

SeniorsPlus EDUCATION CENTER

**FEBRUARY 2017
CLASSES**

Maine Author Series: Chloe JonPaul

Date: Thursday, February 2
Time: 11 – noon

Instructor: Chloe JonPaul
Retired teacher Chloe has written several books and poems; she was also a contributing author to *Contagious Optimism* by David Mezzapelle. She will talk about life events that contributed ideas for her books, and her philosophy in life: Find a need and fill it!

Healthy Homes & Families

Date: Thursday, February 16
Time: 2:30 – 3:30 p.m.

(Note updated date and time)

Instructor: Taysir Jama,
Healthy Androscoggin

Learn what lead is and where it is found, the effects of lead poisoning, and how to protect your family. Learn how to choose nutritious foods, protect against secondhand smoke, and avoid harmful household pests that may trigger asthma. Leave with free cleaning tools and lead dust testing kits. Light refreshments served.

1-800 Help Me Tim: Tablets

Date: Thursday, February 9

Time: 10 – 11:30 a.m.

Instructor: Tim Verrill

Bring in your tablet along with your problem and we'll make things better. You may bring a support partner, but there is only one device per sign up. This is a "Me Help You" class. **Class limited to 5.**

Understanding Hospice & Palliative Care

Date: Thursday, February 9

Time: 1:30 – 2:30 p.m.

Instructor: Angela Moore,
Beacon Hospice

What is the difference between palliative care and hospice? What does it mean when my doctor says these words to me? This presentation will review definitions and terms associated with care focused on improving the overall quality of life for patients and families dealing with serious illness.

Classes are free (unless noted).

We are fully accessible.

Hearing Assistive Equipment
is available.

See our Facebook page:

www.facebook.com/seniorsplus

Medicare Basics

Date: Saturday, February 11

Time: 10 – 11:30 a.m.

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.

1-800 Help Me Tim: Phones

Date: Wednesday, February 15

Time: 1:30 – 3 p.m.

Instructor: Tim Verrill

Bring in your phone along with your problem and we'll make things better. You may bring a support partner, but only one device per sign up. This is a "Me Help You" class. **Class limited to 5.**

Downsizing Made Easy!

Date: Thursday, February 16

Time: 9:30 – 10:30 a.m.

Instructors: Kim Dorsky and
Liz Pattison, SimplySized Home

Are you moving to a small home? Overwhelmed with the amount of things you've collected over the years? Don't know where to start? At SimplySized Home, their mission is to guide you through the process of moving and transitioning with sensitivity and dignity. When working with a client, they act as the liaison between you, your family, and trusted pros to make the transition as stress-free as possible.

Health Series: Power of Prevention

Date: Thursday, February 16

Time: 1 – 2 p.m.

Instructor: Maureen Higgins,
The Dempsey Center

Take an active role in your health. Learn how simple lifestyle adjustments can reduce your risk of cancer and increase your health.

Social Media for Beginners

Date: Wednesday, February 22

Time: 2 – 4 p.m.

Instructor: TechnOldie Staff
Connecting with family and friends, close by or continents away, is easily done on electronic devices. Learn some common ways of connecting through email, Skype, Twitter, Facebook, etc. **Class limited to 10.**

The Basics: Memory Loss and Dementia

Date: Thursday, February 23

Time: 10 – 11:30 a.m.

Instructor: Mark Pechenik,
The Alzheimer's Association

This program is designed to provide people with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. Learn about: Symptoms and effects of Alzheimer's disease and other types of dementia; How Alzheimer's affects the brain; Causes and risk factors; The benefits of early detection; How to address a diagnosis of Alzheimer's disease; Stages of the disease; Treatment; Hope for the future; Ways the Alzheimer's Association can help.

Introduction to Reiki

Date: Thursday, February 23

Time: 1 – 2 p.m.

Instructor: Charlotte LaBelle,
Teresia Reiki

Reiki dates back to 1920s Japan as a healing art, known as relaxation therapy. Reiki relaxes the mind and body by allowing all the systems to come into balance and to let the stress melt off. It is an excellent complimentary resource for patients who also use traditional medicine. Learn its history, the explanation of the three levels of Reiki with a more in-depth look at level one, and the benefits. Participants will have a chance to ask questions and experience a small sample of Reiki if they wish.

1-800 Help Me Tim: Laptops

Date: Monday, February 27

Time: 1:30 – 3 p.m.

Instructor: Tim Verrill
Bring in your laptop along with your problem and we'll figure it out and make things better. You may bring a support partner, but there is only one device per sign up. This is a "Me Help You" class. **Class limited to 5.**

Senior College: Access a World of Books Online

Date: Tuesday, February 28

Time: 10 – noon

Instructor: Jill Spencer
We will explore Amazon and other resources for downloading free books. Bring your fully charged device. Have an Amazon account? Bring your user name and password. Also

bring your public library card number. ***This course is for Senior College members only.*** To become a member of Senior College, call 753-6510, or go to usm.maine.edu/seniorcollege for more information. **You must register for this class with Senior College. Class limit is 20.**

ONGOING PROGRAMS

Some insurance companies offer reimbursement for these classes.

You must call your insurance company to find out if they do.

Gentle Morning Chair Yoga

Dates: Mondays, Jan. 30 –
April 10 (no class 2/20)

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.

Total Strength & Balance

Dates/times: Mondays,
11 a.m. – noon (no class 2/20)

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