

SeniorsPlus EDUCATION CENTER

**SEPTEMBER 2018
CLASSES**

Living Well for Better Health

Date: Wednesdays, August 29 –
October 6

Time: 8:30 – 11 a.m.

Instructors: Robyn Spugnardi
and Claire Bachand

This six-week 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. **Limit 16.**

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

Shopping for Senior Care

Date: Tuesday, September 4

Time: 11:00 a.m. – noon

Instructor: Albert L'Etoile,
Woodlands

Albert L'Etoile has worked in Senior Care for over 30 years and has invaluable pointers to share. Learn about the various types of senior care and how to find the right situation for you or a loved one by using your "6 Senses" when considering options. Questions are welcome.

Long Term Care Insurance Planning

Date: Tuesday, September 4

Time: 1:00 – 2:30 p.m.

Instructors: Zoe, Jake and
Jennifer of Bankers Life

Learn how to protect your assets from estate recovery by MaineCare/Medicaid as well as what Medicare does and does not cover. Most Medicare recipients know of someone who has needed some form of rehab therapy. In fact, 70% of people over 65 will need some form of long term care. Participants will learn solutions for asset redemption and how to make decisions about receiving care. Light refreshments provided.

Tai Chi for Better Health

(also known as Tai Chi for Arthritis)

Date: Tuesdays and Thursdays,
September 4 – November 1

Time: 4:30 – 5:30 p.m.

Instructor: Robyn Spugnardi,
SeniorsPlus

Location: Lewiston High School

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. Tai Chi is one of the most effective exercises for the health of mind and body. **Call Lewiston Adult Ed at 207-795-4141 to register.**

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.

Therapeutic Yoga

Video Preview

Date: Thursday, September 6

Time: 10 – 11 a.m.

Instructor: Tisha Bremner,
Inner Light Yoga of Maine

View one of Tisha's locally produced Therapeutic & Healing Yoga videos filmed at Bates Mill #3. These videos were skillfully designed to help you find better strength, flexibility, and balance while experiencing the healing effects of yoga. DVDs will be available for purchase; have her sign it for you at this special event.

How Are You Spending Your Retirement?

Date: Tuesday, September 11

Time: 1 – 2 p.m.

Instructor: Chloe Giampaolo

Participants will discover how older Americans spend their time, based on a U.S. government publication; the three things retirees spend the most extra time on; popular retirement ambitions; and six things you can do for a happy retirement.

Legal Planning for Seniors

Date: Thursday, September 13

Time: 10 – 11:30 a.m.

Instructors: Meg Greene, Esq.,
and Kenleigh Nicoletta, Esq.,
Brann & Isaacson

Please note this is a repeat of July's class. Priority will be given to participants unable to attend in July. Participants in this class will learn about Financial Powers of Attorney, Advance Directives for Health Care, and planning for the

disposition of property on death. Everyone, regardless of age or health, should have a Power of Attorney and Advance Directive for Health Care, but one size does not fit all. There are many important considerations before authorizing another person to make financial and health care decisions for you. In addition, planning for the transfer of property on death involves more than just signing a will; without additional planning, property can pass to unintended beneficiaries when you pass away. Careful planning may also allow you to avoid probate, minimizing costs and delays for your heirs.

Crafting with Corinne: Card & Post-It Note Holder

Date: Thursday, September 13

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon,
local artisan

Cost: \$5 for supplies

Create a one-of-a-kind card and Post-It noteholder. All class supplies provided for \$5.

Medicare 101

Date: Monday, September 17

Time: 4:30 – 6:30 p.m.

Instructor: Kerry Faria,
Certified Medicare Counselor

Learn the basics and timelines of this complex system, when you need to sign up for what, and ways to save money.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Safe Driving

Date: Thursday, September 20

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 three years. Bring your driver's license, lunch, and membership card.

The Books of Harper Lee

Date: Tuesdays, September 25 –

November 6 (no class Oct. 16)

Time: 9:30 – 11:30 a.m.

Instructor: Laura Sturgis

This course will explore two books authored by Harper Lee, "To Kill A Mockingbird" and "Go Set A Watchman." Class involves reading and discussing both books and, hopefully, viewing the Gregory Peck film. This class is for Senior College members only. **Call Senior College at 207-780-5960 to register.**

The Latest in Consumer Protection

Date: Tuesday, September 25

Time: 2 – 4 p.m.

