

# SeniorsPlus EDUCATION CENTER

**NOVEMBER 2017  
CLASSES**

## **Living Well for Better Health (Lewiston)**

**Date:** Tuesdays, October 31 – December 5  
**Time:** 5 – 7:30 p.m.  
**Instructors:** Rebecca L'Italien and Todd McKenna

This six-week long workshop teaches real-life skills for living a full, healthy life with a chronic condition. Classes are fun and interactive. The workshop builds confidence around managing health, staying active, and enjoying life. Topics 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. Snacks will be provided each week. **Limit 16.**

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

## **Matter of Balance**

**Date:** Tuesdays, October 31 – December 19  
**Time:** 12:30 – 2:30 p.m.  
**Instructors:** Amanda Peralta, Jackie Gammon, Mitzi Sequoia  
**Location:** Mexico Recreation Department, 3 Recreation Drive in Mexico

This is an eight-week workshop designed to reduce the fear of falling and to increase activity levels among older adults. Learn to set realistic goals to increase activity, change your environment to reduce fall risk factors, and learn simple strength and balance exercises. **Limit 14.**

## **Living Well for Better Health (Farmington)**

**Date:** Thursdays, November 2 – December 14 (no class 11/23)  
**Time:** 9 – 11:30 a.m.  
**Instructors:** Laure Johnson and Cheryl Moody  
**Location:** Chisholm Room at Franklin Memorial Hospital, 111 Franklin Health Commons in Farmington

See description at left for this six-week long workshop.

## **Living Well with Diabetes**

**Date:** Mondays, November 6 – December 11  
**Time:** 1:30 – 4 p.m.  
**Instructors:** Robyn Spugnardi and Carmen Carney

In this six-week workshop, participants will learn a variety of skills for day-by-day management of Type 2 Diabetes. This fun and interactive workshop is open to individuals who have Type 2 Diabetes and those who are caring for someone who does. Topics include menu planning, monitoring your levels, healthy eating, communication skills, physical activity, and foot care. Snacks will be provided and there will be a drawing for a \$25 Visa gift card. **Limit 16.**

## **Coping with Holiday Stress**

**Date:** Tuesday, November 7  
**Time:** 10 – 11 a.m.  
**Instructor:** Angela Moore, Beacon Hospice

The holiday season is a time of joy, cheer, parties, and family gatherings. It can also be a time of loneliness, sadness, and tension. Further, many seniors are affected by losses, which can become magnified during the holidays. Learn how to recognize the signs of depression and stress and review ways to cope with stress and overcome the winter blues.

**See our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

## Honor Flights Program

**Date:** Thursday, November 9

**Time:** 10 – 11 a.m.

**Instructor:** Don Robitaille,  
Ambassador of Honor Flight  
Maine

Are you a veteran of WWII, the Korean War, or the Vietnam War, or do you know someone who is? The Honor Flight program is a nationwide group of nonprofit organizations solely created to honor veterans. They transport veterans to Washington, D.C. to visit and reflect at their memorials at no cost to the veteran. This presentation will provide information on the program, including how to sign up.

## Be Red Cross Ready

**Date:** Thursday, November 9

**Time:** 1 – 2:30 p.m.

**Instructor:** Eric Lynes,  
American Red Cross

Becoming “Red Cross Ready” for an emergency means following three simple steps in advance to ensure you can weather a crisis safely and comfortably. It’s as easy as 1-2-3:

- 1 - Get a Kit: Learn the essential supplies to put in your family’s first aid and survival kits.
- 2 - Make a Plan: Plan effectively for you and your family in case of an emergency.
- 3 - Be Informed: Understand which disasters are likely in your area and what you must know to stay safe.

## Safe Driving

**Date:** Tuesday, November 14

**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 3 years. Bring your driver’s license, lunch, and membership card.

## Taxes 101

**Date:** Thursday, November 16

**Time:** 10:30 a.m. – 12:30 p.m.

**Instructor:** Joan Jagolinzer,  
IRS retiree and District  
Coordinator of AARP Tax-Aide

The instructor will review with the class provisions of both federal and state individual income tax law, in general and specifically those that impact on those ‘of a certain age.’ Emphasis will be on deductions that may be missed, such as the Maine property tax fairness credit and the sales tax credit. There will be time to answer questions posed by attendees.

## Gratitude

**Date:** Friday, November 17

**Time:** 1:30 – 3 p.m.

**Instructor:** Marguerite Stapleton

“The more one says thank you, the more one sees things to be thankful for.” (Linda Douty) November is a perfect time to reflect on gratitude. The signs of harvest are all around us and the Thanksgiving feast is soon to be celebrated. This session invites us to think deeply about gratitude and to find new ways to live gratefully. Bring a notebook and pen.

## 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 (no class 11/24)

**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.

**Dates/times:** Wednesdays and  
Fridays, 11:30 a.m. – 12:15 p.m.  
(no class 11/24)

**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.

**See our Facebook page:**

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