

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 8:30-3:00

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.

August 4: Creamy mushroom chicken pasta, Capri veggie mix, mandarin oranges

August 11: Hashbrown casserole, stewed tomato/zucchini, blueberries

August 18: Lobster mac and cheese, Key Largo veggies, mango, raspberries

August 25: Honey garlic pork bites, mashed potatoes, California veggie blend, spiced pears

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

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

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

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, August 4: Venice: A Journey Through the Floating City

Tuesday, August 11: Murals, Messages & Magic: Buenos Aires, Argentina

Tuesday, August 18: Ljubljana: Bridges, Dragons, Hidden Treasures

Tuesday, August 25: The Crown Jewel of Budapest: Buda Castle

Game Day

Dates: Wednesdays, August 5 & 19
(every first and third Wednesday)

Time: 1–3 p.m.

Location: SeniorsPlus Lewiston

Enjoy popcorn while you play cribbage, canasta, board or card games. Bring your own or play ours. Walk-ins welcome.

AARP Smart Driver

Date: Thursday, August 6

Time: 10 a.m.–3 p.m.

Location: SeniorsPlus Lewiston

Cost: \$30 non-AARP member, \$25 member (cash or check, day of)

Please pack a snack/lunch. The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers aged 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course.

Basic Internet Safety

Date: Wednesday, August 12

Time: 12:30–1:30 p.m.

Location: SeniorsPlus Lewiston

Staying safe online is essential in today's world. This live online one-hour overview class teaches you how to keep your information and your devices safe.

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

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, August 14
(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, August 14

Time: 2–3:30 p.m.

• **Date:** Wednesday, August 26

Time: 5–6:30 p.m.

In-person at SeniorsPlus Lewiston:

• **Date:** Thursday, August 20

Time: 11 a.m.–12:30 p.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.

Shared Smiles Memory Café

Date: Monday, August 17

Time: 1–2:30 p.m.

Location: SeniorsPlus Lewiston

Featured activity: Drum circle

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.

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

AARP CarFit

Date: Thursday, August 20

Time: 10 a.m.–1 p.m.

Location: SeniorsPlus Lewiston

CarFit, a free educational program developed by AAA, AARP, and the American Occupational Therapy Association, helps older drivers make sure their vehicles fit them properly and safely. Trained technicians will check 12 key areas, including seat position, mirror adjustment, pedal placement, steering wheel distance, head restraint height, and seat belt fit. Call for your appointment.

Book and Puzzle Swap

Date/time: Thursday, Aug. 20, 2–4 p.m.

Date/time: Thursday, Aug. 27, 9–11 a.m.

Location: SeniorsPlus Lewiston

Connect with others over your love of books and/or puzzles. Bring in your gently used books or jigsaw puzzles; take home new ones to enjoy. Walk-ins welcome.

Walk-in Tech Assistance

Date/time: Thursday, Aug. 20, 2–4 p.m.

Date/time: Thursday, Aug. 27, 9–11 a.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.

Grandparents, Grandkids, and Great Rocks

Date: Thursday, August 27

Time: 1–2:30 p.m.

Location: SeniorsPlus Lewiston

A fun, intergenerational activity where children and the older adults in their lives come together to decorate rocks using paint pens. Participants will create unique keepsakes while sharing stories, laughter, and quality time. All materials provided; no artistic experience needed.

Pop-in Social

Date: Monday, August 31

Time: 1–2:30 p.m.

Location: SeniorsPlus Lewiston

If you've ever participated in a workshop with us and have missed the

Encompass Center Grand Opening

Please join us Friday, August 21, from 10 a.m. to noon, at 14 Mollison Way, Lewiston (next door to SeniorsPlus), as we unveil our new Encompass Center—a space built to strengthen our community, support older adults, and open doors to new possibilities. Please call to save your spot.

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

EXERCISE CLASSES

Total Strength and Balance

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

(No class August 21)

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 August 21 and 25)

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

Grandparents, Grandkids, and Great Rocks

Date: Tuesday, August 4

Time: 10–11 a.m.

