

SeniorsPlus EDUCATION CENTER

**APRIL 2019
CLASSES**

'Go Set a Watchman' by Harper Lee

Date: Wednesdays, March 27
through May 1

Time: 9–11 a.m.

Instructor: Laura Sturgis

Required book: *Go Set a
Watchman*, ISBN: 978-0-06-
256102-2

This six-week course is a continuation of the fall class on Harper Lee. There are a variety of opinions on this book. Class involves reading and discussing *Go Set a Watchman*, and hopefully viewing the Gregory Peck film. Laura has taught English at Edward Little High School for 15 years and also served as Adjunct Professor for Syracuse University there. She enjoys sharing books with others. This class is for Senior College members only. Please call Senior College at 780-5960 to register for this course.
Class limit 20.

Reducing Environmental Cancer Risk

Date: Tuesday, April 2

Time: 11 a.m.–noon

Instructor: Maureen Higgins,
Cancer Health Outreach
Educator, Dempsey Center

Increase your awareness about some common environmental toxins and ways to reduce your exposure to them.

Healthy Eating on a Budget

Date: Tuesday, April 2

Time: 2:30–4 p.m.

Instructor: Martin Raj,
Olive Branch Café

There are so many fad diets that are fancy and complicated. To be honest it is simply too expensive and time consuming. Shouldn't healthy eating reduce stress instead of increasing it? Learn practical tips on eating a healthy diet that is easy to prepare and inexpensive.

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
unless noted.

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

Ibis Program Info Session

Date: Wednesday, April 3

Time: 1–4 p.m.

Instructor: Brenton Stoddart,
Ibis Care Navigator

The Ibis Program will be here at SeniorsPlus the first Wednesday of each month demonstrating their new and easy-to-use technology designed to help people with chronic illness take the best care of themselves in their home. The program has shown to reduce hospitalizations, reduce caregiver fatigue, increase coordination amongst physicians, and enhance quality of life. The best part? It's almost completely paid for by Medicare!

AARP Safe Driving

Date: Thursday, April 4

Time: 10 a.m.–2:30 p.m.

Instructor: AARP staff/volunteer

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

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

See our Facebook page:
www.facebook.com/seniorsplus

Medicare Made Simple

Date: Now **Thursday, April 25**

Time: 6–8 p.m.

Instructor: Kerry Faria,
SeniorsPlus

Location: Lewiston Adult Ed.

Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more. To register, call Lewiston Adult Education at 795-4141.

Assistive Devices for Independence

Date: Tuesday, April 16

Time: 10–11:30 a.m.

Instructor: Kathy Adams OTL,
ATP Maine CITE Program,
Director

Assistive Technology (AT) can make a difference in helping you to live independently and safely at home. This session will look at various AT devices, AT services, resources, and funding.

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
unless noted.

Classes are free, unless noted.
We are fully accessible.
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is available upon request.

Please note: Photographs may occasionally be taken during classes. If you don't want your picture taken, please inform the photographer.

National Decision Making Day: A Two Part Series

Dates & Times: Tuesday, April 16, 1–4 p.m., and Tuesday, April 23, 2–4 p.m.

Host organizations: Androscoggin Home Healthcare + Hospice, St. Mary's Regional Medical Center, & SeniorsPlus

Part I: What Matters Most: Join us on National Decision Making Day, April 16, to explore worries and wishes in relation to healthcare decision making. We will use “go wish cards” and other games, a film, music, and conversation to explore what matters most. We will provide and review the Maine Health Care Advance Directive Form towards helping you take the next step in advance care planning.

Part II: Making Your Wishes Known: Make sure your healthcare wishes are honored by documenting these wishes in advance directives. On April 23, a speaker/panel presentation will share stories of why it is important to prepare ahead, no matter your age. An Advance Directive Clinic will assist you in answering questions and completing your Maine Health Care Advance Directive Form.

Adaptive Equipment Loan Program

Date: Wednesday, April 17

Time: 2–3 p.m.

Instructor: Henry Powell,
Independent Living Specialist
at Alpha One

Learn about Alpha One's Adaptive Loan Program and discuss funding for financing equipment and technology.

Options for Caregivers of Individuals with Dementia

Date: Thursday, April 18

Timeslots: 2–2:30 p.m.; 3–3:30 p.m.; 3:30–4 p.m.; 4–4:30 p.m.

Instructor: Albert L'Etoile,
Woodlands Memory Care of
Lewiston

Albert has been assisting families and older adults in finding the appropriate living situation for nearly 20 years. These one-on-one sessions are the perfect opportunity to “pick his brain” regarding options for caregivers of individuals with Alzheimer's disease or other forms of dementia.

Medicare Made Simple

Date: Monday, April 22

Time: 6–8 p.m.

Instructor: Kerry Faria,
SeniorsPlus

Location: Mechanic Falls Adult Ed,
129 Elm St., Mechanic Falls

Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more. To register, call Mechanic Falls Adult Education at 345-3217.

Paint & Take

Date: Tuesday, April 23

Time: 9 a.m.–noon

Instructor: Yvonne Allen

Cost for materials: \$15

The painting will be of a wagon wheel and flowers. Fee includes all materials, including 11x14 stretch canvas and acrylic paint.
Class limit 16.

Crafting with Corinne

Date: Wednesday, April 24

Time: 2–3:30 p.m.

