

SeniorsPlus EDUCATION CENTER

**MAY 2019
CLASSES**

Ibis Program Information Session

Instructor: Brenton Stoddart,
Ibis Care Navigator
Dates: Wednesday, May 1
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!

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.

True Colors

Date: Thursday, May 2
Time: 1:30–3:30 p.m.
Instructor: Angela Moore,
Beacon Hospice

True Colors is a personality test that expresses the four colors of being; Blue, Green, Gold and Orange. Each of us have these colors in our personality, but generally one color impacts our personality and communication style. In this presentation, we will discover your True Color and how those colors change in different situations. No one color is better than the other, but it is helpful to understand your strongest color in communication and social situations to help build teamwork so we can thrive in a community.

Cooking With Nutrition - Indian Cooking Demo

Date: Tuesday, May 7
Time: 3–4:30 p.m.
Instructor: Martin Raj,
The Olive Branch Café

Do you like Indian food? Are you interested in preparing your own? Come join us and learn to make Indian food in its healthiest form while not compromising on its authentic taste.

Let's Revive

Good Civil Discourse

Date: Wednesday, May 8
Time: 9:30–11 a.m.
Instructor: Chloe Giampaolo

Chloe is a local volunteer and author with a passion for learning and teaching. She is a world traveler having been to all seven continents. At almost 83 years old, she has never lost her zest for life and passion for sharing her experiences with other people. During this workshop you will learn:

- How to connect with others in order to understand where they are coming from
- How to build trust by learning how to empathize
- How to give a speaker your full attention
- How to use your body to say "I'm listening."
- How to paraphrase what the speaker said using your own words

You will learn how to be part of the solution and not part of the problem. This class will also include small group discussion.

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

When My Pet Gets Old

Date: Thursday, May 9

Time: 9 a.m.–noon

Instructors: Sandy Graul and Pat Casson, Greater Androscoggin Humane Society

Pets are living longer thanks to improved vet care and nutritional food options. Learn about animal alert cards, emergency contact information for your pets, rehoming, how to help your pet stay happy and healthy, as well as early signs of disease through changes in behavior and routines. Pat will bring in several of her own very well-trained pets.

Living Well with Diabetes

Dates: Thursdays, May 9 through June 20 (no class on June 13)

Time: 1–3:30 p.m.

Instructors: SeniorsPlus Staff/Volunteer

Do you want to better manage your diabetes symptoms and improve your daily life? This free program can help. Living Well with Diabetes is an interactive, six-week self-management workshop. Join us to share experience and learn new skills with the guidance of trained facilitators:

- Build confidence and motivation
- Manage symptoms and complications
- Choose healthy foods and stay active
- Set individual goals

Medicare Made Simple

Date: Monday, May 13

Time: 2–4 p.m.

Instructor: Valerie Cole, SeniorsPlus

Medicare is complex so 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 has Medicare and would like to learn more.

AARP Safe Driving

Date: Tuesday, May 14

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.

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

Phone & Internet Scams Targeting Seniors

Date: Wednesday, May 15

Time: 9–10 a.m.

Instructor: Jason Moore, Sergeant, Auburn Police Department

Discuss tips on how to identify scams and learn what to do if you think you have been scammed or solicited. Actual police investigations will be discussed to give real world examples of how scammers work.

Ticks & Mosquitos

Date: Wednesday, May 15

Time: 1:30–3 p.m.

Instructor: Sarah Bly, Epidemiologist at Maine CDC

This class will highlight tick and mosquito-borne illnesses and what we can do to prevent exposures. We'll also discuss tick and mosquito biology and ecology (the how and why these pests do what they do where they do it).

Crafting with Corinne

Date: Wednesday, May 22

Timeslots: 1:30–3 p.m.

and 3–4:30 p.m.

Instructor: Corinne Saindon

Cost: \$5 for all supplies

In this class, you will have the opportunity to create cards for men/boys in your life. **Class size is limited to 10 per session.**

Classes are held at
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Downsizing Made Easy!

Date: Tuesday, May 28

Time: 3–4:30 p.m.

Instructors: Liz and Kim

Downsizing and moving is very overwhelming, but there are steps to making the process easy and stress-free. From sorting to selling, to packing and moving, learn how SimplySized Home can help you through a transition.

Game Day at SeniorsPlus

Date: Wednesday, May 29

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

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 entrance.

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

Coffee & Comfort

Date: Monday, May 6

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 to go around.

Book Club

Date: Wednesday, May 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 is *Where'd You Go, Bernadette?* by Maria Semple. A 2012 comedy novel, the plot revolves around an agoraphobic architect and mother named Bernadette Fox, who goes missing prior to a family trip to Antarctica. It is narrated by her 15-year-old daughter, Bee Branch.

Caregiver Support Group

Date: Monday, May 13

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.

Chronic Pain Support Group

No group in May due to Memorial Day

This group was formed by participants of a Living Well with Chronic Pain workshop. This group meets monthly at 2 p.m. on the fourth Monday of each month. This group is for people who have chronic pain.

Caregiver Support Group

Date: Thursday, May 30

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.

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

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
May 13–July 8 (off May 27)
July 15–Aug. 26 (7-week session \$35)

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
May 24–July 12
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.

FRANKLIN & OXFORD COUNTIES Caregiver Support Group

Date: Monday, May 6
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.

10 Tips

Dates: Thursdays, May 9, 16, 23, 30
Time: 2–3 p.m.
Instructor: Holly Utt, Community Nutrition Education, Healthy Oxford Hills

The 10 Tips nutrition series consists of a 10-part series based on the U.S. Department of Health and Human Services' "10 tips Nutrition Education Series" which provide simple, easy-to-follow tips from the latest Dietary Guidelines for Americans. Food demonstrations, tastings, and a cookbook are provided. Incentive available for participants who complete the program and feedback surveys. **Limit 18.**

CANCELED

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.

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