

SeniorsPlus EDUCATION CENTER

**SEPTEMBER 2019
CLASSES**

Paint & Take

Date: Tuesday, September 3

Time: 9 a.m.–noon

Instructor: Yvonne Allen

Cost for materials: \$15

Paint a scarecrow on 11x14 stretch canvas. Yvonne will bring all the materials, including the canvas and acrylic paint. **Limit 16.**

10 Warning Signs

Date: Thursday, September 5

Time: Noon–2:30 p.m.

Instructor: Peter Baker, LCSW,
Alzheimer's Association

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Learn about 10 common warning signs to watch for in yourself and others, as well as Alzheimer's Association resources.

See our Facebook page:

www.facebook.com/seniorsplus

Living Well with Chronic Pain

Dates: Thursdays, September 5–
October 10 (six sessions)

Time: 2–4:30 p.m.

Instructors: SeniorsPlus

Location: Schooner Estates,
200 Stetson Road, Auburn

This workshop is designed to help people living with chronic pain, their family, and friends.

The workshop reviews strategies for dealing with chronic pain symptoms. Some topics covered include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Family and friends are also welcome to register. To register, visit www.healthylivingforme.org, email info@healthylivingforme.org, or call 1-800-620-6036 or 795-4010.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment
is available upon request.

Understanding Medicare Options for Care

Date: Monday, September 9

Time: 2–3:30 p.m.

Instructor: Angela Moore,
Beacon Hospice, and Dave
Brackett, Kindred at Home

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 to help you age in place in your home. Please come with questions.

AARP Safe Driving

Date: Tuesday, September 10

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

Medical Marijuana 101

Date: Thursday, September 12

Time: 9–11 a.m.

Instructor: Marissa Martin and
Kaela Soucy, Curaleaf Maine

This presentation will cover 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 how to make your own cannabis remedies.

Trivia with Coastal Transitions of Maine

Date: Thursday, September 12

Time: Noon–1:30 p.m.

Instructor:

Canceled

Coastal Transitions of Maine realizes that finding the best senior living option for you or your loved one can be a challenging and stressful decision. With the many options out there, from home care, independent living, assisted living to memory care, it can be overwhelming. Their goal is to provide seniors and their families the information and resources needed to find their ideal senior living solution. Join them to learn about their services and test your knowledge with a fun game of trivia. Light refreshments.

Please note:

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

Sexuality & Aging: Debunking Myths, Cont'd

Date: Thursday, September 12

Time: 2:30–4:30 p.m.

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

Sexuality, no matter how you express it, is a normal part of life. So why is it so hard to talk about it? This presentation will be a continuation of a talk that was given in June, but it is open to all. We will go into further depth to explore the myths and facts around senior sexuality, and find time to answer your questions.

Budgeting Basics

Date: Tuesday, September 17

Time: 9–11:30 a.m.

Instructor: Chris Morin,
New Ventures Maine

Learn the basic components for building a budget. We will discuss money tracking, goal setting, and how having a sense of your overall financial situation can assist you in the process of building a budget.

Tuesday Afternoons at the Movies with Dave & Pat

Dates & Times: Tuesdays,
September 17, 1–4:30 p.m.;
September 24, 1–4:30 p.m.;
October 1, 1–4 p.m.;
October 8, 1–4 p.m.;
October 15, 1–4 p.m.;
October 22, 12:30–4:30 p.m.

Instructors: Dr. Patricia Vampatella and David Bernier of Senior College

The Academy Awards, also known as the Oscars, are awards presented for artistic and technical merit in the film industry. This

course will focus on six films that have won the Oscar in “Best Picture” and “Best Musical Score”: *The Bridge on the River Kwai*, *Around the World in 80 Days*, *Gigi*, *Chariots of Fire*, *The Sting*, and *Ben Hur*. Participants will view each film and learn facts regarding the film, the musical score, and the composer. Popcorn will be available. **This class is for Senior College members only. Call Senior College at 780-5960 to register. Limit 30.**

Alpha One's Adaptive Equipment Loan Program

Date: Wednesday, September 18

Time: 1:30–2:30 p.m.

Instructor: Henry Powell,
Independent Living Specialist at
Alpha One

Learn about Alpha One's programs, including in-home care and grant programs for equipment or technology. Discuss funding for financing equipment and technology as well as other resources for people with disabilities around the state.

Medicare Made Simple

Date: Thursday, September 19

Time: 6–8 p.m.

Location: Lewiston Adult Ed.