Instructor: Corinne Saindon

Cost for materials: \$5

Create a birthday card for a woman or girl in your life. **Class limit 10.**

Game Day at SeniorsPlus

Date: Thursday, April 25

Time: 1–4 p.m.

An afternoon of fun, socialization, and popcorn! Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards.

Caregiver Support

Date: Tuesday, April 30

Time: 10 a.m.–2 p.m.

Instructor: Angela Moore,
Beacon Hospice

This session will discuss support for the caregiver of a loved one with dementia. There are ways to care for yourself and your loved one. We will review the stages of dementia and best ways to make the most of every day or visit.

EXERCISE CLASSES

Total Strength and Balance

Day/time: Mondays, 11:15 a.m.–noon OR 12:15–1 p.m.

Day/time: Wednesdays,
11:30 a.m.–12:15 p.m.

Day/time: Fridays, 11:30 a.m.–12:10 p.m. OR 12:30–1:10 p.m.

Instructor: Linn Morin,
Certified Trainer

Cost: \$40 for 18 classes; \$30 for 12 classes; \$18 for 6 classes; \$5 drop-in

To register or for more info, call Linn at 523-9055.

Gentle Chair Yoga

Dates: Mondays only

Session 1: March 18–May 6

Session 2: May 13–July 8
(off May 27)

Time: 9–10 a.m.

Instructor: Tisha Bremner

Cost: 8-week sessions for \$40

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.

Chair Yoga

Dates: Fridays, March 29–May 17

Time: 9–10 a.m.

Instructor: Mary Bishop

Cost: \$8 drop-in or \$40 for 8 weeks

Designed to help with ease of movement and breath, finding stability and strength through yoga poses with variations for every ability.

ONGOING GROUPS, CLASSES & CLUBS

Coffee & Comfort

Date: Monday, April 1

Time: 3–4 p.m.

Instructor: Stephanie Kisilywicz,
Beacon Hospice

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. This group meets on the first Monday of each month and is facilitated by Beacon Hospice. Please call to register so we have enough coffee and light refreshments to go around.

To register, call 795-4010 or 1-800-427-1241.

Knitting Group

Dates: Wednesdays

Time: 5–7:30 p.m.

Work on your own project or learn how to knit – bring yarn and knitting needles. Please use back entrance.

Caregiver Support Group

Date: Monday, April 8

Time: 5:30–7 p.m.

Occurs on the second Monday of each month. Offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff.

Book Club

Date: Wednesday, April 10

Time: 2–4 p.m.

The book to read for this month is *The Miniaturist* by Jessie Burton. *The Miniaturist* is set in 17th century Amsterdam—a city ruled by glittering wealth and oppressive religion—a masterful debut steeped in atmosphere and shimmering with mystery.

Chronic Pain Support Group

Date: Monday, April 22
Time: 2–4 p.m.

This group was formed by participants of a Living Well with Chronic Pain workshop. This group meets on the fourth Monday of each month and is for people who have chronic pain.

Caregiver Support Group

Date: Thursday, April 25
Time: 8:30–10 a.m.
Instructors: Albert L'Etoile and Pam Smith, Woodlands Memory Care of Lewiston

We have added a second caregiver support group. This group will meet on the last Thursday of each month. It offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by Woodlands Memory Care of Lewiston staff.

Vision Support Group

Date: Monday, April 29 (due to holiday on Monday, April 15)
Time: 2:30–4 p.m.

This is a peer-facilitated support group for the legally blind and vision impaired to share how this disability affects their daily lives. A safe place to meet and share thoughts and encouragement. Developing a good support system offers empowerment and confidence. Family and friends are welcomed. Typically meets on the third Monday of each month.

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Monday, April 1
Time: 3–4:30 p.m.
Location: SeniorsPlus, 218 Fairbanks Road, Farmington

Offers a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff.

Living Well with Chronic Pain

Dates: Tuesdays, April 23–May 28
Time: 3:30–6 p.m.
Instructors: SeniorsPlus staff
Location: Franklin Adult Education Conference Room, 129 Seamon Road, Suite A, Farmington

This free six-week long workshop is for those who want to learn ways to better manage their pain. Participants will learn ways to deal with frustration, fatigue, poor sleep, and isolation. Come get the support you need to enjoy life to its fullest.

Tai Chi for Arthritis and Falls Prevention

Dates: Mondays & Wednesdays, April 22–June 12 (8 weeks, 16 classes)
Time: 2:30–3:30 p.m.
Instructor: Beth Ellen McNamara
Location: SeniorsPlus, Harper Conference Center, Ripley Medical Building, 193 Main St., Norway
Cost: \$40 for 8 weeks

Are you interested in a low-impact exercise program to improve flexibility and balance? Tai Chi movements are slow, controlled, and gentle, emphasizing body alignment, weight transfer, and internal focus. Both easy to learn and do, the forms are designed to improve flexibility and balance, enhance relaxation, increase strength and flexibility, develop better breathing, and improve overall health. Tai Chi improves your balance and significantly reduces the rate of falls in older adults. Movements can be done seated or standing, making it ideal for people of almost any age or physical condition. Registration required. No enrollment accepted after first week of class. **Class limit 17.**

About SeniorsPlus and our Education Center

Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve.

Educational programs like these are made possible by contributions from people like you.

To register, call 795-4010 or 1-800-427-1241.