

SeniorsPlus EDUCATION CENTER

**MARCH 2017
CLASSES**

Diabetes and Medication

Date: Tuesday, March 7

Time: 1 – 2 p.m.

Instructor: Beacon Hospice Staff

Diabetes is a common, life-long, and controllable disease. It can be managed by monitoring medications, diet, and exercise. Understanding the disease process and factors that contribute to the disease can help people improve their quality of life and reduce symptoms. Review disease process, signs and symptoms, and medication management.

Medicare Basics in Bethel

Date: Tuesday, March 7

Time: 6 – 7:30 p.m.

Instructor: SeniorsPlus Staff

Location: Bethel Adult

Education at the Telstar High School, 284 Walkers Mill Road

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

Dementia Conversation

Date: Thursday, March 9

Time: 10 – 11:30 a.m.

Instructor: Mark Pechenik,
The Alzheimer's Association

Tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. Topics will also include the need to plan ahead and build a care team that communicates well; connecting with resources to enhance quality of life for everyone; and hearing from people who are dealing with similar issues.

Not Getting Older, Just Getting Better!

Date: Tuesday, March 14

Time: 11 a.m. – noon

Instructor: Chloe JonPaul

Chloe will share her approach to aging. Dispel the myths and plan the fabulous journey. After all, the best is yet to come!

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

Colon Cancer Prevention

Date: Thursday, March 16

Time: 1 – 2 p.m.

Instructor: Maureen Higgins,
The Dempsey Center

March is Colon Cancer Awareness month. Learn how to reduce your risk and the importance of screening.

Medicare Basics

Date: Saturday, March 18

Time: 10 – 11:30 a.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.

Powers of Attorney

Date: Tuesday, March 21

Time: 10 – 11 a.m.

Instructors: Angela Morgan
and Madelyn Breerwood,
Legal Services for the Elderly

This class will cover the different types of financial powers of attorney and health care advance directives containing health care powers of attorney. Learn how to create and how to revoke springing, durable, and “living wills” and health care advance directives and understand powers of attorney and the agent’s duties under these documents.

Nutrition 101

Date: Tuesday, March 21

Time: 1 – 2 p.m.

Instructor: Ellen Shrader, CMMC

A registered dietitian will discuss the difference and importance of calories, carbs, fats, and protein as well as explore common myths and facts associated with each one. She will also discuss vitamins and minerals and how our nutritional needs change as we age.

Healthy Cooking for 1 or 2

Date: Wednesday, March 22

Time: 1 – 2:30 p.m.

Instructor: SeniorsPlus
Nutrition Department

Cooking for one or two often seems like a daunting task. You might wonder “Is it worth the trouble”? If you’re on a budget and need to eat healthy, it can be an overwhelming challenge. It doesn’t have to be a hassle. Learn simple tips to make healthy, budget-friendly meals. Sample a quick, healthy dish. **Class is limited to 30.**

AARP Safe Driving

Date: Thursday, March 23

Time: 10 a.m. – 2:30 p.m.

Instructor: Elwood Beach

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

Drivers 55+ who complete this class are eligible for discounts on their auto insurance for 3 years. Bring your driver’s license, lunch, and membership card.

See our Facebook page:

www.facebook.com/seniorsplus

Knee Replacement Surgery

Date: Tuesday, March 28

Time: 10 – 11:30 a.m.

Instructors: Dr. Wayne Moody
and Dr. Mohamed Al-Saied,
St Mary’s

If you have knee pain or have wondered if surgery is an option, this presentation will help you to learn more about diagnosis and available treatments.

Senior College: Is It Art?

Date: Wednesdays,
March 29 – May 3

Time: 9 – 11 a.m.

Instructor: John Stoth

An exploration of modern and contemporary art over the last 100 years. The course is characterized by short lectures, group discussions and exercises, as well as art making itself. ***This course is for Senior College members only.*** To become a member of Senior College, call 753-6510, or go to usm.maine.edu/seniorcollege for more information. ***You must register for this class with Senior College.***

Adjusting to Living Alone

Date: Thursday, March 30

Time: 1 – 3 p.m.

Instructor: Panel of volunteers
from Androscoggin Home
Care & Hospice

Studies and articles always say that you have to “get out” and be social when your spouse or partner dies. What they don’t tell you is how you adjust to home life without them there. The panel will share personal experiences of adjusting to living alone.

ONGOING PROGRAMS

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, Jan. 30 –
April 3 (no class 3/20)

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.

Mindful Yoga & Meditation

Dates: Fridays, March 31 – May 5

Time: 10 – 11 a.m.

Instructor: Tisha Bremner

Cost: \$30 for 6 weeks; \$8 drop-in

Mindfulness is the practice of living and being in the moment, which benefits health and well-being. Explore present moment awareness, breath techniques, meditation, and easeful movements to help relieve stress and tension.

Total Strength & Balance

Dates/times: Mondays,
11 a.m. – noon

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