

SeniorsPlus EDUCATION CENTER

**JUNE 2017
CLASSES**

Jewelry Making: Sea Glass Pendant

Date: Thursday, June 1

Time: 1 – 4 p.m.

Instructor: Lisa MacDonald,
local artisan

Come create a pendant using sea glass. Materials provided. Cost for supplies is \$12.

A Matter of Balance

Dates: Wednesdays, June 7 –
July 26

Time: 9 – 11 a.m.

Instructors: Dana Morrell and
Cecilia Natale, SeniorsPlus

This 8-week workshop is designed to reduce the fear of falling and to increase activity level among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Skin Cancer

Date: Monday, June 12

Time: 1 – 2 p.m.

Instructor: Maureen Higgins,
The Dempsey Center

As the summer months are quickly approaching, it's important to remember that sun block protects you from more than just a bad burn. Learn how to reduce your skin cancer risks.

Understanding Dementia-Related Behavior

Date: Tuesday, June 13

Time: 10 -11:30 a.m.

Instructor: Alzheimer's Assoc.

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present challenges for caregivers. Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with behavioral challenges of Alzheimer's disease.

Living with COPD

Date: Tuesday, June 13

Time: 1 – 2 p.m.

Instructor: Angela Moore,
Beacon Hospice

Chronic obstructive pulmonary disease is characterized by the restriction of airflow in the lungs. It includes chronic bronchitis, chronic obstructive bronchitis, emphysema, or a combination of these diseases. It is the fourth leading cause of death in the U.S. This presentation will review the signs and symptoms, diagnosis, treatment, and ways to live with this chronic condition.

Tech HodgePodge

Date: Wednesday, June 14

Time: 2 – 4 p.m.

Instructor: Tim Verrill

We will discuss different tips for searching online plus some savvy shopping tips. Learn about the Do Not Call list and getting rid of spam emails, and cloud storage on Dropbox – what it is and how to use it.

Limited to 24.

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

Crafting with Corinne

Date: Monday, June 19

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon,
local artisan

This class will be creating a unique birthday card for both male and female using assorted stamps, punches, and embellishments. It is open to all levels. Cost for supplies is \$5. **Class is limited to 8.**

Safe Driving

Date: Thursday, June 22

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

Smart Tips for iPhones and iPads

Date: Thursday, June 22

Time: 3 – 5 p.m.

Instructor: Tim Verrill

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.

Limited to 24.

Medicare Basics

Date: Saturday, June 24

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.

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

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.

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.

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

Tai Chi for Arthritis

Dates: Tuesdays and Fridays,
May 23 – July 18
(no class on 7/4)

Time: 3 – 4 p.m.

Instructor: Robyn Spugnardi,
SeniorsPlus

Cost: \$40 for 8 weeks

An approachable program proven to reduce pain, increase balance, and increase general health. All ability levels are welcome. Please register by Monday, May 22.

Hypnosis

Date: Wednesday, June 28

Time: 1 – 2 p.m.

Instructor: Susan Kane, M.Ed.

Are you curious about hypnosis? If so, you won't want to miss this class! Come learn what hypnosis is and what it isn't. You will then be invited to partake in a short, guided meditation experience.

Working with Pictures

Date: Thursday, June 29

Time: 2 – 4 p.m.

Instructor: Tim Verrill

This class will cover topics like getting apps, setting reminders and notifications, how to close apps, using iCloud, and saving your battery life. **Limited to 24.**