

SeniorsPlus EDUCATION CENTER

JANUARY 2020 CLASSES

Game Day at SeniorsPlus

Date: Tuesday, January 7

Time: 1–4 p.m.

Join us at SeniorsPlus for an afternoon full of fun, socialization, and popcorn. Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards. All are welcome.

Fighting the Winter Blues

Date: Thursday, January 9

Time: 2–3:30 p.m.

Instructor: Angela Moore,
Beacon Hospice

The holiday season is over and winter is settling in. Winter can be a time when we are more likely to get sick, fall, or feel stress and loneliness. Exercise and healthy habits can help. Let's chat about ways to stay healthy, avoid the flu, and support family and friends to create new memories. We will review ways to prevent the winter blues and look forward to winter again.

Paint & Take

Date: Tuesday, January 14

Time: 9 a.m.–noon

Instructor: Yvonne Allen

Cost: \$15 for materials

Paint your own 11x14 canvas. The painting will be a winter scene with a cardinal. All materials, including the canvas, paint brushes, and paint, are included in the \$15 fee.

Living Well for Better Health

Dates: Tuesdays, January 14–
February 18

Time: 1:30–4 p.m.

Locations: The Dempsey Center,
Lewiston and South Portland

Addresses: 29 Lowell St.,
Lewiston, and 778 Main St.,
South Portland

The Living Well for Better Health workshop is designed to help participants deal with chronic conditions. Topics include: techniques to deal with frustration, fatigue, pain

and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. The above listed workshops are open to individuals managing cancer and its related symptoms, their friends, and family. For more information or to register for either location, call the Dempsey Center at 795-8250.

Evictions and Landlord-Tenant Law

Date: Thursday, January 23

Time: 2–3 p.m.

Instructor: Andrew Milne,
Legal Services for the Elderly

Andrew's back to discuss the eviction process and other aspects of landlord-tenant law.

Classes are free, unless noted.

We are fully accessible.
Hearing Assistive Equipment
is available upon request.

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

See our Facebook page:

www.facebook.com/seniorsplus

Living Well with Chronic Pain

Dates: Thursdays, January 23–February 27

Time: 4–6:30 p.m.

Location: Lewiston Adult Education, 156 East Ave.

The Living Well with Chronic Pain workshop is designed for people who have chronic pain, their friends, and family. The workshop goes over strategies for dealing with chronic pain symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. All workshop completers will receive a \$20 gift card to either Hannaford or Walmart. Please register for the workshop through Lewiston Adult Education. Visit www.lewiston.coursestorm.com or call 795-4141.

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.

Transforming Stress and Heart Resiliency

Date: Tuesday, January 28

Time: 2–4 p.m.

Instructor: Monica Dawe,
certified HeartMath
practitioner

In this two-hour presentation, Monica will take you on a journey of the heart. She will share research, technology, and tools to help you engage your heart intelligence to proactively mediate the effects of stress, anxiety, and depression on your body.

You will be shown:

- The science behind the heart's intelligence;
- How the heart and brain communicate with each other;
- Why this is important for reducing stress, managing your emotions, improving your immune system, cognitive function, creativity, and more;
- Technology demonstration to show the difference between “negative” feelings vs. “positive” feelings on our hearts’ “coherence,” simple yet powerful tools to help shift our emotions in the moment.

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

Medicare Made Simple

Date: Wednesday, January 29

Time: 9–11 a.m.

Instructor: Valerie Cole,
SeniorsPlus staff

Learn how to navigate Medicare with this introductory course. 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.

Crafting with Corinne

Date: Wednesday, January 29

Time: 2–3:30 p.m.

Instructor: Corinne Saindon
Cost: \$5 for materials

Got Valentine's Day treats? Come create a cute, quick valentine candy treat holder, with a card for your friend or loved one. Fee of \$5 covers all materials for each project. **Class size is limited to 10.**

Reducing Waste & Improving Recycling

Date: Thursday, January 30

Time: 10:30–11:30 a.m.

Presenter: Megan Mansfield
Pryor, Maine Department of
Environmental Protection

Learn how recycling helps reduce the environmental impact of waste, best practices for how to recycle, the benefits of waste reduction, and how small changes can help you make less trash.

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ONGOING GROUPS, CLASSES & CLUBS

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.

Coffee & Comfort

Date: Monday, January 6
Time: 3–4 p.m.

Instructor: Stephanie Kisilywicz,
Bereavement Coordinator,
Beacon Hospice

Loss is hard. 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.

Book Club

Date: Wednesday, January 8
Time: 2–4 p.m.

This peer-facilitated club meets on the second Wednesday of each month. The book to be read for this month's group is *The Aviator's Wife* by Melanie Benjamin. This book pulls back the curtain on the marriage of one of America's most extraordinary couples: Charles Lindbergh and Anne Morrow Lindbergh.

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

Caregiver Support Group

Date: Monday, January 13
Time: 5:30–7:30 p.m.

Held on the second Monday of each month, this group 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/volunteers.

Chronic Pain Support Group

Date: Monday, January 27
Time: 2–3:30 p.m.

This group was originally formed by participants of a Living Well with Chronic Pain workshop. The group is open to people who are living with and managing chronic pain. This group meets on the fourth Monday of each month and is facilitated by SeniorsPlus staff.

Caregiver Support Group

Date: Thursday, January 30
Time: 8:30–10 a.m.

Instructors: Pam Smith and
Isabell Kubeck, Woodlands
Memory Care of Lewiston

The second caregiver support group occurs on the last Thursday of each month. This group 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.

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

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.

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.

Chair Yoga for Seniors

Dates: Mondays only
January 27–March 23
(off Feb. 17)

Time: 9–10 a.m.

Instructor: Tisha Bremner

Cost: \$8 drop-in (space permitting)
or \$40 for 8 weeks

Designed to help you increase vitality, gain a deeper sense of calm, and find your inner awareness. This class combines meditation, easy warm-ups, energizing stretches, and balancing yoga postures with deep breath awareness to enhance a sense of well-being. Open to all experience and ability levels.

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

Chair Yoga

Dates: Fridays only
January 3–February 7
(six-week session)

February 14–March 20
(six-week session)

Time: 8:45–9:45 a.m.

Instructor: Mary Bishop

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

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

Chair to Mat Yoga

Dates: Fridays only
January 3–February 7
(six-week session)

February 14–March 20
(six-week session)

Time: 10–11 a.m.

Instructor: Mary Bishop

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

Bring your yoga mat and a blanket to Mary for this class that takes you from the chair to the mat. Designed to help with ease of movement and breath; finding stability and strength through yoga poses with the support of a chair, floor, and props. **Class limit of 6 people per session.**

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

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Monday, January 6

Time: 3–4:30 p.m.

Location: SeniorsPlus,
218 Fairbanks Road, Farmington

SeniorsPlus' Caregiver Support Group 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 and meets on the first Monday of each month.

Game Day at SeniorsPlus in Norway

Date: Wednesday, January 8
(closed January 1)

Time: 1–4 p.m.

Location: SeniorsPlus,
9 Marston St., Norway

Per request, we've added game to our Norway office schedule. The group will typically meet on the first Wednesday of each month. Due to the holiday on January 1, the group will meet on Wednesday, January 8, this month. Join us for an afternoon full of games, fun, and socialization. Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards. All are welcome!

See our Facebook page:

www.facebook.com/seniorsplus

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