

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

Game Day

Dates: Wednesdays, April 1 and 15
(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.

Wowzitude!

'Armchair Travel'

Days/times: Tuesdays 2 p.m. and two special Thursday sessions, 11 a.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.

Thursday, April 2, 11 a.m.:

Triangles of Sand and Shore: Sinai, Egypt (special Thursday offering)

Tuesday, April 7, 2 p.m.: Buenos Aires in Color: Street Art and Expression

Tuesday, April 14, 2 p.m.: Where Forest Meets Sea: Vancouver Island

Tuesday, April 21, 2 p.m.: Mystery

Tuesday, April 28, 2 p.m.:

Przemysl, Poland: Crossroads of Cultures and Empires

Thursday, April 30, 11 a.m.:

Mystery (special Thursday offering)

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.

April 7: Beef and broccoli over brown rice, stir-fry veggies, ginger pineapple

April 14: Glazed sliced ham, au gratin potato, green beans, spiced apples

April 21: Lobster mac and cheese, stewed tomatoes with zucchini, blueberries

April 28: Baked chicken breast with gravy and stuffing, mixed vegetables, strawberries

Book and Puzzle Swap

Date/time: Thursday, April 9,
9:30-11:30 a.m.

Date/time: Thursday, April 23,
2-4 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.

Join us May 15

Fill the Plate breakfast

Our annual Meals on Wheels fundraiser will take place Friday, May 15, at the Auburn Hilton.

Speaker:

Katie Zarrilli, Maine storyteller

Ikaria Award honoree:

Stan Wheeler and Old South Church of Farmington

Visit seniorsplus.org/fill-the-plate for details and to buy tickets.

Walk in Tech Assistance

Date/time: Thursday, April 9,
9:30-11:30 a.m.

Date/time: Thursday, April 23,
2-4 p.m.

Location: SeniorsPlus Lewiston

Have a tech question about your phone, tablet, or computer? Stop by for casual, drop-in support. Bring a device and your questions or join the conversation and hear what others are troubleshooting.

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, April 10

(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.

Color & Connect

Date: Monday, April 13

Time: 3-4:30 p.m.

Location: SeniorsPlus Lewiston

Unwind with a relaxing session of adult coloring. Bring your own materials or use the supplies provided. Enjoy a calm, creative space to color, chat, and connect with others.

SAPARS and Bingo

Date: Thursday, April 16

Time: 1-2:30 p.m.

Facilitator: Jamie Demers

Location: SeniorsPlus Lewiston

Learn more about what the Sexual Assault Prevention and Response

Services (SAPARS) has for 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.

Getting to Know Your Smartphone Part 1

Date: Wednesday, April 22

Time: 1–2 p.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. You'll receive a step-by-step handout covering basic features to take home with you. There will be time for Q&A. **You must register separately for parts 1 and 2.**

Getting to Know Your Smartphone Part 2

Date: Wednesday, April 29

Time: 1–2 p.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. There will be time for Q&A. **You must register separately for parts 1 and 2.**

AARP Frauds and Scams

Date: Thursday, April 30

Time: 1–2 p.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? This AARP Fraud Watch presentation addresses identity theft,

Romance Scams, imposter scams, and how to report these. Ask questions, get resources, guides, and more.

EXERCISE CLASSES

Total Strength and Balance

Days/time: Mondays, Wednesdays, & Fridays, 10:30–11:15 a.m. (**No class April 1, 3, 6, 8, 10 and 20.**)

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 April 3**)

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

Maine Author Talk

Date: Thursday, April 2

Time: 3–4:15 p.m.

Author: Lisa Steele-Maley

Location: SeniorsPlus Wilton

A special author talk with Lisa Steele-Maley, a Maine-based writer who will share her powerful, personal experience as a caregiver for her father. "Without a Map: A Caregiver's Journey through the Wilderness of Heart and Mind" has 5.0 stars on Amazon. Lisa will join the SeniorsPlus Caregiver Support Group to talk openly about the challenges, surprises, and moments of connection that come with caregiving. This event is designed to be welcoming, conversational, and supportive, whether you are a caregiver, have been one in the past, or simply want to learn more. Free, open to the public.

