

SeniorsPlus EDUCATION CENTER

**DECEMBER 2017
CLASSES**

*This year, SeniorsPlus will hold a **holiday bake sale** and all of the proceeds will go towards our **Meals on Wheels** program. There will be an assortment of homemade cookies and other goodies to choose from. They will be packaged and ready to sell on **Wednesday, December 20!** Stop by anytime **8:30 a.m. – 4:30 p.m. (or until they run out)** to get your holiday goodies!*

How to Protect Yourself from Fraud & Scams

Date: Tuesday, December 5
Time: 9 – 11 a.m.
Instructor: Valerie Cole,
SeniorsPlus

We will discuss how scams and identity theft rob millions of Americans each year and how creative and persistent scammers can be. Attendees will learn to recognize common scams and what they can do to avoid them and protect themselves.

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

Hospice 101

Date: Tuesday, December 5
Time: 1 – 2:30 p.m.
Instructor: Danielle Baker,
Androscoggin Home Care
& Hospice

Hospice 101 is a basic overview of the hospice program at Androscoggin Home Care & Hospice. It goes through the stigma that may be associated with hospice, the benefit, what qualifies a patient for hospice services, what to expect while on services, the roles and responsibilities and relationships the care team has with the patient, family, and facility.

See our Facebook page:

www.facebook.com/seniorsplus

Haiku for All Seasons

Dates: Wednesdays,
December 6 and December 13
Time: 5:15 – 6:30 p.m.
Instructor: Natalie Ladd,
Freelance Writer and
Columnist for the Sun Media
Group

A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature, haiku emphasizes simplicity, intensity, and directness of expression. Over the two sessions we will learn the rich history of haiku, discuss famous works and the images that inspired them, and write and critique our own haiku poetry. Bring a notebook, a pencil, and your imagination.

Pancreatic Cancer

Date: Thursday, December 7
Time: 10 – 10:45 p.m.
Instructor: Jodi Philippon,
Senior Nursing Student with
the USM-BSN program

This class will cover a basic overview of pancreatic cancer, including risk factors, signs and symptoms, prevention, and treatment options.

Make a Mini Terrarium!

Date: Thursday, December 7

Time: 1:30 – 3 p.m.

Instructor: Celeste Yakwonis,
Party'n with Plants

Cost: \$12 for supplies

This class provides everything you need to make your own miniature garden. Start with a glass terrarium and add soil, rocks, moss, and succulent plants for a beautiful and long-lasting creation for your home. Succulents require very little care so don't worry if your thumb is not exactly green! **Limit 15.**

Jewelry Making

Date: Tuesday, December 12

Time: 9:30 – 12:30 p.m.

Instructor: Lisa Marshall,
2 Blue Gems

Cost: \$10 for supplies

Participants will make their choice of a one- or two-coil bracelet, utilizing varied gemstone, glass, and metal beads and charms. Ends will be finished off by the instructor. All materials will be provided, and participants will leave with a wearable piece of jewelry.

How Do You Plan to Spend Your Retirement?

Date: Tuesday, December 12

Time: 1:30 – 2:30 p.m.

Instructor: Chloe JonPaul

This topic will cover the three things retirees spend the most extra time on, popular retirement ambitions, six things you can/should do for a happy retirement, and volunteer options in Maine.

Mental Health Awareness

Date: Thursday, December 14

Time: 10 – 11:30 a.m.

Instructor: Greg Marley, Clinical
Director at NAMI Maine

This training will provide general and basic information on suicide and suicide prevention with resources available for further training. Additional general mental health resources will be provided.

Properly Storing and Disposing Medications

Date: Tuesday, December 19

Time: 11 a.m. – noon

Instructor: Corrie Brown,
Healthy Androscoggin

Prescription drug misuse is a problem that anyone can help combat. Medications stored or disposed of incorrectly can harm you, a family member, or the environment. Learn steps you can take to protect the people and things you value with proven techniques to store and dispose of your medications properly.

Falls Risk

Date: Tuesday, December 19

Time: 2 – 3 p.m.

Instructor: Nancy Donovan,
Androscoggin Home Care
& Hospice

Discuss risk factors and causes of falls, preventative measures including home safety tips, and how to get up from a fall safely. Learn the benefits of receiving physical and occupational therapy to prevent falls, make home modifications, and/or obtain and use adaptive equipment to ensure safety.

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, October 30 –
December 18

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.

Gentle Chair Yoga

Dates: Fridays, November 3 –
December 22

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

Cost: \$35 for 7 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.
(no class 12/25)

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

Instructor: Linn Morin

Cost: \$5 for drop-in,
\$15 for 6 classes, \$25 for 12
classes. One-month passes
are nonrefundable.

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.