Seniors Plus EDUCATION CENTER

December 2026

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 and Thursdays
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, December 1: Beef & barley stew, broccoli & cauliflower, mango
Thursday, December 3: Chicken spinach alfredo bake, peas & onions, strawberries
Tuesday, December 8: Lemon pepper chicken, rice pilaf, mixed vegetables, mandarin oranges
Thursday, December 10: Jambalaya, cornbread, blueberries
Tuesday, December 15: Holiday feast: glazed ham, sweet potato, Brussels sprouts, fruit cocktail, apple crisp
Thursday, December 17: Holiday feast: glazed ham, sweet potato, Brussels sprouts, fruit cocktail, apple crisp
Tuesday, December 22: No dining
Thursday, December 24: No dining
Tuesday, December 29: Teriyaki chicken breast, steamed rice, peas & carrots, fruit cocktail
Thursday, December 31: Philly cheesesteak casserole, green beans, peaches

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

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, December 1: Winter Wonder at Niagara Falls
Tuesday, December 8: Vienna Holiday Magic and Christmas Market
Tuesday, December 15: Budapest: Christmas along the Danube
Tuesdays, December 22 and 29: Mystery destinations

Game Day

Dates: Wednesdays, December 2 and 16 (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. Walk-ins welcome.

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

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

Classic Quilters

Days: Thursdays **(no meeting Dec. 24)**
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.

Holiday Craft Pop-in

Date: Thursday, December 3 and 17
Time: 1–2:30 p.m.
Location: Encompass Center, Lewiston

Join us for a fun and relaxed crafting session. We'll provide a variety of supplies for making holiday and winter-themed decorations, ornaments, and more. Feel free to bring your own materials or project to work on while enjoying good conversation and creativity with others.

Art Exhibit: Opening Minds through Art

Date: Friday, December 4
Time: 1–3 p.m.
Location: Encompass Center, Lewiston

Join us for a special exhibition featuring artwork created through Opening Minds Through Art (OMA), a program designed for people living with dementia. In a supportive and encouraging setting, participants explored their creativity and expressed themselves through art. We invite you to celebrate their achievements and view their inspiring artwork. Refreshments served. Walk-ins welcome.

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

Walk-in Tech Assistance

Dates/times:
Monday, December 7, 1–3 p.m.
Thursday, December 17, 2–4 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.

Loose Ends Project

Date: Thursday, December 10
Time: 1–2 p.m.
Location: Encompass Center, Lewiston

Learn about Loose Ends, a nonprofit organization that connects volunteer crafters with unfinished knitting, crochet, and other fiber projects left behind when a loved one passes away or can no longer complete them. These volunteers bring comfort to families by finishing meaningful handmade items and preserving their stories. Learn how to request assistance for an unfinished project or become a volunteer and help carry on someone else's creative legacy.

Book and Puzzle Swap

Dates/times:
Thursday, December 10, 2–3:30 p.m.
Monday, December 21, noon–2 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.

Blind and Visually Impaired Persons (BaVIP) Group

Date: Friday, December 11
(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

This group brings 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. Walk-ins welcome.

Shared Smiles Memory Café—Learn Kinusaiga!

Date: Monday, December 14
Time: 1–2:30 p.m.
Location: Encompass Center, Lewiston
Featured Activity: Kinusaiga fabric art

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. December's activity is Kinusaiga, a Japanese fabric art that creates pictures. Kits and instruction will be provided to make a winter cardinal.

Modern Board Games

Date: Wednesday, December 23
(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.

EXERCISE CLASSES

Total Strength and Balance

Days/time: Mondays, Wednesdays, & Fridays, 10:30–11:15 a.m.
(**No class Dec. 2, 4, 25)**
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 December 25)
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.

December 14: Holiday feast: glazed ham, sweet potato, Brussels sprouts, fruit cocktail, apple crisp
December 28: BBQ chicken, scalloped potatoes, coleslaw, craisins

Walk-in Tech Assistance

Dates/time: Tuesdays, December 1, 8, and 15, 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 Economic & Community Development, will be here to help.

Wowzitude 'Armchair Travel'

Days: Tuesdays, December 1, 22, 29
Time: 2–3 p.m.
Location: SeniorsPlus Wilton

See Androscoggin County for description. Walk-ins welcome.

Tuesday, December 1: Winter Wonder at Niagara Falls
Tuesdays, December 8 and 15: No Wowzitude
Tuesdays, December 22 and 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.

Shared Smiles Memory Café—Learn Kinusaiga!

Date: Tuesday, December 8
Time: 1:30–3 p.m.
Location: SeniorsPlus Wilton
Featured Activity: Kinusaiga cardinal fabric art

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. December's activity is Kinusaiga, a Japanese fabric art that creates pictures. Kits and instruction will be provided to make a winter cardinal.

Crafters Corner

Date: Tuesday, December 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.

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

Pop-in Social

Date: Tuesday, December 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 for an hour of unstructured social time. Never attended a workshop with us? You're welcome, too!

Grandparents, Grandkids, and Great Rocks

Date: Tuesday, December 22
Time: 10–11 a.m.
Location: SeniorsPlus Wilton

Join us for 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 are provided; no artistic experience needed.

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, December 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.

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

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, December 1: Winter Wonder at Niagara Falls
Thursday, December 3: Ljubljana, Slovenia
Tuesday, December 8: Vienna Holiday Magic and Christmas Market
Thursday, December 10: Hannukkah – Celebration of Lights
Tuesday, December 15: Budapest: Christmas along the Danube
Thursdays, December 17 and 31: Mystery destinations
Tuesdays, December 22 and 29: Mystery destinations
Thursday, December 24: Krakow, Poland: Christmas in Market Square

A Stitch in Time and Holiday Crafts

Date: Thursday, December 3
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. Stamping and Swedish Hearts projects will be available.

Shared Smiles Memory Café—Learn Kinusaiga!

Date: Thursday, December 10
Time: 1–2:30 p.m.
Location: SeniorsPlus Norway
Featured Activity: Kinusaiga cardinal fabric art

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. December's activity is Kinusaiga, a Japanese fabric art that creates pictures. Kits and instruction will be provided to make a winter cardinal.

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

Drop-in Social

Date: Thursday, December 17
Time: 1–2:30 p.m.
Location: SeniorsPlus Norway

Stop by for coffee and a chat. Tell us what you would like to see at SeniorsPlus in Norway. Table games available.

Grandparents and Grandkids

Date/time: Tuesday, December 22, 10 a.m.–noon (spiced cider bags)
Date/time: Tuesday, December 31, 1–2:30 p.m. (winter craft)
Location: SeniorsPlus Norway

Join us for a holiday make-and-take project. Spend some no-stress time with your grandkid(s) during the busy holidays to relax and enjoy each other. **Please register for each class so we have enough materials for all participants.**

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Groups

—Lewiston Mondays

Date: Monday, December 14 (every second Monday)
Time: 5:30–7 p.m.
Location: Encompass Center, Lewiston

—Lewiston Thursdays

Date: Thursday, December 31 (every last Thursday)
Time: 3–4:30 p.m.
Location: Encompass Center, Lewiston

—Norway

Date: Thursday, December 24 (every fourth Thursday)
Time: 2:30–4 p.m.
Location: SeniorsPlus Norway

—Wilton Thursdays

Date: Thursday, December 3 (every first Thursday)
Time: 3–4:15 p.m.
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, December 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

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.