

SeniorsPlus EDUCATION CENTER

**APRIL 2017
CLASSES**

Handling Malware and Spyware in Windows

Date: Monday, April 3

Time: 1 – 3 p.m.

Instructor: Tim Verrill,
SeniorsPlus

This class goes over the free tools available to Windows users to help keep viruses, Trojans, adware, and spyware at bay.

Time for Tea

Date: Tuesday, April 4

Time: 2 – 4 p.m.

Instructor: Marianne Russo,
Nellie's Tea

Cost: \$20 per person

An introduction to the history of tea, the basic types of tea, and their growing and processing. Participants will learn how professionals perform tea tasting and will taste the basic types. So how about enjoying a nice cup of tea? **Class limit is 12.**

Jewelry Making: Beading!

Date: Thursday, April 6

Time: 1 – 4 p.m.

Instructor: Lisa MacDonald

This class will teach basic beading and finishing techniques for a necklace and earrings set. Many choices of beads and colors are available, and tools will be provided. Cost for supplies is \$12. **Class limit is 15.**

Medicare Basics

Date: Thursday, April 6

Time: 6 – 7:30 p.m.

Location: Elm Street School,
129 Elm St., Mechanic Falls

Instructor: SeniorsPlus Staff

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

See our Facebook page:

www.facebook.com/seniorsplus

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

When Does My Pet Become “Old”?

Date: Tuesday, April 11

Time: 10 – 11:30 a.m.

Instructor: Pat Casson, Volunteer
at 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.

Organizing After a Loss

Date: Tuesday, April 11

Time: 1 – 2:30 p.m.

Instructor: Kathy Baillargeon,
Room by Room Organizing

Cleaning out a deceased loved one's home, bedroom, or closet is one of the most stressful life experiences. It can bring about many emotions including those that feel like we are losing the person all over again. This class will talk about how to work through those emotions, how to know when you are ready, and how to go about doing it. Before starting her own business in this field, Kathy worked in hospice for 10 years.

Genetic Genealogy: How, When, Where, & Why

Date: Thursday, April 13

Time: 1 – 2:30 p.m.

Instructor: Nancy Mason

Learn about the three major test types, Y-DNA, mtDNA, and atDNA. Find out what each test offers and which one might help you best with your research. Genetic DNA testing can help you discover the origins of your paternal and maternal lines. It can prove or disprove a genealogical problem. This testing can help find unknown family lines in cases of adoption or other separations from biological lines, by comparing your results with other individuals' results. It is a wonderful new tool to be used with traditional genealogical research.

Windows 10 – Where's Waldo?

Date: Thursday, April 13

Time: 3 – 5 p.m.

Instructor: Tim Verrill,
SeniorsPlus

This class will discuss what's different in Windows 10 and how to make it work for you. This class is perfect for those who were using Windows 7 or 8 and are wondering where everything is now.

AARP Safe Driving

Date: Tuesday, April 18

Time: 10 a.m. – 2:30 p.m.

Instructor: George Davis

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 your membership card.

Working with Pictures

Date: Tuesday, April 25

Time: 1 – 3 p.m.

Instructor: Tim Verrill,
SeniorsPlus

Tim will go over some tools for working with pictures to crop, resize, remove red-eye, and have fun with effects, as well as some tips on better organizing your photos.

My Money Personality

Date: Thursday, April 27

Time: 10 a.m. – noon

Instructor: Chris Davis,
New Ventures Maine

Managing your money is more than just numbers. This workshop will use a fun and unique "Money Habitudes" card sort activity to identify your money management style. Developed by Syble Solomon, this process helps you learn how your habits and attitudes toward money affect your decisions and actions related to money. Use the results as a starting point for thinking about how you can become more comfortable managing your money.

Medicare Basics

Date: Thursday, April 27

Time: 6 – 7:30 p.m.

Location: Oxford Hills High
School Adult Education,
256 Main St., South Paris

Instructor: SeniorsPlus Staff

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

ONGOING CLASSES

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, April 10 –
June 12 (no class 4/17)

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.

Mindful Yoga & Meditation

Dates: Fridays, March 31 – May 5

Time: 10 – 11 a.m.

Instructor: Tisha Bremner

Cost: \$30 for 6 weeks; \$8 drop-in

Mindfulness is the practice of living and being in the moment, which benefits health and well-being. Explore present moment awareness, breath techniques, meditation, and easeful movements to help relieve stress and tension.

Total Strength & Balance

Dates/times: Mondays, 11:15 a.m.
– 12:15 p.m. (no class 4/17)

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

Instructor: Linn Morin

Cost: \$3 for one class per week;
\$5 for any two classes per week;
\$6 for three classes per week.

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.