

### 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.

**June 2:** Chicken Cordon Bleu  
casserole, broccoli, strawberries

**June 9:** Turkey salad, pasta salad,  
stewed tomatoes, sliced peaches

**June 16:** BBQ pork and rice bowl,  
coleslaw, sliced apples

**June 23:** Salisbury steak with gravy,  
mashed potatoes, harvest beets, pears

**June 30:** Hawaiian pulled pork, brown  
rice, pickled beets, tropical fruit salad

### Wowzitude!

#### 'Armchair Travel'

**Days/times:** Tuesdays 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.**

**Tuesdays, June 2 & 9:** Mystery

**Tuesday, June 16:** Bialystok, Poland

**Tuesday, June 23:** Canadian Rockies

**Tuesday, June 30:** Colors of the Andes

### Game Day

**Dates:** Wednesdays, June 3 and 17  
(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.

**Walk-ins welcome.**

### Book and Puzzle Swap

**Date/time:** Thursday, June 4,  
10 a.m.–noon

**Date/time:** Thursday, June 25,  
12:30–2:30 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-ins welcome.**

### Walk-in Tech Assistance

**Date/time:** Thursday, June 4,  
10 a.m.–noon

**Date/time:** Thursday, June 25,  
12:30–2:30 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. **Walk-ins welcome.**

### Health, Wellness, and Safety Workshop

**Date:** Thursday, June 11

**Time:** 11 a.m.–noon

**Presenter:** Emily Smith,  
Healthy Androscoggin

**Location:** SeniorsPlus Lewiston

This interactive workshop offers information on local trails and physical

**Please register via phone or email for all programs, unless noted as 'walk-ins welcome.'**

*Free! Register today!*

### 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

**Cost:** Free

Join us for a half-day event filled with fun, connection, and community, all focused on helping you maintain a healthy and active lifestyle. This engaging expo offers the opportunity to participate in informative workshops and explore a variety of resources, services, and products designed to support you through the aging process. Discover new ways to stay active, informed, and connected. Call 795-4010 now to register!

**Major sponsor:**



[www.vricares.com](http://www.vricares.com)

activity opportunities, as well as guidance on safe storage and proper disposal of medications to prevent substance misuse. Participants can also learn about healthy, affordable food programs and farmers market resources while connecting with others in the community. Come learn, and enjoy giveaways, and helpful resources for individuals and families.

**Visit our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

## Blind and Visually Impaired Persons (BaVIP) Group

**Date:** Friday, June 12  
(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.

**NEW!**

## Shared Smiles Memory Café

**Date:** Monday, June 15  
**Time:** 1–2:30 p.m.  
**Location:** SeniorsPlus Lewiston

Join SeniorsPlus for the kickoff of a new Memory Café program, created to foster connection and community through a Social Connectivity grant from USAging. Bring a loved one and enjoy gentle chair exercises along with light refreshments as you explore this welcoming new offering. 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.

## Community Resource Fair

**Date:** Thursday, June 25  
**Time:** 9–11 a.m.  
**Location:** SeniorsPlus Lewiston

This free event brings together a wide range of resources, including information on legal services, housing, in-home care, memory care, long-term care, senior transportation, and

companionship options. Attendees can explore ways to support themselves or a loved one while connecting with organizations dedicated to enhancing quality of life. Light refreshments will be provided as you learn, ask questions, and discover helpful programs available in the community.

## Opening Minds through Art (OMA)

**Dates:** Mondays, June 29–August 3  
**Time:** 1–2 p.m.

**Location:** SeniorsPlus Lewiston  
Opening Minds through Art (OMA) strives to bring joy, art, and pride to people living with dementia and Alzheimer's in our community. Weekly, for six weeks, people with dementia are paired one on one with trained volunteers who help them create art using imagination instead of memory. If you know someone living with dementia or Alzheimer's who may enjoy this program, drop us a line.

## EXERCISE CLASSES

### Total Strength and Balance

**Days/time:** Mondays, Wednesdays,  
& Fridays, 10:30–11:15 a.m.  
**(No class June 5 and 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.

