

# SeniorsPlus EDUCATION CENTER

**MARCH 2018  
CLASSES**

## **Coping with Hearing Loss**

**Date:** Thursday, March 1

**Time:** 1 – 2 p.m.

**Instructor:** Louise Sweetser,  
Marty Layne Hearing

Tips to both the hearing aid wearer and the non-wearer about how to hear the best that they can in different situations. And tips to having conversations with another person that has untreated hearing loss.

## **1-800 Help Me Tim: Smartphones**

**Date:** Tuesday, March 6

**Time:** 9 – 11 a.m.

**Instructor:** Tim Verrill,  
SeniorsPlus

Bring in your smartphone and any questions or problems that you have regarding your laptop. **Limit 5.**

## **Power of Prevention**

**Date:** Tuesday, March 6

**Time:** 1 – 2 p.m.

**Instructor:** Maureen Higgins,  
The Dempsey Center

March is Colon Cancer Awareness month. Learn how to reduce your risk and the importance of screening.

## **Healthy Neighborhoods Mapping Workshop**

**Date:** Tuesday, March 6

**Time:** 3 to 4:30 p.m.

**Instructor:** Paige Wagner,  
Healthy Neighborhoods  
Network Organizer

Healthy Neighborhoods is a group of Lewiston residents who are collectively working to establish a specific “Model Corridor” in the community to invest in. This will be a fun and interactive mapping workshop focusing on downtown Lewiston. Participants will receive a \$5 gift card for participating.

## **Good Grief**

**Date:** Thursday, March 8

**Time:** 1 – 2 p.m.

**Instructors:** Angela Moore  
and Stephanie Kisilywicz,  
Beacon Hospice

This class will provide basic information on grief and then discuss what happens after you finish a bereavement group.

## **Safe Driving**

**Date:** Thursday, March 15

**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, lunch, and membership card.

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.

## Effective Communication Strategies

**Date:** Tuesday, March 20

**Time:** 10 – 11:30 a.m.

**Instructor:** Mark Pechenik,  
The Alzheimer's Association

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

## Cooking for 1 or 2

**Date:** Tuesday, March 20

**Time:** 1 – 2:30 p.m.

**Instructors:** SeniorsPlus  
Nutrition Department

Cooking for one or two often seems like a daunting task. You might wonder "Is it worth the trouble?" If you're on a budget and need to eat healthy, it can be overwhelming. Learn simple tips to make healthy, budget-friendly meals. Sample a quick, healthy dish. **Limit 30.**

## 1-800 Help Me Tim: Laptops

**Date:** Thursday, March 22

**Time:** 9 – 11 a.m.

**Instructor:** Tim Verrill,  
SeniorsPlus

Bring in your laptop and any questions or problems that you have regarding your laptop.

**Limit 5.**

## Crafting with Corinne: Easter

**Date:** Monday, March 26

**Time:** 1:30 – 3 p.m.

**Instructor:** Corinne Saindon,  
local artisan

**Cost:** \$5 for supplies

Create some spring-themed cards and a candy treat holder.

**Limit 10.**

## Piecing Together the Patterns of Our Lives: A Memoir Workshop

**Dates:** Thursdays, March 29 –  
April 26

**Time:** 9:30 – 11:30 a.m.

**Instructor:** Ariela Zucker

This is a five-session workshop, created to assist the participants in writing the stories of their lives. The workshop features topics near to everyone's heart. We will write about ourselves and the people who shaped us; about significant memories; about love and work; about sad

events and happy times; and about lessons and legacies. **This class is for Senior College members only. Please call Senior College at 780-5960 to register for this course.**

## Taste of Hebrew

**Dates:** Thursdays, March 29 –  
May 5

**Time:** 1 – 3 p.m.

**Instructor:** Ariela Zucker

Ariela grew up in Jerusalem. She and her husband left Israel in September 2001. Followed by three of their daughters, they decided to stay in Maine and live in Ellsworth, in the motel they own and operate. Ariela has a BA from the Hebrew University in Jerusalem and an MA in Counseling Education, from the University of Pittsburgh. Like the name implies, this is an opportunity to get a first impression of the overall structure of the Hebrew language. The course will include some practice of writing and reading to make the language more accessible. Most of the time will be dedicated to developing basic vocabulary in day-to-day Hebrew and simple phrases to enable short conversations. **This class is for Senior College members only. Please call Senior College at 780-5960 to register for this course.**

*Continued >>>*

## Living Well with Chronic Pain

**Dates:** Fridays, March 30 – May 4

**Time:** 1 – 3:30 p.m.

**Instructors:** Robyn Spugnardi and Cecilia Natale

This is a 6-week workshop for those who want to learn ways to better manage their pain and health concerns. The workshop is held once a week for 2½ hours for adults who have long-term or chronic pain lasting longer than six months, or beyond the expected healing time for an injury. Participants of this interactive workshop learn ways to deal with frustration, fatigue, poor sleep, and isolation. You will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance, techniques for pacing activity and rest, how to evaluate new treatments, and appropriate use of medications to treat your pain. Snacks will be provided and there will be a drawing for a \$25 Visa gift card. **Limit 16.**

**See our Facebook page:**

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

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8 Falcon Road,  
Lewiston, Maine 04240,  
unless noted.

## ONGOING FITNESS

*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, January 22 - March 19

**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, March 9 - April 27

**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.

### Total Strength & Balance

**Dates/times:** Mondays,  
11:15 a.m. – noon  
OR 12:15 to 1 p.m.

**Dates/times:** Wednesdays and  
Fridays, 11:30 a.m. – 12:15 p.m.

**Instructor:** Linn Morin

**Cost:** \$5 for drop-in,  
\$15 for 6 classes, \$25 for 12  
classes. One-month passes  
are nonrefundable.

**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.

## ONGOING GROUPS

### Coffee & Comfort

**Date:** Monday, March 5

**Time:** 3 – 4 p.m.

A new group that meets on the **first Monday of each month** for those who have experienced loss and have completed the Bereavement Group at Beacon Hospice.

### Caregiver Support Group

**Date:** Monday, March 12

**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.

### 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.

### Book Club

**Date:** Wednesday, March 14

**Time:** 2 – 4 p.m.

Meet on the **2nd Wednesday of each month**. The book to be read for this month's group is "Red Ruby Heart in a Cold Blue Sea" by Morgan Callan Rogers.



## OXFORD & FRANKLIN COUNTIES

### Healthy Living for Your Brain & Body

**Date:** Monday, March 5

**Time:** noon – 1 p.m.

**Instructor:** The Alzheimer’s Association

**Location:** Farmington Senior Center

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

### Living Well for Better Health — Norway

**Dates:** Mondays, March 12 – April 16

**Time:** 10 a.m. – 12:30 p.m.

**Instructors:** Valerie Cole and Robyn Spugnardi

**Location:** Stephen’s Memorial Hospital, 181 Main St. in Norway

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.**

#### See our Facebook page:

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

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

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

### Thriving in Place Update

**Date:** Monday, March 19

**Time:** noon – 1 p.m.

**Instructor:** Mary Richards, SeniorsPlus

**Location:** Farmington Senior Center

Interested to see how the Thriving in Place (TiP) grant is going in Farmington? Come find out and see what’s upcoming!

### Living Well for Better Health — Rumford

**Dates:** Fridays, March 30 – May 4

**Time:** 9 – 11:30 a.m.

**Instructors:** Laure Johnson and Cecilia Natale

**Location:** Beacon House in Rumford, 20 Congress St.

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.**

#### 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.*