

Class locations/Office hours

Lewiston: Encompass Center,
14 Mollison Way (next to 8 Falcon)
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

Classic Quilters

Days: Thursdays

Time: 8:30 a.m.-noon

Location: Encompass Center, Lewiston

Cost: See below

Classic Quilters is a welcoming chapter of the Pine Tree Quilters Guild where participants gather to celebrate the tradition of quilting, share knowledge, and enjoy fellowship with others who love the craft. New participants may attend their first session free; continued participation requires Pine Tree Quilters Guild membership at \$50 per year. Call Janice Roy at 603-499-2225 for more information.

Shared Smiles

Memory Café

Date: Monday, October 5

Time: 1-2:30 p.m.

Location: Encompass Center, Lewiston

Featured Activity: Pumpkin Decorating

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.

Social Dining

Days: Tuesdays & Thursdays

Time: 11:45 a.m.-1 p.m.

Location: Encompass Center, 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.

Tuesday, October 6: Pea soup with ham, oyster crackers, beets, pears

Thursday, October 8: Pork, beans, and rice casserole, Germany vegetable blend, tropical fruit

Tuesday, October 13: Chicken parmesan, penne pasta, Italian vegetables, tropical fruit

Thursday, October 15: Swedish meatballs, egg noodles, diced beets, sliced apples

Tuesday, October 20: Roasted chicken breast, scalloped potatoes, three bean salad, peaches

Thursday, October 22: Beef and barley stew, wax beans, tropical fruit

Tuesday, October 27: Stuffed shells with ground turkey red sauce, Brussels sprouts, peaches, pears

Thursday, October 29: Fish chowder, oyster crackers, Key Largo vegetable blend, strawberries

Wowzitude

'Armchair Travel'

Days/time: Tuesdays, 2-3 p.m.

Location: Encompass Center, 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, October 6: Mystery

Tuesday, October 13: Lublin, Poland

Tuesday, October 20: Lima, Peru:
Day of Creole Music

Tuesday, October 27: Haunted Tales from York, England

BIG NEWS! We're moving to the Encompass Center!

The wait is over.
The Encompass Center is opening its doors!

Social Dining begins September 29. All classes, workshops, and programs move to the Encompass Center starting October 5.

You'll find us at 14 Mollison Way (across the parking lot).

We're excited to gather, learn, connect, and create memories in our beautiful new space.

Game Day

Dates: Wednesdays, October 7 and 21 (every first and third Wednesday)

Time: 1-3 p.m.

Location: Encompass Center, Lewiston

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

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, October 9

(every second Friday)

Time: 11:30 a.m.-12:30 p.m.

Facilitator: The Division for the Blind and Visually Impaired

Location: Encompass Center, 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.

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

Medicare 101

Zoom:

- **Date:** Friday, October 9
Time: 2–3:30 p.m.
- **Date:** Wednesday, October 28
Time: 5–6:30 p.m.

In-person, 14 Mollison Way:

- **Date:** Thursday, October 15
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.

Book and Puzzle Swap

Dates/times:

- Thursday, October 15, 2–4 p.m.
 - Wednesday, October 28, 1–3 p.m.
- Location:** Encompass Center, 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

Dates/times:

- Thursday, October 15, 2–4 p.m.
 - Wednesday, October 28, 1–3 p.m.
- Location:** Encompass Center, 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.

Opening Minds through Art (OMA)

- Dates:** Mondays, October 19–Nov. 23
- Time:** 1–2 p.m.
- Location:** Encompass Center, 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.

SeniorsPlus

Found Treasures Fundraiser

- Date:** Thursday, October 22
- Time:** 10 a.m.–2 p.m.
- Location:** SeniorsPlus, 8 Falcon Road, Lewiston

One person's clutter is another person's treasure! As we cleaned and organized at SeniorsPlus, we found a variety of useful and fun items looking for new homes. Maybe some home treasures that the staff have, too. Kitchen items, 1000-piece puzzles, and so much more. Stop by, browse, and take home a treasure with a cash donation. All proceeds support SeniorsPlus and the people we serve.

Pop-in Social

- Date:** Thursday, October 22
- Time:** 2–3 p.m.
- Location:** Encompass Center, 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, October 28
(every fourth Wednesday)
- Time:** 1–3 p.m.
- Instructor:** Bobby Keith
- Location:** Encompass Center, Lewiston

Learn to play contemporary board games in a fun, relaxed, supportive environment. The sessions will start with a five-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.

