including securing your phone. We’ll also go over useful built-in voice assistant and accessibility features. This workshop will cover both iPhones and Android phones. You’ll receive a step-by-step handout covering basic features to take home with you.

Neurographics Art

Date: Thursday, February 12

Time: 2–4 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.

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, February 13

(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,

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

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

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.

AARP Frauds and Scams

Date: Thursday, February 26

Time: 10–11 a.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Lewiston

Frauds and scams can take many forms. Do you know how to recognize a potential scam? What actions to take? Please join us for the AARP Fraud watch presentation where we will learn about identity theft, Romance Scams, imposter scams, and how to report these. You will have an opportunity to ask questions, get resources, guides, and more.

SAVE THE DATE!

Stress-Busting Program for Family Caregivers

Dates: Mondays, March 9–May 11

(9 sessions total, no session April 20)

Time: 1–2:30 p.m.

Facilitator: Heather Komulainen and Jessica Riseman

Location: SeniorsPlus Lewiston

We're excited to launch our first session of the Stress-Busting Program (SBP), designed to support family caregivers. This evidence-based class has been shown to improve quality of life by helping caregivers manage stress and cope more effectively with daily challenges. Participants will learn about stress and its effects, practice proven stress-management techniques, and strengthen problem-solving skills in a supportive group setting.

Holiday closures

All SeniorsPlus offices will be closed Monday, February 16.

EXERCISE CLASSES

Total Strength and Balance

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

(No class February 16)

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.

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.

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 207-795-4010 or 207-440-2374 during business hours to register. Note that the menu is subject to change as necessary.

February 9: Chicken cacciatore, rotini, California veggie mix, peaches

February 23: Ham casserole with broccoli and rice, cauliflower, strawberries

Walk-in Tech Assistance

Dates/time: Tuesdays, February 3, 10, and 24, 1–3 p.m.

Dates/time: Thursdays, February 12 and 26 (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.

Wowzitude!

'Armchair Travel'

Days/time: Tuesdays, 2–3 p.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Tuesday, February 3: Mystery

Tuesday, February 10: Auckland, New Zealand: The Edge of the Pacific

Tuesday, February 17: The Power of the Falls: Niagara Falls, Canada

Tuesday, February 24: No Wowzitude

Coffee and Cribbage

Date: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

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

Tech Topics with Tyler

—The Attention Economy: How Digital Media Hijacked Your Mind, Part 1

Dates: Thursday, February 12

Time: 1–2 p.m.

—The Attention Economy: How Digital Media Hijacked Your Mind, Part 2

Dates: Thursday, February 26

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.

CMP: Understanding Your Bill

Dates: Tuesday, February 17

Time: 1–2 p.m.

Facilitator: Leona Michelsen
Location: SeniorsPlus Wilton

Understanding your energy use can help put you in control of your monthly bills. Learn about assistance options, how to read the bill, outages, community solar projects, and more.

EveryBODY Yoga

Dates: Tuesday, February 24
(fourth Tuesday of each month)

Note new schedule!

Time: 3–4 p.m.

Instructor: Jenn Stone of
Family Focused Yoga

Cost: \$5 per class. Payment
exchanged directly with Jenn.

Location: SeniorsPlus Wilton

Take the next step toward supporting your well-being and building community connection. Join us to practice mindful movement and simple breath-work that will support strength, calm, and grounding. No

experience needed to participate, and you are welcome to use a chair or a mat. **Registration is required**—please call to reserve your spot.

Game Day

Dates: Thursday, February 19

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.

SAVE THE DATES!

Living Well with Diabetes

Dates: Tuesdays, April 7–May 12

(6 sessions)

Time: 10 a.m.–12:30 p.m.

Location: SeniorsPlus Wilton

OXFORD COUNTY

Chair Yoga

There will be no Chair Yoga in February. Classes will return in March.

Tuesday mornings

SeniorsPlus staff will be available for games, puzzles, or computer access. Please register for “Tuesday Morning” with the Education Department.

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, February 3: Mystery

Thursday, February 5: Heart of
Lisbon, Portugal

Tuesday, February 10: Auckland, New
Zealand: The Edge of the Pacific

Thursday, February 12: An Evening
in Montmartre, Paris, France

Tuesday, February 17: The Power
of the Falls: Niagara Falls, Canada

Thursday, February 19: An Umbrian
Hilltown Story: Assisi, Italy

Tuesday, February 24: Carved in
White: The Heart of Arequipa, Peru
Thursday, February 26: Buda Castle,
Budapest, Hungary

Make a Swedish Heart Valentine

Date: Thursday, February 5

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Make a lovely felt Valentine in a Swedish Heart pattern. All materials provided, no crafting experience required.

Computer Access

Date: Tuesday, February 10

Time: 11:30 a.m.–12:30 p.m.

Location: SeniorsPlus Norway

Computers and wi-fi are available for personal use. Try your hand at computer games! SeniorsPlus staff will be available for basic questions. Register for your dedicated time or call and leave a message for Joanne McDonald to arrange a separate appointment.

MahJong

Date/time: Thursday, February 12,
1–3 p.m.

Date/time: Thursday, February 26,
12:30–2 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.

AARP Class— Downsize and Declutter

Date: Thursday, February 19

Time: 1–2:30 p.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Norway

Information for your decluttering
adventure.

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, February 9
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, February 26
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, February 26
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, February 5
(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.

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, February 19
(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, February 24
(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.**