Location: SeniorsPlus Wilton

A fun, intergenerational activity where children and the older adults in their lives come together to decorate rocks using paint pens. Participants will create unique keepsakes while sharing stories, laughter, and quality time. All materials provided; no artistic experience needed.

Book Buddies

Date: Tuesday, August 4

(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. Discover new books, stay mentally engaged, and connect with others in a friendly, welcoming setting.

Wowzitude!

'Armchair Travel'

Dates: Tuesdays, August 4, 11, and 25

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

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

Tuesday, August 4: Venice: A

Journey Through the Floating City

Tuesday, August 11: Murals, Messages & Magic: Buenos Aires, Argentina

Tuesday, August 18: No Wowzitude!

Tuesday, August 25: The Crown Jewel of Budapest: Buda Castle

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

Coffee and Cribbage

Days: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

Medicare Made Simple

Date: Thursday, August 6

Time: 1–2:30 p.m.

Location: SeniorsPlus Wilton

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.

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.

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.

August 10: Hashbrown casserole, stewed tomato/zucchini, blueberries

August 24: Honey garlic pork bites, mashed potatoes, California veggie blend, spiced pears

Opening Minds through Art (OMA)

Dates: Tuesdays, Aug. 11–Sept. 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.

New! Crafters Corner

Date: Tuesday, August 18

(third Tuesday of each month)

Time: 1–3 p.m.

Location: SeniorsPlus Wilton

Bring your current work-in-progress or dig out one of your UFOs (Unfinished Objects) and join us for a relaxed, welcoming gathering of fiber enthusiasts. Whether you knit, crochet, weave, spin, embroider, quilt, or stitch in any form, this is a space to create, connect, and be inspired.

Shared Smiles

Memory Café

Date: Thursday, August 20

Time: 1–2:30 p.m.

Location: SeniorsPlus Wilton

Featured activity: Drum circle

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. Light refreshments provided.

Pop-in Social

Date: Tuesday, August 25

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 in for a session of unstructured social time. Never attended a workshop with us? No worries! You're welcome as well!

OXFORD COUNTY

Chair Yoga

Chair Yoga will be on break for the summer. Watch your newsletter for classes starting in the fall.

MahJong

Dates: Tuesdays, August 4 and 18

Time: 10–11:30 a.m.

Location: SeniorsPlus Norway

Learn to play the Chinese MahJong version of this fascinating tile game. Beginners and veteran players welcome.

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, August 4: Venice: A

Journey Through the Floating City
Thursday, August 6: Batumi, Pearl of the Black Sea

Tuesday, August 11: Murals, Messages & Magic: Buenos Aires, Argentina

Thursdays, August 13, 20, 27: Mystery destinations

Tuesday, August 18: Ljubljana:

Bridges, Dragons, Hidden Treasures

Tuesday, August 25: The Crown Jewel of Budapest: Buda Castle

New! Grandparents and Kids!—Rock Painting

Date: Tuesday, August 11

Time: 10–11:30 a.m.

Location: SeniorsPlus, Norway

Bring your grandkids (aged 5 and above) along for a fun morning of designing and painting rocks. This popular and relaxing craft offers you and your young guest the chance to create a keepsake stone, garden decoration, or stones to share with others. Please register!

Shared Smiles

Memory Café

Date: Thursday, August 13

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Featured activity: Drum circle

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

to enjoy conversation, meaningful activities, and connection with others on a similar journey. No diagnosis or referral is required.

Brain Games

Date: Tuesday, August 25

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, August 27

Time: Noon–2 p.m.

Location: SeniorsPlus Norway

Bring your latest project or one of your UFOs (Unfinished Objects) and enjoy dedicated creative time with like-minded fiber hobbyists. Summer Craft available for those who are between projects.

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, August 10

(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, August 27

(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, August 27

(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton Thursdays

Date: Thursday, August 6

(every first Thursday)

Time: 3–4:15 p.m.

Location: SeniorsPlus Wilton

—Wilton Saturdays

Date: Saturday, August 15

(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, August 25

(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 101

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.