

SeniorsPlus EDUCATION CENTER

SEPTEMBER 2017
CLASSES

Using a Kindle Fire

Date: Tuesday, September 5

Time: 9 – 11 a.m.

Instructor: Tina Verill

An introduction to all the different kinds plus making the most of your Amazon device. **Limit 24.**

Scrapbooking

Dates: Mondays, September 11 – September 25

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon, local artisan

Cost: \$5 for materials per session

Create a simple, 24-page mini scrapbook that holds 4-by-6 pictures, or use as a recipe book. The first of three sessions will

focus on cutting papers for pages and inserting them in the book. The other sessions will include

inserting pictures, embellishments, and journaling. **Limit 8.**

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available.

Legacy Storytellers

Date: Tuesday, September 12

Time: 10:30 – 11:30 a.m.

Instructor: Alzheimer's Association

Want to make an important difference in the life of a college student? Consider becoming a participant in the Legacy Storytellers Program which begins in October. Through this program, college students interview and write the life stories of people living with dementia or memory challenges. For further details, please contact Mark Pechenik at mpechenik@alz.org or 772-0115.

Jewelry Making: Memory Wire Bracelet

Date: Tuesday, September 12

Time: 1 – 4 p.m.

Instructor: Kathryn Beausang

Cost: \$12 for supplies

Memory wire wrap bracelets are very much on trend and feature simple construction with a fabulous end result. Participants will select a color pack, then easily arrange a pattern for a four wrap design. The wire will be pre-cut so that you will only need to “close” the ends when complete. **Limit 12.**

Medicare Basics

Date: Saturday, September 16

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.

Consumer Fraud Protection

Date: Tuesday, September 19

Time: 10 a.m. – noon

Instructor: Alan Elze

Have you ever bought something and it just stopped working a few months later? Ordered something you never received? Ever had a home or vehicle repair done and it wasn't right? Alan Elze has worked in the Attorney General's Office as a mediator for 13 years. Learn what recourses you may have.

Work for Yourself at 50+

Date: Wednesday, September 20

Time: 1:30 – 3:30 p.m.

Instructor: Karleen Andrews, New Ventures Maine

Have you ever dreamed of being your own boss? This program designed specifically for people aged 50 and older will discuss how to explore your options, find your focus, make a plan, connect with resources in your community, and watch out for trouble.

Safe Driving

Date: Thursday, September 21

Time: 10 a.m. – 2:30 p.m.

Instructor: Elwood Beach, 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, AARP membership card, and lunch.

Balance & Strength Screening

Date: Friday, September 22

Time: 9 a.m. – noon

Instructor: Staff at Richard Bader Physical Therapy,
1399 Main St. in Poland

Come to Richard Bader Physical Therapy to have an individualized balance and strength screening. This screening will include the following: balance assessment, strength assessment, blood pressure check, medication review, and it will end with some resources that fit you.

Heart Health After Retirement

Date: Tuesday, September 26

Time: 11 a.m. – 12:30 p.m.

Instructor: Dr. Lynette Weeman,
St. Mary's

Heart health is important all of the time, but as we age, it's even more important that we pay attention to our bodies and recognize cardiovascular changes. Discuss the seven steps to ideal cardiovascular health and ways to keep your heart healthy after retirement and into your "golden years."

Facebook for Newbies

Date: Thursday, September 28

Time: 2 – 4 p.m.

Instructor: Tim Yearn

Are you new to Facebook and you just don't understand it or are you thinking of making an account? Facebook is a great way to keep in contact with friends and family, it can also help you stay up-to-date in current events and news and local happenings. This class will walk you through the steps of creating an account, posting pictures, sending messages, how to set up your preferences, and more. **Limit 24.**

Medicare Basics

Date: Thursday, September 28

Time: 6 – 8 p.m.

Instructor: SeniorsPlus Staff
Location: Adult Education
at Elm Street School in
Mechanic Falls

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

Please register with RSU 16 Adult Education for this class at 207-345-3217.

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

See our Facebook page:

www.facebook.com/seniorsplus

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 (no class Sept. 4)

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, September 29 –
October 13

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

Cost: \$20 for 3 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 Sept. 4)

Dates/times: Wednesdays and
Fridays, 11:30 a.m. – 12:15 p.m.
(no class Sept. 8, 15, 22)

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.