

# SeniorsPlus EDUCATION CENTER

**AUGUST 2017  
CLASSES**

## Healthy Living for Your Brain and Body

**Date:** Tuesday, August 1

**Time:** 10 – 11:30 a.m.

**Instructor:** Alzheimer's  
Association

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging: Cognitive activity, physical health and exercise, diet and nutrition, and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area.

## Fantastic Resources and Where to Find Them

**Date:** Thursday, August 3

**Time:** 2 – 4 p.m.

**Instructor:** Tim Verrill

This class is about free resources that allow you to communicate with others and keep the mind active. Online classes and forums, visit another country, find a pen pal, puzzles, library resources, audio books, Pinterest, TV, movies, news, history, and lots more. We will also talk about using Skype and making video calls. **Limit to 24.**

## Senior Employment Program Presentation

**Date:** Tuesday, August 8

**Time:** 10 – 11 a.m.

**Instructor:** Danelle Martel,  
Associates for Training and  
Development

Associates for Training and Development is a multi-state non-profit organization whose mission is to provide job training and employment services to workers aged 55+. They provide paid training opportunities in food prep, retail sales, customer service, and healthcare. Learn more about the Senior Community Service Employment Program and eligibility requirements.

## Living Well for Better Health

**Dates:** Wednesdays,

August 9 – September 13

**Time:** 1 – 3:30 p.m.

**Instructors:** Carmen Carney  
and Gloria Smith

This is a six-week long workshop that teaches real-life skills for living a full, healthy life with a chronic condition. Classes are fun and interactive — participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active, and enjoying life. Topics covered include communication, medication usage, talking with your healthcare provider, physical activity, weight management, and healthy eating. At the end of the workshop, there will be a drawing for a \$25 Visa gift card. The more you go, the better your chances of winning.

**See our Facebook page:**

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

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

### Volunteering After Loss

**Date:** Thursday, August 10

**Time:** 10 – 11:30 a.m.

**Instructors:** Panel of Volunteers,  
Androscoggin Home Care  
& Hospice

Have you been looking for meaningful ways to fill your time, change your routines, meet people, and do something that you really enjoy or honor your loved one? Four volunteers will share experiences of volunteering after loss. They know how challenging it can be to move forward and the impact volunteering can have. Each has chosen a different volunteer path: office work, patient visits, special events, singing, veteran recognition, and transportation.

### ClearCaptions phones

**Date:** Thursday, August 10

**Time:** 1 – 2 p.m.

**Instructor:** Becky Bushey,  
ClearCaptions

ClearCaptions is a federally certified provider of the Caption telephone service. They educate seniors and groups about the federal law and their civil right to receive a caption telephone when they have hearing loss. To qualify you must have some type of hearing loss, a home phone number, and internet.

### Medicare Basics

**Date:** Monday, August 14

**Time:** 10 – 11:30 a.m.

**Location:** SeniorsPlus office,  
218 Fairbanks Rd., Farmington

**Instructor:** SeniorsPlus Staff

Learn the basics and timelines of this complex system, when you need to sign up for what, and ways to save money.

### Safe Driving

**Date:** Tuesday, August 15

**Time:** 10 a.m. – 2:30 p.m.

**Instructor:** George Davis, AARP

**Cost:** \$20, payable to AARP;  
\$15 for AARP members

Drivers 55+ who complete this class are eligible for discounts on their auto insurance for three years. Bring your driver's license, lunch, and membership card.

### ONGOING CLASSES

*Some insurance companies offer reimbursement for these classes.*

*You must call your insurance company to find out if they do.*

#### Gentle Chair Yoga

**Dates:** Mondays, August 21 –  
October 23

**Time:** 9 – 10 a.m.

**Instructor:** Tisha Bremner

**Cost:** \$40 for 8 weeks; \$8 drop-in

Designed to increase vitality, gain a deeper sense of balance, and find your inner calm. Combines meditation, easy warm-ups, light stretches, and gentle yoga postures.

#### Total Strength & Balance

**Dates/times:** Mondays,  
11:15 a.m. – 12:15 p.m.

**Dates/times:** Wednesdays and  
Fridays, 11:30 a.m. – 12:15 p.m.

**Instructor:** Linn Morin

**Cost:** \$3 for one class per week;  
\$5 for any two classes per week;  
\$6 for three classes per week.

**To register or for information:**  
Call Linn at 523-9055

These classes are for all – beginner or advanced – who are interested in improving strength, balance, and bone density.

### Android Phones and Tablets Basics

**Date:** Tuesday, August 15

**Time:** 3 – 4:30 p.m.

**Instructor:** Tim Verrill,  
SeniorsPlus

This class is for users with Android tablets and phones. Topics covered will include how to attach to a wireless network, setting up email, using the basic apps and where to get more, managing notifications, adding and editing contacts, and more.

### Drive the Lincoln Highway

**Date:** Thursday, August 17

**Time:** 10 a.m. – noon

**Instructor:** Alan Elze

We've all heard of Route 66, but there is an iconic highway that predates Route 66 by 10 years: the Lincoln Highway, the first real coast-to-coast highway. We'll take a photographic trip on that route and look at its history.

### Medicare Basics

**Date:** Thursday, August 24

**Time:** 6 – 7:30 p.m.

**Instructor:** SeniorsPlus Staff

Learn the basics and timelines of this complex system, when you need to sign up for what, and ways to save money.

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