

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. Menu is subject to change as necessary.

May 5: Chicken fajita mix, yellow rice, pinto beans, tropical fruit

May 12: Pork egg roll bowl with rice, peas and carrots, mandarin oranges

May 19: BBQ chicken breast, au gratin potatoes, 3-bean salad, blueberries

May 26: Cottage cheese and fruit plate, pasta salad, pacific vegetable blend

Wowzitude!

‘Armchair Travel’

Days/times: Tuesdays 2 p.m. and one special Thursday session at 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.

Tuesday, May 5, 2 p.m.: A Holiday in Mexico City

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.

Save the date!

Aging Well Living Well Oxford County Expo

Date: Monday, June 22

Time: 8 a.m.–12:30 p.m.

Location: Oxford Hills Comprehensive High School, 256 Main St., South Paris

Details and registration coming soon!

Thursday, May 7, 11 a.m.: Old Town

Tbilisi (special Thursday offering)

Tuesday, May 12, 2 p.m.: Buenos Aires Street Art

Tuesday, May 19, 2 p.m.: Perugia, Italy

Tuesday, May 26, 2 p.m.: Farm Life in British Columbia

Game Day

Dates: Wednesdays, May 6 and 20 (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, May 7, 2–4 p.m.

Date/time: Thursday, May 21, 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.

Walk in Tech Assistance

Date/time: Thursday, May 7, 2–4 p.m.

Date/time: Thursday, May 21, 1–3 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, May 8 (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,

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

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
unless noted.

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

Bleeding Disorders 101

Date: Thursday, May 21

Time: 10–11 a.m.

Presenter: Hailey Davis,
MaineHealth

Location: SeniorsPlus Lewiston

This educational session will cover the basics of bleeding disorders, including common types, what symptoms can look like, and when to seek specialized care at a Hemophilia Treatment Center (HTC).

AI Safety

Date: Wednesday, May 27

Time: 1–2 p.m.

Facilitator: Jessica Riseman

Location: SeniorsPlus Lewiston

This class covers what AI or Artificial Intelligence is, where you may encounter it, and how to keep the information you put online and in AI programs both safe and private.

EXERCISE CLASSES

Total Strength and Balance

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

(No class May 25 and June 5)

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 June 5)

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.

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

May 4: Chicken fajita mix, yellow
rice, pinto beans, tropical fruit

May 18: BBQ chicken breast, au gratin
potatoes, 3-bean salad, blueberries

Ticks and Mosquitos

Date: Tuesday, May 5

Time: 1–2 p.m.

Facilitator: Devin Myles, field
epidemiologist, Maine CDC

Location: SeniorsPlus Wilton

Join us for a presentation by Devin Myles, Field Epidemiologist from the Maine CDC. Learn about the different types of ticks and mosquitoes here in Maine, the illnesses they can spread, what to do if you do get bitten, and how to prevent exposures.

Coming soon!

Opening Minds Through Art

Opening Minds Through Art (OMA) is a welcoming art program for people living with dementia. Participants are guided by trained facilitators and volunteers to create artwork in a supportive, relaxed setting. No art experience is needed. The focus is on creativity, connection, and enjoyment while building confidence and social engagement.

**Upcoming sessions in our
Lewiston Education Center:**
Mondays, June 29–August 3 and
October 19–November 23, 1–2
p.m. **Sessions to come in Wilton
and Norway!**

Please call if you would like to register a loved one or if you are interested in volunteering at any location.

Memory Cafés

Starting in June, we will be hosting Memory Cafés in **Lewiston, Norway, and Wilton**. A Memory Café is a relaxed, social gathering for individuals living with memory changes and the people who care about them. These gatherings offer a welcoming, stigma-free space to enjoy conversation, meaningful activities, and connection with others on a similar journey. No diagnosis or referral is required.

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

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.

Wowzitude!

‘Armchair Travel’

Days/time: Tuesdays, 2–3 p.m.

Location: SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description.

Tuesday, May 5: A Holiday in Mexico City

Tuesday, May 12: Walls That Speak: Stories of Buenos Aires Street Art

Tuesday, May 19: Perugia, Italy

Tuesday, May 26: 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.

Bingocize

Dates: Tuesdays and Thursdays, May 26–July 30

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

Location: SeniorsPlus Wilton

Bingocize combines the game of bingo with exercise and/or health education. Participants play twice per week, with each 45–60 minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and health questions. **Registration required before first class.**

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

EveryBODY Yoga

Date: Tuesday, May 26

(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.**

OXFORD COUNTY

Chair Yoga

Dates: Tuesdays, May 5, 12, 19, 26

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$20 for series in May

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, May 5: A Holiday in Mexico City

Thursday, May 7, 11 a.m.: Life Above the Old Town of Tbilisi

Tuesday, May 12: Walls That Speak: Stories of Buenos Aires Street Art

Thursday, May 14: Mystery

Tuesday, May 19: Perugia, Italy

Thursday, May 21: Rzesow, Poland

Tuesday, May 26: Farm Life in British Columbia

Thursday, May 28: Mystery

MahJong

Dates: Thursdays, May 7 and 21

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.

Brain Games and Computer Access

Date: Thursday, May 14

Time: 1–2:30 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.

Getting to Know Your Smartphone

Dates: Tuesday, May 26, and Thursday, May 28

Time: 12:30–1:30 p.m.

Instructor: Jess Riseman

Location: SeniorsPlus Norway

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.

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, May 11
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, May 28
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, May 28
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton

Date: Thursday, May 7
(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, May 26
(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.

To receive our monthly newsletter and stay up to date on programs, events, and registration details, please call to subscribe to our email list.

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.