

# SeniorsPlus EDUCATION CENTER

**MAY 2018  
CLASSES**

## **Jewelry Making: Memory Wire Bracelets**

**Date:** Tuesday, May 1

**Time:** 9 a.m. – noon

**Instructor:** Lisa Marshall,  
2 Blue Gems

**Cost:** \$15 for supplies

Participants in this class will make their own memory-wire bracelet, utilizing varied gemstone, glass, and metal beads and charms. Ends will be finished off by the instructor. All materials will be provided, and participants will leave with a wearable piece of jewelry.

**See our Facebook page:**

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

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

## **Understanding Healthcare Options Part 1**

**Date:** Wednesday, May 2

**Time:** 2 – 3:30 p.m.

**Instructors:** Angela Moore,  
Beacon Hospice and Dave  
Bracket, Kindred At Home

Are you confused about your health care choices? What levels of care and resources are available for you and/or your family member? We will review Medicare rules and guidelines to help you be an informed consumer participating in healthcare decisions that impact your quality of care. This is an informational session to help improve your ability to navigate our healthcare system and better talk to your doctor.

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

## **Navigating the Senior Care Pathway**

**Date:** Thursday, May 10

**Time:** 1 – 2:30 p.m.

**Instructor:** Albert L'Etoile,  
Woodlands of Lewiston

Think of this presentation as “Senior Care Options 101.” Albert will also present some local options for each level of care as well as touch briefly upon options for payment. If you are looking for a senior care option for your parents or for yourself, “Navigating the Senior Care Pathway” is a great place to start.

## **Safe Driving**

**Date:** Thursday, May 17

**Time:** 10 a.m. – 2:30 p.m.

**Instructor:** Donna McGibney,  
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 three years. Bring your driver's license, lunch, and membership card.

## Crafting with Corinne: Squash Book

**Date:** Monday, May 21

**Time:** 2 – 3:30 p.m.

**Instructor:** Corinne Saindon

**Cost:** \$5 for supplies

Squash books can be used to showcase pictures from a special event.

## Dementia-related Behavior

**Date:** Tuesday, May 22

**Time:** 10 – 11:30 a.m.

**Instructor:** The Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

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## I Don't See So Well Anymore

**Date:** Tuesday, May 22

**Time:** 2:30 – 3:30 p.m.

**Instructor:** Samantha Green,  
The Iris Network

Has your vision changed? Have you been diagnosed with an eye disease? Do you have a loved one who is having vision problems? A specialist from The Iris Network, a Maine agency that works specifically with the visually impaired, will discuss simple tips and tricks that you can do to enhance the vision you have. Learn what can be done to remain as independent as possible in your own home.

## Jewelry Making: Earrings

**Date:** Tuesday, May 29

**Time:** 9 a.m. – noon

**Instructor:** Lisa Marshall,  
2 Blue Gems

**Cost:** \$10 for supplies

Come make a couple pairs of French hook earrings!

## Living Well for Better Health

**Date:** Wednesdays, May 30 –  
July 11 (no class on 7/4)

**Time:** 8:30 – 11 a.m.

**Instructors:** Robyn Spugnardi  
and Claire Bachand

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.**

## Improve Your Hearing, Improve Your Mind

**Date:** Thursday, May 31

**Time:** 10 – 11 a.m.

**Instructor:** Dr. Abbey Forcier,  
Central Maine Audiology

Dr. Abbey Forcier from Central Maine Audiology will share recent research that demonstrates a link between hearing loss and dementia. Learn how appropriate treatment for hearing loss can provide brain support to help keep your mind sharp.

**Continued >>>**

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

## 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

**Date:** Mondays, April 2 – June 4 (no class 5/28)

**Time:** 9 – 10 a.m.

**Instructor:** Tisha Bremmer

**Cost:** \$40 for 8 weeks;  
Drop in: \$8 per class.

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

**Date:** Fridays, March 9 – April 27

**Time:** 9 – 10 a.m.

**Instructor:** Tisha Bremmer

**Cost:** \$35 for 7 weeks;  
Drop in: \$8 per class.

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.

## ONGOING GROUPS

### 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. Please use back door.

### Coffee & Comfort

**Date:** Monday, May 7

**Time:** 3 – 4 p.m.

Meets on the first Monday of each month for those who have experienced loss and have completed the Bereavement group at Beacon Hospice.

### Book Club

**Date:** Wednesday, May 9

**Time:** 2 – 4 p.m.

Meets on the second Wednesday of each month. The book to be read for this month's group is "The Boston Girl" by Anita Diamant.

### Total Strength and Balance

**Date:** Mondays (no class 5/28)

**Time:** 11:15 – noon  
OR 12:15 – 1 p.m.

**Date:** Wednesdays and Fridays

**Time:** 11:30 a.m. – 12:15 p.m.

**Instructor:** Linn Morin,  
Certified Trainer

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

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

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## ONGOING GROUPS

*Continued*

### Caregiver Support Group

**Date:** Monday, May 14

**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.

## FRANKLIN AND OXFORD COUNTIES

### A Matter of Balance

**Date:** Thursdays, May 3 – June 21

**Time:** 9:30 – 11:30 a.m.

**Instructors:** Jacquelyn Cressy and Linda McDonough

**Location:** Bethel Family Health Center, 32 Railroad St. in Bethel

This is an eight-week long workshop designed to reduce the fear of falling and to increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple strength and balance exercises. **Limit 16.**

### A Matter of Balance

**Date:** Thursdays, May 10 – June 28

**Time:** 9:30 – 11:30 a.m.

**Instructors:** Amanda Peralta and Jackie Gammon

**Location:** Rumford Public Library, 56 Rumford Ave.

This is an eight-week long workshop designed to reduce the fear of falling and to increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple strength and balance exercises. **Limit 16.**

### Living Well for Better Health

**Date:** Wednesdays, May 16 – June 20

**Time:** 9 – 11:30 a.m.

**Instructors:** Laure Johnson and Cheryl Moody

**Location:** SeniorsPlus Farmington office, 218 Fairbanks Road

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

### In Farmington at the Community Center:

**May 7 – Dory Diaz, Franklin County Animal Shelter**

All of the services that the FCAS does and the various ways that you can help out.

**May 21 – Laure Johnson, SeniorsPlus**

Presentation of SeniorsPlus services

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 13.**

### 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.*