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.

April 6: Beef and broccoli over brown rice, stir-fry veggies, ginger pineapple

April 20: Lobster mac & cheese, stewed tomatoes with zucchini, blueberries

Coffee and Cribbage

Date: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

Living Well with Diabetes

Dates: Tuesdays, April 7–May 12 (6 sessions)

Time: 10 a.m.–12:30 p.m.

Facilitators: Jess Bronish, Jess Riseman, and Joanne McDonald

Location: SeniorsPlus Wilton

This six-week class meets once a week

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

for two and a half hours. Each class includes a new topic on how to help participants with diabetes and pre-diabetes manage their health. Class is a combination of presentations, discussion, and activities with others who have similar experiences. Registration is required before the first class.

Walk-in Tech Assistance

Days/time: Tuesdays, April 7, 14, and 28, 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.

Wowzitude!

‘Armchair Travel’

Days/time: Tuesdays, 2–3 p.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Tuesday, April 7: Buenos Aires in Color: Street Art and Expression

Tuesday, April 14: Where Forest Meets Sea: Vancouver Island

Tuesday, April 21: Mystery

Tuesday, April 28: No Wowzitude!

Identifying Frauds & Scams

Date: Thursday, April 9

Time: Noon–1 p.m.

Facilitator: Jess Bronish

Location: SeniorsPlus Wilton

Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online, and what to do if you have experienced online fraud or abuse.

Game Day

Date: Thursday, April 16

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

Date: Tuesday, April 28

(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.**

SAVE THE DATES!

Bingocize

Dates: Tuesdays and Thursdays, May 26–July 31 (20 sessions)

Times: Tuesdays from 10–11 a.m. and Thursdays from 2–3 p.m.

Location: SeniorsPlus Wilton

OXFORD COUNTY

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.

Thursday, April 2: Triangles of Sand and Shore: Sinai, Egypt

Tuesday, April 7: Buenos Aires in Color: Street Art and Expression

Thursday, April 9: Thessaloniki, Greece: Layers of History by the Sea

Tuesday, April 14: Where Forest Meets Sea: Vancouver Island

Thursday, April 16: Pearl of the Balkans: North Macedonia

Tuesday, April 21: Mystery

Thursday, April 23: Warsaw, Poland: The Story of the Ghetto Uprising

Tuesday, April 28: Przemysl, Poland: Crossroads of Cultures and Empires
Thursday, April 30: Mystery

Start a Flower Garden

Date: Thursday, April 2

Time: 1–2 p.m.

Location: SeniorsPlus Norway

Start some seeds for summer flowers. Whether you have a window box, a cheerful pot of blooms, or a garden patch, get started planting now.

Chair Yoga

Dates: Tuesdays, April 7, 14, 21, 28

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$20 for series in April

Location: SeniorsPlus Norway

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

Brain Games and Computer Access

Dates: Tuesdays, April 7 and 21

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.

SAPARS and Bingo

Date: Thursday, April 9

Time: 1–2:30 p.m.

Facilitator: Jamie Demers

Location: SeniorsPlus Norway

Learn more about what the Sexual Assault Prevention and Response Services (SAPARS) has for 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.

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

MahJong

Dates: Thursdays, April 16 and 30

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.

A Stitch in Time

Date: Thursday, April 23

Time: Noon–2 p.m.

Location: SeniorsPlus Norway

Join us with your knitting, crocheting, or fabric projects for conversation and inspiration. Share your expertise, ask for ideas, or just enjoy some dedicated time for creativity. UFOs welcome (UnFinished Objects).

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, April 13

(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, April 30

(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, April 23

(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, April 2

(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, April 28

(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 Centers

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.