Crafting Drop-In

- Date:** Thursday, October 29
- Time:** 12:30–2:30 p.m.
- Facilitator:** Jessica Riseman
- Location:** Encompass Center, Lewiston

Bring your own craft project and enjoy a relaxed time to create and socialize, or try one of our supplied activities. Materials available may include card-making supplies, collage materials made

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

from recycled greeting cards, stamps, paint markers, and rocks for rock painting. All skill levels are welcome. Drop in, get creative, and connect with others in the community!

EXERCISE CLASSES

Total Strength and Balance

- Days/time:** Mondays, Wednesdays, & Fridays, 10:30–11:15 a.m.
(No class October 12)
- Instructor:** Linn Morin, Certified Trainer
- Cost:** See below
- Location:** SeniorsPlus Education Center, 14 Mollison Way, 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 October 23 & 27)

- Instructor:** Mary Bishop
- Cost:** \$5 per class. Payments exchanged directly with Mary.
- Location:** SeniorsPlus Education Center, 14 Mollison Way, & 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.

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

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.

Medicare Made Simple

Date: Thursday, October 1

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/time: Tuesdays, noon–1:30 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’

Dates: Tuesdays, October 6, 13, & 27

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

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

Tuesday, October 6: Mystery

Tuesday, October 13: Lublin, Poland

Tuesday, October 27: Haunted Tales from York, England

Shared Smiles Memory Café

Date: Tuesday, October 13

Time: 1:30–3 p.m.

Location: SeniorsPlus Wilton

Featured Activity: Pumpkin Decorating

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, light refreshments, and connection with others on a similar journey. No diagnosis or referral is required.

Social Dining

Date: Monday, October 19

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.

October 19: Broccoli cheddar quiche, sausage link, hashbrowns, tomatoes and zucchini, strawberries

Crafters Corner

Date: Tuesday, October 20

(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.

Disaster Preparedness for Older Adults

Date: Tuesday, October 27

Time: 10–11 a.m.

Facilitator: Eric Lynes,
American Red Cross

Location: SeniorsPlus Wilton

Although disasters affect everyone, older adults can be at greater risk due to disabilities, isolation, and disruptions in health care. Join us to learn how to prepare now to protect yourself, your loved ones, and your home.

SAVE THE DATES!

Guidance Through Grief Support Group

Dates: Tuesdays, January 12–March 2

Time: 10–11:30 a.m.

Facilitator: Andwell Health Partners

Location: SeniorsPlus Wilton

OXFORD COUNTY

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.

Thursdays, October 1 & 22: Mystery

Tuesday, October 6: Mystery

Thursday, October 8: Celebrating John Lennon, NYC

Tuesday, October 13: Lublin, Poland

Thursday, October 15: Edinburgh: The Haunted Royal Mile

Tuesday, October 20: Lima, Peru: Day of Creole Music

Tuesday, October 27: Haunted Tales from York, England

Thursday, October 29: Thimphu, Himalayas, Bhutan

Chinese MahJong

Dates: Tuesdays, October 6 and 20

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.

Shared Smiles Memory Café—Design a Pumpkin!

Date: Thursday, October 8

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Featured Activity: Pumpkin Decorating

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.

A Stitch in Time/Fall Craft

Date: Thursday, October 15

Time: 1–3 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. Fall-themed craft available.

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

Opening Minds through Art (OMA)

Dates: Fridays, September 18–October 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.

COMING IN NOVEMBER!

Disaster Preparedness for Older Adults

Date: Tuesday, November 10

Time: 10–11 a.m.

Facilitator: American Red Cross

Location: SeniorsPlus Norway

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, October 19

(then every second Monday)

Time: 5:30–7 p.m.

Location: Encompass Center, Lewiston

—Lewiston Thursdays

Date: Thursday, October 29

(every last Thursday)

Time: 3–4:30 p.m.

Location: Encompass Center, Lewiston

—Norway

Date: Thursday, October 22

(every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton Thursdays

Date: Thursday, October 1

(every first Thursday)

Time: 3–4:15 p.m.

Location: SeniorsPlus Wilton

—Wilton Saturdays

Date: Saturday, October 17

(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, October 27

(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 falls 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.