

# SeniorsPlus EDUCATION CENTER

**JUNE 2019  
CLASSES**

## **Androscoggin Readers Theater**

**Date:** Monday, June 3  
**Time:** 1:30–2:30 p.m.

**Instructors:** Androscoggin  
Readers Theater Group

As requested, Androscoggin Readers Theater returns to SeniorsPlus to present performances of their original, humorous scripts that explore the quirks, peculiarities, and idiosyncrasies of senior life, all in good fun!

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.

## **Robo Calls**

**Date:** Tuesday, June 4  
**Time:** 10–11:30 a.m.  
**Instructor:** Alan Elze

We've all received the call for a free medical alert necklaces, extended car warranties, and others that don't say anything. They're all annoying. Learn how we can slow down the amount of calls — last year an estimated 48 billion calls in the U.S. alone.

## **Ibis Program Information Session**

**Instructor:** Brenton Stoddart,  
Ibis Care Navigator  
**Dates:** Wednesday, June 5  
**Time:** 1–4 p.m.

On the first Wednesday of each month, the Ibis Program will demonstrate 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? The Ibis Program is almost completely paid for by Medicare!

## **Support for the Last Days of Life**

**Date:** Monday, June 10  
**Time:** 2–3:30 p.m.  
**Instructor:** Angela Moore,  
Beacon Hospice

The last days of life are often difficult, exhausting, and emotionally taxing. How do we support our loved ones and family during this time? During this presentation, we will discuss what to expect and prepare for a beautiful death and how to celebrate our lives.

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

## Sexuality & Aging: Debunking Myths and Changing Expectations

**Date:** Tuesday, June 11

**Time:** 10–11:30 a.m.

**Instructor:** Susan Kamin,  
Certified Nurse Midwife &  
Sexual Health Counselor

It is well researched that most people enjoy sexually satisfying lives throughout the lifespan. However, sex is often treated as taboo or inappropriate for aging folks, so it is rarely discussed. Please come to this sex-positive class to learn how to improve your quality of life by discovering the facts about senior sexuality.

## Medical Marijuana 101

**Date:** Wednesday, June 12

**Time:** 9–11 a.m.

**Instructor:** Danielle Miller  
and Marissa Martin

This presentation will go over how cannabis works in the body, ways to ingest it and how each method takes effect, how to track what you are trying and the success of your results, and lastly, this class will cover how to make your own cannabis remedies.

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

## AARP Safe Driving

**Date:** Thursday, June 13

**Time:** 10–2:30 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.

## The Power of Prevention!

**Date:** Tuesday, June 18

**Time:** 11 a.m.–noon

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

Statistics estimate that nearly half of all cancers are preventable. Join Maureen to talk about lifestyle changes that can reduce your risk of cancer. This interactive presentation will focus on behaviors over which we have control, and look at simple ways we can incorporate healthy choices into our lives, increase overall wellness, and prevent chronic disease.

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

## Energy Efficiency, Benefits, Tips, & Weatherization

**Date:** Wednesday, June 19

**Time:** 2:30–4 p.m.

**Instructor:** Kristine Corey,  
Energy Efficiency  
Coordinator, AmeriCorps

High energy bills? Discover an affordable path to a clean and green future in renewable energy. Looking through an environmentally conscious lens, we will discuss simple ways to combat climate change and reduce energy bills. Learn easy, DIY weatherization techniques, and get introduced to local organizations committed to energy efficiency. Includes the opportunity for a free one-hour home energy consultation.

## Part II: Healthy Eating on a Low Budget

**Date:** Tuesday, June 25

**Time:** 10:30 a.m.–noon

**Instructor:** Martin Raj, Olive  
Branch Café

In continuation to Healthy Eating on a Low Budget: Part 1, you will learn practical tips on how you could eat healthy without spending too much time and money.

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

## Crafting with Corinne

**Date:** Wednesday, June 26

**Timeslots:** 1:30–3 p.m. and 3–4:30 p.m.

**Instructor:** Corinne Saindon

**Cost:** All class supplies provided for \$5

In this class, we'll create another all-occasion card as well as a sympathy card.

**Class size is limited to 10.**

## Game Day at SeniorsPlus

**Date:** Thursday, June 27

**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!

## ONGOING GROUPS, CLASSES & CLUBS

### Coffee & Comfort

**Date:** Monday, June 3

**Time:** 3–4 p.m.

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.

### Knitting Group

**Date:** Wednesdays

**Time:** 5–7:30 p.m.

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

### Caregiver Support Group

**Date:** Monday, June 10

**Time:** 5:30–7 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.

### Book Club

**Date:** Wednesday, June 12

**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 *Silas Marner* by George Eliot. *Silas Marner: The Weaver of Raveloe* is the third novel by George Eliot, published in

1861. An outwardly simple tale of a linen weaver, it is notable for its strong realism and its sophisticated treatment of a variety of issues ranging from religion to industrialization to community.

### Chronic Pain Support Group

**Date:** Monday, June 24

**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, June 27

**Time:** 8:30–10 a.m.

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

The second caregiver support group will meet 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.

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

## EXERCISE CLASSES

*Some insurance companies offer reimbursement for these classes. You must call your insurance company to find out if they do.*

### 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

**July 15–Aug. 26** (7-week session \$35)

**Sept. 16–Nov. 18** (off Oct. 14 and Nov. 11)

**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 only

**May 24–July 12**

**July 19–Sept. 6**

**Time:** 9–10 a.m.

**Instructor:** Mary Bishop

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

Join Mary in this class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability.

## FRANKLIN & OXFORD COUNTIES

### Caregiver Support Group

**Date:** Monday, June 3

**Time:** 3:00–4:30 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.

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

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

## 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.*

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