**Visit our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

## Chair Yoga In-Person and Zoom

**Days/time:** Tuesdays, 9–10 a.m.  
**Days/time:** Fridays, 9–10 a.m.  
**(No class June 5 and 19)**

**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.

**June 8:** Turkey salad, pasta salad,  
stewed tomatoes, sliced peaches

**June 22:** Salisbury steak with gravy,  
mashed potatoes, harvest beets,  
pears

### Walk-in Tech Assistance

**Dates/time:** Tuesdays, June 2, 9,  
and 16, 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.

**To register,** call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org)

Please register via phone or email for all programs, unless noted as 'walk-ins welcome.'

## Wowzitude! 'Armchair Travel'

**Days/time:** Tuesdays, 2–3 p.m.

**Location:** SeniorsPlus Wilton

Destinations subject to change. See Androscoggin County for description. Walk-ins welcome.

**Tuesdays, June 2 & 9:** Mystery

**Tuesdays, June 16 & 30:** No class

**Tuesday, June 23:** Canadian Rockies

## Coffee and Cribbage

**Date:** Thursdays

**Time:** 9 a.m.–noon

**Location:** SeniorsPlus Wilton

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

## EveryBODY Yoga

**Date:** Tuesday, June 16

**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.**

**NEW!**

## Shared Smiles Memory Café

**Date:** Tuesday, June 30

**Time:** 1–2 p.m.

**Location:** SeniorsPlus Wilton

Join SeniorsPlus for the kickoff of a new Memory Café program, created to foster connection and community through a Social Connectivity grant

from USAging. Bring a loved one and enjoy gentle chair exercises along with light refreshments as you explore this welcoming new offering. 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.

**Save the dates!**

## Opening Minds through Art (OMA)

**Dates:** Tuesdays, August 11–September 15

**Time:** 10–11 a.m.

**Facilitators:** Jessica Bronish and Brittany Whitmore

**Location:** SeniorsPlus Wilton

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.

## OXFORD COUNTY

### Chair Yoga

Chair Yoga will be on break for the summer. Visit the Chair Yoga class at the Aging Well Living Well Expo on June 22, and watch your newsletter for classes starting in the fall.

## 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. Walk-ins welcome.

**Tuesday, June 2:** Mystery destination

**Thursday, June 4:** Michaelangelo's Florence

**Tuesday, June 9:** Mystery destination

**Thursday, June 11:** Mystery

**Tuesday, June 16:** Bialystok, Poland

**Thursday, June 18:** Echos of Yugoslavia

**Tuesday, June 23:** Canadian Rockies

**Thursday, June 25:** International Beatles Day Where it Began

**Tuesday, June 30:** Colors of the Andes

## MahJong

**Dates:** Tuesdays, June 9 and 23

**Time:** 10–11:30 a.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.

**NEW!**

## Shared Smiles Memory Café

**Date:** Thursday, June 11

**Time:** 1–2:30 p.m.

**Location:** SeniorsPlus Norway

Join SeniorsPlus for the kickoff of a new Memory Café program, created to foster connection and community through a Social Connectivity grant from USAging. Bring a loved one and enjoy gentle chair exercises along with light refreshments as you explore this welcoming new offering. 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.

## A Stitch in Time

**Date:** Thursday, June 25

**Time:** Noon–2 p.m.

**Location:** SeniorsPlus Norway

Bring your latest project or one of your UFOs (Unfinished Objects) and enjoy some dedicated creative time with like-minded fiber hobbyists.

**To register,** call 795-4010 or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org)

## CAREGIVER GROUPS AND RESOURCES

### Caregiver Support Groups

#### —Lewiston Mondays

**Date:** Monday, June 8  
(every second Monday)

**Time:** 5:30–7 p.m.

**Location:** SeniorsPlus Lewiston

#### —Lewiston Thursdays

**Date:** Thursday, June 25  
(every last Thursday)

**Time:** 3–4:30 p.m.

**Location:** SeniorsPlus Lewiston

#### —Norway

**Date:** Thursday, June 25  
(every fourth Thursday)

**Time:** 2:30–4 p.m.

**Location:** SeniorsPlus Norway

#### —Wilton

**Date:** Thursday, June 4  
(every first Thursday)

**Time:** 3–4:15 p.m.

**Location:** SeniorsPlus Wilton

#### —NEW! Wilton Saturdays

**Date:** Saturday, June 20  
(every third Saturday)

**Time:** 10–11:30 a.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. **Walk-ins welcome.**

### Adoptive, Foster, Kinship Support Group—Lewiston

**Date:** Tuesday, June 23  
(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](mailto:brigid@affm.net).

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

### 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.*