

# SeniorsPlus EDUCATION CENTER

## February Classes

### Gentle Yoga

Date: Fridays, Feb. 5 and 12  
Time: 3:00pm - 4:00pm  
Cost: \$10 drop in fee for each class.

This is a gentle, flowing style of yoga that combines deep breathing with a set of sequences of moves that calms and strengthens you. Please bring a water bottle, yoga mat and dress comfortably. Please make checks payable to instructor Heidi L. Audet.

### Matter of Balance

Date: Tuesdays and Thursdays, Feb. 9 - Mar. 4  
Time: 10:00am - 12:00pm  
Cost: \$18 for the series  
Do you have concerns about falling? This is a researched-based program of exercise and education to improve flexibility, balance, and muscle

strength and reduce the chance of falling.

### Do you have a Healthy Heart?

Date: Tuesday, Feb. 16  
Time: 12:00pm - 1:00pm  
Cost: Free  
The week of February 14-20 is National Heart Failure Awareness Week. In honor of this, The Central Maine Heart and Vascular Institute is holding a free event at SeniorsPlus. Jamie Dufour, PA will provide education on heart failure, and its signs and symptoms. Dieuwke Zolas, RN, CCM will also talk about what can be done at home, a low sodium diet, activity level, medications, and when to call your doctor. Don't miss this important event; it could help save your life!

### Living With Diabetes:

Date: Monday, Feb. 22  
Time: 9:00am to 10:30am  
Cost: Free  
Diabetes is a disease that affects how your body uses blood glucose. Glucose is vital to your health. With diabetes, you have too much glucose in your blood and this can lead to serious health issues. Come learn the basics of diabetes, some myths surrounding diabetes and what you can do to deal with this chronic disease. The instructor is SeniorsPlus' Robin Andrews.

### Medicare Basics

Date: Wednesday, Feb. 24  
Time: 9:00am - 11:00am  
Cost: Free  
Medicare can be confusing! Learn the basics of Parts A through D and how to be sure you are getting the best coverage. The instructor is SeniorsPlus' Roland Bussiere.

**Beadaful Creations:  
Making Earrings and  
Bracelets:**

Date: Friday, Feb. 26  
Time: 1:00pm – 2:15pm  
Cost: \$10 includes all  
materials.

Learn how to bead beautiful  
earrings and bracelets. Go  
home with your own creation.  
Instructor: Sandi Godin.

**Ongoing Events**

**Alzheimer's Support Group**

Date: 2nd Monday of each  
month  
Place: SeniorsPlus  
Time: 5:30pm - 7:00pm  
No pre-registration necessary

**Medicare Counseling**

SeniorsPlus has a team of  
Medicare experts on staff to  
assist you in getting the right  
Medicare coverage for your  
situation for the right price. If  
you are new to Medicare,  
currently on Medicare but  
want to make sure you have  
the best coverage that works  
for you, receive forms or  
letters from Medicare that are  
confusing or need assistance  
picking a Part D prescription  
drug plan - we can help. You  
can call **1-800-427-1241** to  
schedule an appointment with  
one of our Medicare experts.

**Registration**

Advanced registration is  
**required** for all workshops.

To register, call  
**1-800-427-1241**. Please  
make checks payable to  
SeniorsPlus unless otherwise  
specified. In the event of  
snow or ice, classes may be  
cancelled. Clients are asked  
to call SeniorsPlus in advance  
to check for cancellation if the  
weather is questionable.

Our Education Center is  
located at:  
**8 Falcon Rd.**  
**Lewiston, ME 04240**  
and is fully accessible. Hard  
of hearing assistive equipment  
available.