Instructor: David Leach,
Maine Bureau of Consumer
Credit Protection

David is a Maine native with 30+ years of experience in Maine government. He is also an adjunct professor and author or coauthor of over 17 consumer protection publications. Join David as he discusses the Equifax data breach, the new file freeze law for credit reports, and auto leasing.

Trivia with Coastal Transitions

Date: Thursday, September 27

Time: 10 – 11:30 a.m.

Instructors: Jenna Elerick and Jennifer Given, Coastal Transitions of Maine, LLC

Test your knowledge with fun questions that will take you back. Light refreshments will be provided as well as prizes for top trivia performers.

How Are You Dealing with Your Inner Critic?

Date: Thursday, September 27

Time: 1 – 2 p.m.

Instructor: Chloe Giampaolo

Learn how to evict that inner critic living rent-free in your head. Discover how your senses are used by your inner critic. Find out about the inner critic's top cruel remarks and how you can stop all of them in a positive way.

A Matter of Balance

Date and time: To be decided

Instructor: Dana Morrell with USM OT students

Location: Leeds DFD Russell Medical Center, 180 Church Hill Road, Leeds

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

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, August 13 – October 15 (no class on 9/3)

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

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, September 7 – October 26

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

Cost: \$35 for 7 weeks;

Drop in: \$8 per class.

See description above.

Total Strength & Balance

Date: Mondays (no class on 9/3)

Time: 11:15 a.m. – noon

OR 12:15 – 1 p.m.

Date: Wednesdays

Time: 11:30 a.m. – 12:15 p.m.

Date: Fridays

Time: 11:30 a.m. – 12:10 p.m.

OR 12:30 – 1:10 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.

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.

Coffee & Comfort

Date: Monday, September 10

Time: 3 – 4 p.m.

This month's group will meet on Monday, September 10, due to Labor Day. A group for those who have experienced loss and have completed the Bereavement group at Beacon Hospice.

Caregiver Support Group

Date: Monday, September 10

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.

Book Club

Date: Wednesday, September 12

Time: 2 – 4 p.m.

Meets on the second Wednesday of each month. The book to be read for this month's group is "Doctor Zhivago" by Boris Pasternak.

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

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

Vision Support Group

Date: Monday, September 17

Time: 2:30 – 4 p.m.

Meets on the third Monday of each month. This support group is for the legally blind and vision impaired to share how this disability affects their daily lives. Family and friends are welcomed. The group provides a safe place to share thoughts and encouragement. A good support system offers empowerment and confidence.

Chronic Pain Support Group

Meets monthly only for those who have chronic pain and have completed the Living Well with Chronic Pain workshop. Please call for more information.

FRANKLIN & OXFORD COUNTIES

Savvy Caregiver

Date: Tuesdays, August 21 – September 25

Time: 2 – 4 p.m.

Location: 218 Fairbanks Road, Farmington

A proven workshop to help those who care for someone with Alzheimer's or a related dementia.

Living Well for Better Health

Date: Wednesdays, August 22 – September 26

Time: 1 – 3:30 p.m.

Location: United Methodist Church, 8 Church Hill Road, Strong

Description on page 1. Please call for more information.

Living Well for Better Health

Date: Fridays, August 24 – September 28

Time: 9:30 a.m. – noon

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

Description on page 1. Please call for more information.

Caregiver Support Group

Date: Monday, September 10

Time: 3 – 4:30 p.m.

Location: 218 Fairbanks Road, Farmington

This month's group will meet on Monday, September 10, due to Labor Day. Offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system.

Tai Chi for Better Health

Date: Tuesdays and Thursdays, September 18 – November 8

Time: 3 – 4 p.m.

Location: Maine Adaptive Sports & Recreation, 8 Sundance Lane, Newry

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. Tai Chi is one of the most effective exercises for the health of mind and body. **Call Bethel Adult Ed at 207-824-2136, ext. 1340 to register. Rates apply.**

Living Well for Better Health

Date: Thursdays, September 27 – November 1

Time: 9 – 11:30 a.m.

Instructors: Laure Johnson, LSW, and Cheryl Moody

Location: SeniorsPlus, Olivia's Room, 218 Fairbanks Road, Farmington

Description on page 1. Please call for more information.

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

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.