

Class locations/Office hours

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

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

Open Computer Lab Access

Days: Tuesdays

Time: 10 a.m.–noon

Location: Encompass Center, Lewiston

Need access to a computer or internet connection? Stop by during Open Computer Lab Access to check email, shop online, browse the web, complete forms, or work on personal projects. This is an unstructured, drop-in opportunity to use our computers and internet in a welcoming environment.

Social Dining

Days: Tuesdays and 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, November 3: Spinach & feta quiche, sausage links, hashbrowns, stewed tomatoes, tropical fruit

Thursday, November 5: No meal

Tuesday, November 10: Lasagna roll with meat sauce, Italian veggie blend, pineapple

Thursday, November 12: Honey garlic meatballs, wild rice, beets, peaches and pears

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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

Tuesday, Nov. 17 & Thursday, Nov. 19:

Thanksgiving feast—roasted turkey, mashed potatoes, stuffing with gravy, green beans, strawberry shortcake

Tuesday, November 24: Fajita chicken with peppers and onions, rice, pinto beans, tropical fruit

Thursday, November 26: No meal service. Happy Thanksgiving!

Wowzitude 'Armchair Travel'

Days: Tuesdays

Time: 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, November 3: Naples, Ancient Streets in the Shadow of Vesuvius

Tuesdays, November 10 & 24: Mystery

Tuesday, November 17: Tango, Color, Culture in Argentina's Vibrant Capital

Game Day

Dates: Wednesdays, November 4 and 18 (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.

Classic Quilters

Days: Thursdays (no meeting Nov. 27)

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.

AARP Smart Driver Course

Date: Thursday, November 5

Time: 10 a.m.–3:30 p.m.

Location: Encompass Center, Lewiston

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

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. Drivers may qualify for an auto insurance discount. Participants learn updated driving strategies, safety techniques, and practical tips to help remain confident behind the wheel. **Lunch will be served:** Sloppy Joe over mashed potatoes, dill carrots, and spiced pears.

Navigating Grief During the Holidays

Date: Thursday, November 12

Time: 2–4 p.m.

Facilitator: Andwell Bereavement Department

Location: Encompass Center, Lewiston

Regardless of what holidays you observe, this workshop offers the understanding of how difficult the holiday season can be for those who are grieving the loss of someone who would have been with you. Our hope is that spending some time with others who understand what you may be experiencing will be helpful.

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, November 13

(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/

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

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.

Pop-in Social

Date: Monday, November 16

Time: 10–11:30 a.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? You're welcome too!

Shared Smiles Memory Café

Date: Thursday, November 19

Time: 1–2:30 p.m.

Location: Encompass Center, Lewiston

Featured Activity: Drum Circle

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.

Book and Puzzle Swap

Dates/times:

Thursday, November 19, 2:30–4:30 p.m.

Monday, November 30, 10 a.m.–noon

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, November 19, 2:30–4:30 p.m.

Monday, November 30, 10 a.m.–noon

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.

AARP Frauds and Scams

Date: Wednesday, November 25

Time: 10–11 a.m.

Location: Encompass Center, Lewiston

Do you know how to recognize a potential scam? What actions to take? Learn about identity theft, romance scams, imposter scams, and how to report these. Q&A, resources, guides.

Modern Board Games

Date: Wednesday, November 25

(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.

SAVE THE DATE!

Art Show—Opening Minds through Art (OMA)

Date: Friday, December 4

Time: 1–3 p.m.

Location: Encompass Center, Lewiston

EXERCISE CLASSES

Total Strength and Balance

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

(No class Nov. 11; Nov. 16–Dec. 9)

Instructor: Linn Morin, Certified Trainer

Cost: See below

Location: Encompass Center, 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 November 3 and 27)

Instructor: Mary Bishop

Cost: \$5 per class. Payments exchanged directly with Mary.

Location: SeniorsPlus Encompass 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.

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. Menu is subject to change.

November 2: Fish chowder, oyster crackers, Germany veggies, fruit cocktail

November 16: American chop suey, parslied carrots, fruit cocktail

November 30: Shepherd's pie with broccoli and peaches

Walk-in Tech Assistance

Days/time: Tuesdays, noon–1:30 p.m.

Days/time: Thursdays, 1–3 p.m.

(closed 11/26 for Thanksgiving)

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 Economic & Community Development, will be here to help.

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

CMP Community Connection Event

Date: Tuesday, November 3

Time: Noon–3 p.m.

Instructor: Rhonda Yorks

Location: SeniorsPlus Wilton

These events provide education and guidance for customers seeking further understanding of their bills, account help, usage, and programs offered by CMP.

