

SeniorsPlus EDUCATION CENTER

UPCOMING CLASSES

AARP Safe Driving Course

Dates: Thursday, March 11 or Thursday, April 8
Time: 8:30am to 1:00pm
Cost: \$14

A refresher driving safety course for those 50 and older from AARP. This qualifies you for an insurance discount. Please make checks payable to the AARP.

Celebrate spring with new fitness classes!

Free Fitness Class trials

Date: Friday, March 5 or Tuesday, March 16
Cost: Free!

Time: 8:30am to 9:00am – Yoga and Balance
9:15am to 9:45am – Pilates
10:00am to 10:30am – Zumba and Toning
10:45am to 11:15am – Yogalates
11:30am to 11:45am – Nordic Walking

A wonderful opportunity to learn these fun and different forms of exercise for free! Sign up for as many class trials as you like. Space is limited so sign up now! Instructor Louisa Abarno.

Sunrise Yoga

Date: Tuesdays, March 23 to April 20 (no class April 6)
Time: 8:30am to 9:30am

Cost: \$32 for the 4-class series
\$10 for individual class
\$50 for a pass to any and all Louisa Abarno classes

A gentle awakening morning stretch and refreshment class that focuses on balancing the mind and body by using Pilates and Yoga breathing movements. Instructor: Louisa Abarno.

Yogalates

Date: Tuesdays, March 23 to April 20 (no class April 6)
Time: 9:45am to 10:45am

Cost: \$32 for the 4-class series
\$10 for individual class
\$50 for a pass to any and all Louisa Abarno classes

This class works mostly on a yoga mat that blends some traditional Yoga and Pilate's movements to increase strength and flexibility. Instructor: Louisa Abarno.

Nordic Walking

Date: Tuesdays, March 23 to April 20 (no class April 6)
Time: 11:00am to 12:00pm

Cost: \$32 for the 4-class series
\$10 for individual class
\$50 for a pass to any and all Louisa Abarno classes

Walking with specially designed poles, this activity is a total body workout, strengthening the core and helps reduce joint strain and fatigue. This low impact exercise burns 40% more calories than regular walking alone. Walking poles will be provided. Instructor: Louisa Abarno.

REGISTRATION

Advanced registration is required for all classes and workshops. For more information and to register, call SeniorsPlus at 1-800-427-1241 or 207-795-4010. 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.

Yoga & Balance

Date: Fridays, March 12 to April 2
Time: 8:30am to 9:30am

Cost: \$32 for the 4-class series
\$10 for individual class
\$50 for a pass to any and all Louisa Abarno classes

Using chairs for standing and sitting exercise, this class incorporates Yoga stretches and balance movements. This class will help stretch, tone, increase flexibility and sense of balance. Instructor: Louisa Abarno.

Pilates

Date: Fridays, March 12 to April 2
Time: 9:45am to 10:45am

Cost: \$32 for the 4-class series
\$10 for individual class
\$50 for a pass to any and all Louisa Abarno classes

This class is done mostly on a yoga mat, focusing on the Pilates breathing techniques for an enriching connection of your body awareness and mind. Instructor: Louisa Abarno.

Zumba and Toning

Date: Fridays, March 12 to April 2
Time: 11:00am to 12:00pm

Cost: \$32 for the 4-class series
\$10 for individual class
\$50 for a pass to any and all Louisa Abarno classes

This class takes the fun of the Zumba dance rhythms and combines it with low weight toning sticks for an enjoyable workout. Instructor: Louisa Abarno.

Gentle Yoga

Date: Fridays, March 5 to March 26
Time: 3:00pm to 4:00pm

Cost: \$32 for 4 week series or \$10 drop in fee for each class. This is a flowing style of yoga that combines deep breathing with a set of moves that calms and strengthens you. A perfect way to end the hectic week! Instructor Heidi L. Audet.

Try Pastel Art for Free!

Introducing: Working with Pastels

Date: Monday, March 15
Time: 10:00am to 11:00am

Cost: Free
Artist Meridith Hicks will demonstrate working with pastels and answer questions about her upcoming class, described below. Whether you are interested in learning a new way to express yourself or coming back to this form of art, this is a wonderful and fun opportunity for you!

Working with Pastels

Date: Mondays, March 22 to April 12
Time: 9:00am to 12:00pm

Cost: \$60 for the 4-class series plus materials. No experience necessary! Artist Meridith Hicks will teach the basics of working with pastels and everyone will have the opportunity to create their own piece. Space is limited to 8 people so sign up now!

Caregiving: Environmental Considerations

Date: Tuesday, March 23
Time: 10:00am to 12:00pm

Cost: Free
David Currier, from the Alzheimer's Association will provide guidance on how to adapt the home environment to support the changes dementia presents. Free.

Older workers and the JOB Search

Date: Wednesday, March 24
Time: 9:00am to 12:00pm

Cost: Free
Mary Kozicki LaFontaine from the Lewiston CareerCenter will help you learn more about job search for older workers, what the job market is like, and what resources are available to help you find work.

ONGOING EVENTS:

Alzheimer's Support Group

2nd Monday of each month from 5:30pm to 7:00pm at SeniorsPlus. No pre-registration required for this support group – newcomers welcome!

Teaching Opportunities

SeniorsPlus is actively looking for volunteers to teach classes at our Education Center. We welcome individuals of all ages. Graduate students can meet community service requirements and businesses can reach out to the community with corporate volunteers.

Retired professionals have expertise in health, nutrition, finance and insurance, computers, fitness, arts, crafts, and many other areas such as facilitating book club discussions. Call our Volunteer Manager at 207-795-4010 ext. 3114 or 1-800-427-1241 ext. 3114 to find out more about these or other opportunities.

SeniorsPlus Education Center

8 Falcon Rd. • Lewiston, ME 04240

For more information or to register, call

1-800-427-1241