

SeniorsPlus EDUCATION CENTER

**MAY 2017
CLASSES**

Polarity and Myofascial Release Therapy

Date: Tuesday, May 2

Time: 10:30 a.m. – noon

Instructor: Deborah Roberts, Polarity Therapist and Myofascial Release Practitioner

Polarity therapy balances the flow of energy in the body to improve or maintain health. Myofascial Release is a safe and hands-on therapy that involves applying light pressure to the fascia connective tissue to remove pain and restore proper motion. These therapies can treat back pain, headaches, chronic pain, carpal tunnel, head trauma, TMJ, chronic fatigue syndrome, and more.

Crafting with Corinne

Date: Wednesday, May 3

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon, local artisan

This class will create basic stamping cards. Open to all levels. **Limited to 8.**

Jazzed on Java

Date: Thursday, May 4

Time: 10 – 11:30 a.m.

Instructor: John Chick, SeniorsPlus

Try some samples of freshly brewed coffee from around the world. John will talk about the history of coffee, where it comes from, and how it's grown, harvested, processed, and shipped.

Downsizing Made Easy

Date: Tuesday, May 9

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? SimplySized Home's mission is to guide you through the process 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.

See our Facebook page:

www.facebook.com/seniorsplus

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available.

Making Poetry Fun

Date: Tuesday, May 9

Time: 1 – 3 p.m.

Instructor: Pauline Fortin

A no-pressure poetry class to come see how easy it is. This class is for anyone; whether you have never written a poem or you write every day. Please come prepared with paper, pens, and some type of reading material (newspaper, magazine, book, etc.). It will be your basis to write poetry, but not in the way you think! Bring a thesaurus if you would like. **Limited to 12.**

Intro to Homeopathy

Date: Thursday, May 11

Time: 9:30 – 11:30 a.m.

Instructor: Stephen Kottler, Androscoggin Homeopathics

Homeopathy is a 200-year-old natural healing system. Homeopathic medicine is widely used around the world in mainstream healthcare, both alone and along with other conventional treatments. Effective in treating both chronic and acute physical and mental conditions, homeopathic remedies offer gentle, side-effect free healing of both symptoms and root causes of illness, and return patients to states of greater overall wellness and function.

Line Dancing

Date: Thursdays, May 11, 18, 25

Time: Noon – 1 p.m.

Instructor: Denise Hebert

Line dancing is all about fun, exercise, discipline, good music, and a great stress reliever. No prior dance knowledge necessary, no partner needed. If you can walk, you can dance. This is a 3-week long workshop. **Limited to 15.**

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 5/29)

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 5/29)

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.

What's New in Windows 10

Date: Thursday, May 11

Time: 2 – 4 p.m.

Instructor: Tim Verrill

Learn what's new with Windows 10 and making the most of it. A little different from previous Windows 10. **Limited to 24.**

Safe Driving

Date: Tuesday, May 16

Time: 9 a.m. – 1:30 p.m.

Instructor: Court Dwyer, 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 membership card. We will not take a lunch break, but feel free to bring snacks to eat during the class.

Living Heart Healthy

Date: Thursday, May 18

Time: 10 – 11 a.m.

Instructor: Angela Moore, Beacon Hospice

Heart disease is the single leading cause of death for men and women. Review the signs and symptoms and discuss what you can control to help improve quality of life while living with heart disease.

Tech HodgePodge

Dates/times: Choose between Thursday, May 18, 2 – 4 p.m.

or Tuesday, May 23, 9–11 a.m.

Instructor: Tim Verrill

This class, presented twice, will discuss topics including passwords, email, and online safety. Learn about common password issues, and how to reset and organize them. Learn how to set up email on

a phone, tablet, or PC, plus email basics, and how to stay safe online. **Limited to 24 per session.**

Medicare Basics

Date: Thursday, May 18

Time: 6 – 7:30 p.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.

Effective Communication

Date: Tuesday, May 30

Time: 10 – 11:30 a.m.

Instructor: The Alzheimer's Assoc.

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias lose their ability to use words, families need new ways to connect. Identify strategies to help you connect and communicate at each stage of the disease.

Brain Injury

Date: Tuesday, May 30

Time: 1 – 2:30 p.m.

Instructor: Westside NeuroRehab Brain Injury Education Group

This group is made up of individuals who have experienced a brain injury. Members share personal stories and education about brain injury. Our presentations offer hands-on activities, simulating challenges a person can experience after a brain injury. We will also provide a handout of general information about the brain, and a focus on brain injury in the elderly and prevention tips.