

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.

September 1: Fajita chicken over rice, corn & peppers, fruit cocktail

September 8: Lemon garlic shrimp and veggies over pasta, Brussels sprouts, oranges

September 15: Lasagna roll-up with meat sauce, green beans, mango and blackberries

September 22: BBQ pork loin, baked beans, coleslaw, peaches

September 29: Meatballs and rotini with marinara, broccoli, 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 live-streamed walking tours feature expert hosts and trained local guides

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

eager to Zoom in and introduce us to their favorite spots. Destinations are subject to change. Walk-ins welcome.

Tuesday, September 1: Bridges, Bicycles & Beautiful Amsterdam

Tuesday, September 8: Remembering 9/11: A Walk Through the Memorial

Tuesdays, September 15, 22 & 29: Mystery Destinations

Game Day

Dates: Wednesdays, September 2 & 16 (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.

Medicare 101

In-person at SeniorsPlus Lewiston:

• **Date:** Thursday, September 3

Time: 11 a.m.–12:30 p.m.

• **Date:** Thursday, September 17

Time: 11 a.m.–12:30 p.m.

Zoom:

• **Date:** Friday, September 11

Time: 2–3:30 p.m.

• **Date:** Wednesday, September 30

Time: 5–6:30 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.

Lewiston Trash Talk

Date: Wednesday, September 9

Time: Noon–1:30 p.m.

Location: SeniorsPlus Lewiston

“I have my bins... now what?” Trash Talk is a direct connection for Lewiston residents to get their questions answered about the new trash collection service. Lewiston Public Works staff will answer questions about cart sizes, collection rules, recycling, cart placement, property types, and other service details.

Our Lewiston Education Center is moving! Our move in date is yet to be set. If you register for an event or workshop, please be sure to include your most up-to-date telephone number so that we can call you if the location changes.

SeniorsPlus Blood Drive

Date: Thursday, September 10

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, September 11

(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.

CMP Community Connection Event

Date: Monday, September 14

Time: 1–3 p.m.

Location: SeniorsPlus Lewiston

Join CMP for a Community Connection Event to get answers to questions about your electric bill,

account, or other service-related concerns. CMP representatives will provide information on billing, energy usage, account assistance, and available programs and resources. This event offers an opportunity to receive guidance, ask questions, and gain a better understanding of the services and support available through CMP.

Book and Puzzle Swap

Date: Thursday, September 17

Time: 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; take home new ones to enjoy.

Walk-in Tech Assistance

Date: Thursday, September 17

Time: 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. Walk-ins welcome.

Shared Smiles

Memory Café

Date: Monday, September 21

Time: 1–2:30 p.m.

Location: SeniorsPlus Lewiston

Featured activity: Opening Minds through Art project

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 required.

Fin Tech

Date: Monday, September 21

Time: 3–4 p.m.

Instructor: Alan Elze

Location: SeniorsPlus Lewiston

What in the world is fintech? Financial technology is utilized by firms to compete with traditional financial methods in

the delivery of services or goods. Not so long ago, one paid cash or utilized a single credit card. Now with the advent of smartphones and other technology, one can buy with little thought of what something costs. Can it lead to problems?

Pop-in Social

Date: Tuesday, September 22

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

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

Modern Board Games

Date: Wednesday, September 23
(every fourth Wednesday)

Time: 1–3 p.m.

Instructor: Bobby Keith

Location: SeniorsPlus Lewiston

Learn to play contemporary board games in a fun, relaxed, supportive environment. The sessions will start with a 5-minute introduction to the rules. Games will typically last about 20 to 40 minutes. The sessions will focus on easy to learn games which create interactive play, thoughtful decision-making, and encourage critical thinking.

EXERCISE CLASSES

Total Strength and Balance

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

(No class September 7)

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.

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

Chair Yoga In-Person and Zoom

Days/time: Tuesdays, 9–10 a.m.

Days/time: Fridays, 9–10 a.m.

(No class September 1)

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

Book Buddies

Date: Tuesday, September 1
(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.

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, September 1, 8, 22, 29

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

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

Tuesday, September 1: Bridges, Bicycles & Beautiful Amsterdam

Tuesday, September 8: Remembering 9/11: A Walk Through the Memorial

Tuesday, September 15:

No Wowzitude!

Tuesdays, September 22 & 29:

Mystery Destinations

Coffee and Cribbage

Days: Thursdays

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

Walk-in Tech Assistance

Days/time: Tuesdays, 1–2 p.m.

Dates/time: Thursdays, Sept. 3 & 10, 1–3 p.m. (**Please note: No Tech Assistance on Sept. 17 & 24**)

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.

Shared Smiles

Memory Café

Date: Thursday, September 10

Time: 1–2:30 p.m.

Location: SeniorsPlus Wilton

Featured activity: Opening Minds through Art project

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.

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.

September 14: Lasagna roll-up with meat sauce, green beans, mango and blackberries

September 28: Meatballs and rotini with marinara, broccoli, pears

Crafters Corner

Date: Tuesday, September 15

(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.

Pop-in Social

Date: Tuesday, September 29

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!

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.

OXFORD COUNTY

MahJong

Dates: Tuesdays, September 1, 15, 29

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, September 1: Bridges, Bicycles & Beautiful Amsterdam

Thursday, September 3: Victoria, Canada

Tuesday, September 8: Remembering 9/11: A Walk Through the Memorial

Thursday, September 10: The Top of the World: Canada’s Arctic

Tuesdays, September 15, 22 & 29: Mystery Destinations

Thursdays, September 17 & 24: Mystery Destinations

Chair Yoga

Days: Fridays, September 11, 18, & 25

Time: 10–11 a.m.

Instructor: Martha Stone

Cost: \$15 for series in September

Location: SeniorsPlus Norway

Chair Yoga is Back and moving to Fridays! Class is designed to help with ease of movement and breath, and finding stability, balance, and strength for every ability.

Shared Smiles

Memory Café

Date: Thursday, September 10

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Featured activity: Opening Minds through Art project

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 required.

A Stitch in Time

Date: Thursday, September 17

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.

Opening Minds Through Art

Dates: Fridays, Sept. 18–Oct. 23

Time: 2–3 p.m.

Facilitators: Joanne McDonald and Dana Morrell

Location: SeniorsPlus Norway

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.

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, September 14
(every second Monday)

Time: 5:30–7 p.m.

Location: SeniorsPlus Lewiston

—Lewiston Thursdays

Date: Thursday, September 24
(every last Thursday)

Time: 3–4:30 p.m.

Location: SeniorsPlus Lewiston

—Norway

Date: Thursday, September 24
(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton Thursdays

Date: Thursday, September 3
(every first Thursday)

Time: 3–4:15 p.m.

Location: SeniorsPlus Wilton

—Wilton Saturdays

Date: Saturday, September 19
(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, September 22

(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. 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.

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