Instructor: Kerry Faria, SeniorsPlus

Medicare is complex so learn how to navigate it with this introductory course. Learn about insurance options, when to enroll or change plans, and how state law may affect your choices. Perfect for people who are new to Medicare or who have Medicare and would like to learn more. To register, call Lewiston Adult Education at 795-4141.

Prevent Falls, Age in Place

Date: Wednesday, September 25

Time: 9–10:45 a.m.

Instructor: Brie Weisman,
Occupational Therapist,
Registered & Licensed,
Adapt-Able Living

Adapt-Able Living is dedicated to helping Maine's older adults age in place. According to the CDC, falls are the largest single health issue facing seniors. Fortunately, we can all dramatically reduce our risk by simple changes in behavior and modifications to our home, most of which are easy and inexpensive.

Crafting with Corinne

Date: Wednesday, September 25

Timeslots: 1:30–3 or 3–4:30 p.m.

Cost: \$5 for supplies

Instructor: Corinne Saindon

Create a fun Halloween card and treat holder. **Limit 10 people.**

Game Day at SeniorsPlus

Date: Thursday, September 26

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.

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. Use back door.

Caregiver Support Group

Date: Monday, September 9

Time: 5:30–7:30 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, September 11

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 *Lizzie Bright and the Buckminster Boy* by Gary Schmidt. It only takes a few hours for Turner Buckminster to start hating Phippsburg, Maine. But then he meets Lizzie Bright Griffin, a smart and sassy girl from a poor nearby island community founded by former slaves. This sensitively written historical novel, based on the true story of a community's destruction, highlights a unique friendship during a time of change.

Coffee & Comfort

Date: Monday, September 16

**(No group on September 2
due to Labor Day)**

Time: 3–4 p.m.

Instructor: Robin Green,
Beacon Social Worker

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 typically meets on the first Monday of each month and is facilitated by Beacon Hospice staff. Please call to register so we have enough coffee and light refreshments to go around.

Chronic Pain Support Group

Date: Monday, September 23

Time: 2–4 p.m.

This peer-facilitated group was formed by participants of the 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, September 26

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.

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

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

EXERCISE CLASSES

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 information,
call Linn at 523-9055.

Chair Yoga

Dates: Mondays only
September 16–November 18
(off Oct. 14 & Nov. 11)

Time: 9–10 a.m.

Instructor: Tisha Bremner

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

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
July 19–September 6
September 13–October 18
(six-week session)
November 15–December 27
(off Nov. 29; six-week session)

Time: 8:45–9:45 a.m.

Instructor: Mary Bishop

Cost: \$8 drop-in, \$30 for 6 weeks,
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. **Limit 16.**

Chair to Mat Yoga

Dates: Fridays only
September 13–October 18
(six-week session)
November 15–December 27
(off Nov. 29; six-week session)

Time: 10–11 a.m.

Instructor: Mary Bishop

Cost: \$8 drop-in, \$30 for 6 weeks,
or \$40 for 8 weeks

Bring your yoga mat for this class
that takes you from the chair to the
mat. Designed to help with ease
of movement and breath; finding
stability and strength through yoga
poses with the support of a chair,
floor, and props. **Limit 7.**

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Tuesday, September 3

Time: 3–4:30 p.m.

Location: SeniorsPlus,
218 Fairbanks Road, Farmington

Due to Labor Day on Monday,
September 2, the group will
meet on Tuesday, September 3,
for this month only. SeniorsPlus'
Caregiver Support Group offers
a safe place for caregivers, family,
and friends to meet and develop
a mutual support system. This
group typically meets on the first
Monday of each month and is
facilitated by SeniorsPlus staff.

Tai Chi for Health and Balance

Dates: Tuesdays and Thursdays,
September 10–October 31

Time: 2:30–3:30 p.m.

Instructors: Karen Reilly
and Lucia Owen

Location: Gould Academy's
Bingham Gym, Church Street,
Bethel

Registration: MSAD#44 Adult
Education at 207-824-2136
ext. 1340 or www.sad44.maineadulted.org. Enrollment
after first week of class is
discouraged.

Tai Chi is an ancient Chinese
form of exercise practiced
around the world for its health
benefits. This is a low-impact
exercise performed in slow, fluid
movements improving physical
fitness and mental relaxation. Both
easy to learn and do, the forms
are designed to improve flexibility
and balance; enhance relaxation;
increase strength and flexibility;
develop better breathing; and
improve overall health. Tai Chi is
clinically proven to improve balance
and reduce the rate of falling.
Movements can be done seated
or standing. Class is offered as
partnership among SeniorsPlus,
Gould Academy, Bethel's
Recreation Department, Bethel's
Age Friendly Community Initiative,
and MSAD#44 Adult Education.

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.*

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