

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

Book and Puzzle Swap

Date/time: Monday, March 2, 1-3 p.m.
Date/time: Thursday, March 26,
10 a.m.-noon
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.

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. Menu is subject to change as necessary.

- March 3:** Pea soup with ham, potato, carrots, diced beets, spiced apples
- March 10:** Chicken ala king, egg noodles, spinach, strawberries
- March 17:** Corned beef, roasted cabbage, boiled potato, carrots, peach cobbler
- March 24:** Spinach and feta quiche, sausage links, hash browns, carrots, blueberries
- March 31:** Hawaiian pulled pork over rice, harvest beets, mango

Classes are free, unless noted.
We are fully accessible.
Hearing Assistive Equipment is available upon request.

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, March 3:** Frozen Landscapes, Living Stories: Winter in Canada
- Tuesday, March 10:** Ireland in March: History, Heart, St. Patrick's Day
- Tuesday, March 17:** Women Who Shaped Lima Peru
- Tuesday, March 24:** Streets of York, England
- Tuesday, March 31:** Alpine Skies: Journey Through Switzerland

Game Day

Dates: Wednesdays, March 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.

Getting to Know Your Smartphone—Part 1

Date: Thursday, March 5
Time: 11 a.m.-noon
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. You'll receive a

Save the NEW date for Fill the Plate Breakfast

Our annual Meals on Wheels fundraiser, traditionally held in March, will take place Friday, May 15, at the Auburn Hilton. Details coming!

step-by-step handout covering basic features to take home with you. **You must register separately for parts 1 and 2.**

Learn to Knit or Crochet Dishcloths

Dates: Thursdays, March 5, 12, and 19
Time: 2:30-5 p.m.
Facilitators: Darlene Letourneau and Mary Ellen Davis
Location: SeniorsPlus Lewiston

All skill levels welcome at these workshops. We'll provide the cotton yarn, patterns, and any help you may need. You come with a willingness to learn and your own knitting needles (sizes 7 and/or 8) or crochet hooks (sizes H-8 and/or I-9). Bring your own patterns, too, if you like. Together we'll make useful dishcloths for home or for gifting.

NEW!

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.

Getting to Know Your Smartphone—Part 2

Date: Thursday, March 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. We'll 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. **You must register separately for parts 1 and 2.**

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, March 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, 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.

Basic Internet Safety

Date: Wednesday, March 25

Time: 12:30–1:30 p.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Lewiston

This class introduces the basics of internet safety and gives you practical tools to stay secure online. You'll learn how to create strong passwords, keep your devices protected and backed up, shop and bank safely online, and how to safeguard your digital presence.

EXERCISE CLASSES

Total Strength and Balance

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

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 March 24, 27, and 31)

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.

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.

March 9: Chicken ala king, egg noodles, spinach, strawberries

March 23: Spinach and feta quiche, sausage links, hash browns, carrots, blueberries

Discovering Your Roots—Genealogy Info Session

Date: Tuesday, March 10

Time: 1–2 p.m.

Facilitator: Maxine Brown of Sandy River Valley Genealogy

Location: SeniorsPlus Wilton

Ever wondered about your family history? Discover how to trace your family tree, explore historical records, and uncover the stories of your ancestors. Whether you're just getting started or looking to dig deeper, this session will provide helpful tools, resources, and guidance to begin your journey into the past.

NEW DAYS/TIME

Walk-in Tech Assistance

Days/time: Tuesdays, 1–3 p.m.

Days/time: Thursdays, 1–3 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.

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

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

Wowzitude! 'Armchair Travel'

Days/time: Tuesdays, 2–3 p.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Tuesday, March 3: Frozen Landscapes, Living Stories: Winter in Canada

Tuesday, March 10: Ireland in March: History, Heart, St. Patrick's Day

Tuesday, March 17: Women Who Shaped Lima Peru

Tuesday, March 24: No Wowzitude

Tuesday, March 31: Alpine Skies: Journey Through Switzerland

Coffee and Cribbage

Date: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

Game Day

Dates: Thursday, March 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.

EveryBODY Yoga

Dates: Tuesday, March 24

(fourth Tuesday of each month)

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.

Maine Mineral and Gem Museum

Date: Tuesday, March 31

Time: 1–2 p.m.

Facilitator: Deb Johnson

Location: SeniorsPlus Wilton

Join us for an exciting presentation from the Maine Mineral and Gem Museum.

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

Dates: Tuesdays, March 3, 24, 31

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$15 for series in March

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, March 3: Frozen Landscapes, Living Stories: Winter in Canada

Thursday, March 5: Mystery

Tuesday, March 10: Ireland in March: History, Heart, St. Patrick's Day

Thursday, March 12: Split, Croatia: Ancient Walls Meet the Adriatic

Tuesday, March 17: Women Who Shaped Lima Peru

Thursday, March 19: Rome Stories

Tuesday, March 24: Streets of York, England

Thursday, March 26: Borjomi, Georgia

Tuesday, March 31: Alpine Skies: Journey Through Switzerland

Brain Games and Computer Access

Dates: Tuesdays, March 17 and 31

Time: 11:30 a.m.–1 p.m.

Location: SeniorsPlus Norway

Come and test your skill with a computer game. It's great for your memory and gets us comfortable with laptops. Computers and wifi are available for use in our Education Center. SeniorsPlus staff will be available for basic questions.

MahJong

Date: Thursday, March 19

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.

Recycled Decoupage Vase

Date: Tuesday, March 24

Time: 11:30 a.m.–1 p.m.

Location: SeniorsPlus Norway

Get ready for spring and summer flowers with a fun and easy decoupage vase. All materials provided, no crafting experience required.

AARP Six Pillars of Brain Health

Date: Thursday, March 26

Time: 1–2 p.m.

Instructor: Jessica Riseman

Location: SeniorsPlus Norway

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.

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, March 9
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, March 26
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, March 26
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, March 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.

Adoptive, Foster, Kinship Support Group—Lewiston

Date: Tuesday, March 24
(every fourth Tuesday)

Time: 6–7:30 p.m.

Facilitator: Deb Hallowell

Location: SeniorsPlus Lewiston

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program, this meeting is led by Deb Hallowell, 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.**

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.*

Visit our Facebook page:

www.facebook.com/seniorsplus