Wowzitude ‘Armchair Travel’

Date: Tuesday, November 24

(no Wowzitude Nov. 3, 10, 17)

Time: 2–3 p.m.

Location: SeniorsPlus Wilton

November 24, Mystery destination. See Androscoggin County for description. Walk-ins welcome.

Coffee and Cribbage

Days: Thursdays

(closed 11/26 for Thanksgiving)

Time: 9 a.m.–noon

Location: SeniorsPlus Wilton

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

Navigating Grief During the Holidays

Date: Thursday, November 5

Time: 1–3 p.m.

Facilitator: Andwell Bereavement Department

Location: SeniorsPlus Wilton

Regardless of what holidays you observe, this workshop offers the understanding of how difficult the holiday season can be for those who are grieving the loss of someone who would have been with you. Our hope is that spending some time with others who understand what you may be experiencing will be helpful.

Shared Smiles

Memory Café

Date: Tuesday, November 10

Time: 1:30–3 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, light refreshments, and connection with others on a similar journey. No diagnosis or referral is required.

Crafters Corner

Date: Tuesday, November 17

(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.

Memoir Writing

Date: Tuesday, November 17

Time: 3–5 p.m.

Facilitators: Literacy Volunteers of Franklin and Somerset Counties and students from Mt. Blue High School

Location: SeniorsPlus Wilton

Memoir writing is the process of reflecting on and writing about meaningful personal experiences, memories, and life lessons. Join us for this unique, intergenerational experience where participants will be paired one on one with students. Through storytelling and guided prompts, participants will explore important moments in their lives, preserve their stories, and share insights that may inspire and connect with others.

SAVE THE DATES!

Guidance Through Grief Support Group

Dates: Tuesdays, January 12–March 2

Time: 10–11:30 a.m.

Location: SeniorsPlus Wilton

OXFORD COUNTY

Chinese MahJong

Dates: Tuesdays, November 3 and 17

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, November 3: Naples, Ancient Streets in the Shadow of Vesuvius

Thursday, November 5: Mystery

Tuesdays, November 10 & 24: Mystery

Thursday, November 12: Rome

Tuesday, November 17: Tango, Color, Culture in Argentina’s Vibrant Capital

Thursday, November 19: Berlin—Kristallnacht

Thursday, November 26: Closed

Navigating Grief During the Holidays

Date: Thursday, November 5

Time: 1–3 p.m.

Guest speaker: Amy Dulac, Andwell, Bereavement Services Coordinator

Location: SeniorsPlus Norway

Regardless of what holidays you observe, this workshop offers the understanding of how difficult the holiday season can be for those who are grieving the loss of someone who would have been with you. Our hope is that spending some time with others who understand what you may be experiencing will be helpful.

Art Show—Opening Minds through Art (OMA)

Date: Friday, November 6

Time: Noon–2 p.m.

Location: SeniorsPlus Norway

Opening Minds Through Art is a welcoming program for people living with dementia. Participants have created artwork in a supportive, relaxed setting. Our Art Show will feature their work. Please register to join us!

Be Red Cross Ready—Emergency Preparedness

Date: Tuesday, November 10

Time: 10–11 a.m.

Guest speaker: Eric Lynes, Red Cross

Location: SeniorsPlus Norway

Although disasters affect everyone, older adults can be at greater risk due

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to disabilities, isolation, and disruptions in health care. Learn how to prepare now to protect yourself, your loved ones, and your home. Please register.

Shared Smiles Memory Café

Date: Thursday, November 12

Time: 1–2:30 p.m.

Location: SeniorsPlus Norway

Featured Activity: Drum Circle

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 and Holiday Stamping

Date: Thursday, November 19

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.

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, November 9

(every second Monday)

Time: 5:30–7 p.m.

Location: Encompass Center, Lewiston

—Lewiston Thursdays

Date: Thursday, November 19

(then every last Thursday)

Time: 3–4:30 p.m.

Location: Encompass Center, Lewiston

—Norway

Date: Thursday, November 19

(then every fourth Thursday)

Time: 2:30–4 p.m.

Location: SeniorsPlus Norway

—Wilton Thursdays

Date: Thursday, November 4

(every first Thursday)

Time: 3–4:15 p.m.

Location: SeniorsPlus Wilton

—Wilton Saturdays

On pause for the season

Location: SeniorsPlus Wilton

Our 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, November 24

(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.

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

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.

Participation in SeniorsPlus Education Center programs is free. Contributions are welcome, voluntary, and confidential—you choose whether to give and how much. No income test is required, and everyone is welcome to participate whether or not they contribute.