

# SeniorsPlus EDUCATION CENTER

**JULY 2017  
CLASSES**

## **Clinical Research: Medicines of Tomorrow**

**Date:** Thursday, July 6

**Time:** 10 a.m. – noon

**Instructor:** Summer Grenier,  
RN, Maine Research  
Associates

The medicines of tomorrow are being studied right here in the Lewiston-Auburn community. Numerous clinical trials are being conducted by MRA, leading to advancements in the treatment of Alzheimer's disease, diabetes, heart disease, and more. The presentation will provide insight into the field of clinical research and will highlight the benefits of and opportunities for patient participation in a local clinical trial.

**See our Facebook page:**

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

## **Tech HodgePodge 3**

**Date:** Thursday, July 6

**Time:** 2 – 4 p.m.

**Instructor:** Tim Verrill

In this class we will be covering cloud storage (OneDrive) and what it is as well as how to use it. Learn how to stay connected through Skype, and how to find recipes online.

**Limited to 24.**

## **The 10 Warning Signs**

**Date:** Tuesday, July 11

**Time:** 10 – 11:30 a.m.

**Instructor:** The Alzheimer's  
Association

Learn how to tell the difference between Alzheimer's and typical aging; steps to take if you recognize a warning sign in yourself or someone you know; the process to receiving an Alzheimer's diagnosis; and why early detection is crucial.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment  
is available.

## **All Things Google**

**Date:** Thursday, July 13

**Time:** 9 – 11 a.m.

**Instructor:** Tim Verrill

Learn about creating and using a Google account, Google Docs, Google Mail, Google Drive, Google Maps, and all things Google. **Limited to 24.**

## **Travel Tips for Seniors**

**Date:** Thursday, July 13

**Time:** 1 – 2 p.m.

**Instructor:** Chloe JonPaul

Learn how to make your next trip safe, less expensive, and more enjoyable. Discover terrific packing methods, what you need to do before you go, and what to avoid. Chloe JonPaul has been to all seven continents.

## **Edible Flowers**

**Date:** Thursday, July 13

**Time:** 3 – 4:30 p.m.

**Instructor:** Jeri Maurer,  
Stanton Bird Club

Join us for the history and lore of flowers and the do's and don'ts of using flowers to prepare food. Learn tips for growing certain flowers which will appeal to our palate and come away with recipes.

## Safe Driving

**Date:** Tuesday, July 18

**Time:** 10 a.m. – 3 p.m.

**Instructor:** George Davis,  
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 3 years. Bring your driver's license and lunch. Bring your membership card.

## Creative Movement for Seniors

**Date choices:** Thursday,  
July 20 or Tuesday, July 25

**Time:** 11:30 a.m. – 12:30 p.m.

**Instructor:** Yeong Wen Lee

In this workshop, we will use dance and movement to explore body awareness, expressivity, playfulness, and a heightened sense of our immediate surroundings. Guided exercises will incorporate a sense of touch and interactive games to motivate our movement. This experience offers participants the opportunity to experience their bodies in expressive ways and discover how movement can help discover new, meaningful connections to others.

**Limited to 15 per date.**

## Medicare Basics

**Date:** Saturday, July 22

**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.

## Showing of *Being Mortal*

**Date:** Thursday, July 27

**Time:** 10 – 11 a.m.

**Instructor:** Angela Moore,  
Beacon Hospice

The PBS special *Being Mortal* is approximately 50 minutes long. It is based on Dr. Atul Gawande's groundbreaking documentary regarding end-of-life discussions. Explore how physicians, families, and patients manage these challenging conversations. Watch the video and ask questions regarding fears, concerns, and advice.

## Microsoft PowerPoint

**Date:** Thursday, July 27

**Time:** 2 – 4 p.m.

**Instructor:** Tim Verrill

Learn some tips on how to make a slide show, including using different designs, adding text, pictures, music, backgrounds, transitions, and more. **Limited to 24.**

## 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, June 19 –  
August 14 (no class on 7/3)

**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.

### Total Strength & Balance

**Dates/times:** Mondays,  
11:15 a.m. – 12:15 p.m.  
(no class on 7/3)

**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.