

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, July 1 & 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.

Walk-ins welcome.

Book and Puzzle Swap

Date/time: Monday, July 6, 1-3 p.m.

Date/time: Thursday, July 30,
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.

Walk-ins welcome.

Walk-in Tech Assistance

Date/time: Monday, July 6, 1-3 p.m.

Date/time: Thursday, July 30,
10 a.m.-noon

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.**

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

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.

July 7: Chicken salad, Italian-style rice salad, coleslaw, strawberries

July 14: Turkey egg roll bowl with rice, lima beans, mixed berries

July 21: Mushroom cheddar quiche with sausage links, hashbrowns, stewed tomatoes, blueberries

July 28: Seafood salad, cheddar goldfish, three bean salad, spiced apples

Wowzitude!

'Armchair Travel'

Days/time: 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.**

Tuesday, July 7: The Cliffs of Lima: Life and Legends in Miraflores

Tuesday, July 14: The Heartbeat of Industrial Poland

Tuesdays, July 21 & 28: Mystery

SeniorsPlus Blood Drive

Date: Thursday, July 9

Time: Noon-5 p.m.

Location: SeniorsPlus Lewiston

The American Red Cross will host a blood drive in our Education Center. Every donation helps save lives and supports patients in need. Appointments are highly encouraged, but walk-ins are welcome. To schedule your donation, call 1-800-733-2767, option 1.

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, July 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.

Medicare 101

Zoom:

• **Date:** Friday, July 10

Time: 2-3:30 p.m.

• **Date:** Wednesday, July 29

Time: 5-6:30 p.m.

In-person at SeniorsPlus Lewiston:

• **Date:** Thursday, July 16

Time: 10-11:30 a.m.

With many Medicare plan options available, it can be difficult to know the best choices for your health needs. Learn how to navigate the different options, coverage costs, enrollment periods, and resources available to Medicare beneficiaries.

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

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

Updated date!

Opening Minds through Art (OMA)

Dates: Mondays, July 13–August 10

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.

Shared Smiles Memory Café

Date: Thursday, July 16

Time: 1–2:30 p.m.

Location: SeniorsPlus Lewiston

Featured activity: Ukulele sing-along

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.

Red Cross Ready

Date: Thursday, July 23

Time: 10–11 a.m.

Facilitator: Eric Lynes, Red Cross

Location: SeniorsPlus Lewiston

This presentation will focus on topics like home fire safety and cold weather preparedness tailored to Maine's harsh winters. Being prepared may not prevent a disaster, but it can make all the difference in how you respond.

Ticks and Mosquitoes

Date: Thursday, July 23

Time: 1–2 p.m.

Facilitator: Sarah Bly, Maine CDC

Location: SeniorsPlus Lewiston

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 what can be done to prevent exposures.

EXERCISE CLASSES

Total Strength and Balance

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

(No class July 3)

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 July 3 and 7)

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

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

FRANKLIN COUNTY

Coffee and Cribbage

Days: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

New time!

Walk-in Tech Assistance

Days: Thursdays

Time: 1–3 p.m.

Location: SeniorsPlus Wilton

Need assistance with a phone, tablet, or laptop? Tyler Provencher, Digital Literacy Program Coordinator of Greater Franklin Economic & Community Development, will be here to help.

New!

Book Buddies

Date: Tuesday, July 7

(first Tuesday of each month)

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

Book Buddies is a relaxed and informal gathering for people who enjoy reading but prefer a flexible, low-pressure environment. There's no assigned book, set schedule, or required preparation. Instead, participants are invited to share thoughts about anything they've been reading recently, recommend favorite titles, or simply listen and enjoy the conversation. Attending offers a chance to discover new books, stay mentally engaged, and connect with others in a friendly, welcoming setting—without the pressure of keeping up with a traditional book club.

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

Wowzitude! 'Armchair Travel'

Dates: Tuesdays, July 7, 14, and 28

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

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

Tuesday, July 7: The Cliffs of Lima: Life and Legends in Miraflores

Tuesday, July 14: The Heartbeat of Industrial Poland

Tuesday, July 21: No Wowzitude!

Tuesday, July 28: Mystery

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.

July 13: Turkey egg roll bowl with rice, lima beans, mixed berries

July 27: Seafood salad, cheddar goldfish, three bean salad, spiced apples

Shared Smiles Memory Café

Date: Tuesday, July 21

Time: 1–2:30 p.m.

Location: SeniorsPlus Wilton

Featured activity: Ukulele sing-along

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.

New!

Pop-in Social

Date: Tuesday, July 28

Time: 1–2 p.m.

Location: SeniorsPlus Wilton

If you've ever participated in a

workshop with us and have missed the social interaction after the workshop wraps up, this is for you. Come on in for an hour of unstructured social time. Never attended a workshop with us? No worries! You're welcome as well!

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. 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.

Thursday, July 2: The Street That Remembered How to Sing: Kraków's Jewish Culture Festival

Tuesday, July 7: The Cliffs of Lima: Life and Legends in Miraflores

Thursday, July 9: Europe's Hidden Art Nouveau Boulevard, Tbilisi, Georgia

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

Tuesday, July 14: The Heartbeat of Industrial Poland

Thursday, July 16: Mystery

Tuesday, July 21: Mystery

Thursday, July 23: Gardens of Schonbrunn, Vienna, Austria

Tuesday, July 28: Mystery

Thursday, July 30: Mystery

Shared Smiles Memory Café

Date: Thursday, July 2

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Featured activity: Ukulele sing-along

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.

MahJong

Dates: Tuesdays, July 7 and 21

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.

Brain Games

Date: Tuesday, July 28

Time: 10–11:30 a.m.

Location: SeniorsPlus Norway

Try your skill at a familiar computer game or learn a new one.

A Stitch in Time

Date: Thursday, July 30

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. Summer Craft available for participants who are between projects.

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

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, July 13
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, July 30
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, July 23
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton Thursdays

Date: Thursday, July 2
(every first Thursday)

Time: 3–4:15 p.m.

Location: SeniorsPlus Wilton

—NEW! Wilton Saturdays

Date: Saturday, July 18
(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, July 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.

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

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.