

SeniorsPlus EDUCATION CENTER

**FEBRUARY 2018
CLASSES**

A Pictorial Guide to Egypt

Date: Thursday, February 1

Time: 9 – 11 a.m.

Instructor: Lucy Bisson

Come join me, as my son, daughter-in-law and I visit the monuments of Egypt from the Pyramid at Giza to Abu Simbel.

Limit 30. Please call Senior College at 780-5960 to register for this course.

Storing Memories

Date: Friday, February 2

Time: 2 – 3:30 p.m.

Instructor: Kathy Baillargeon,
Room by Room Organizing

Photos capture our life history, are our link to past generations, fun times, and major life events. Learn how you can organize, protect, and enjoy your photos for years to come. Bring 100 unorganized and unsorted photos. Do not do a thing with them until you come to class. Join us and go from feeling overwhelmed to done.

1-800 Help Me Tim: Tablets

Date: Thursday, February 8

Time: 2 – 4 p.m.

Instructor: Tim Verrill, SeniorsPlus

Bring your tablet 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. **Limit 5.**

Living Well with Diabetes

Date: Fridays, February 9 –
March 16

Time: 1 – 3:30 p.m.

Instructors: Carmen Carney
and Cecilia Natale

In this six-week workshop, participants will learn skills for management of Type 2 Diabetes. This fun and interactive workshop is open to individuals who have Type 2 Diabetes and those who are caring for someone who does. Topics include menu planning, monitoring your levels, healthy eating, communication, physical activity, and foot care. Snacks will be provided and there will be a drawing for a \$25 Visa gift card. **Limit 16.**

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

End of Life

Symptom Management

Date: Thursday, February 15

Time: 1 – 2:30 p.m.

Instructor: Danielle Baker,
Androscoggin Homecare
& Hospice

This class focuses on how to maintain comfort during end of life and how to properly palliate symptoms dependent on the disease and the patient.

Dementia Conversations

Date: Tuesday, February 20

Time: 10 – 11:30 a.m.

Instructor: Mark Pechenik,
The Alzheimer's Association

This program will assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. Topics include: Tips for having difficult conversations around some of the issues that arise regarding Alzheimer's or other dementia; the need to plan ahead and build a care team that communicates well in order to reduce stress; resources that enhance quality of life for everyone involved; hearing from people who are dealing with similar issues.

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

Nutrition 101: Tips for Eating Healthy on a Budget

Date: Tuesday, February 20

Time: 2 – 3 p.m.

Instructor: Ellen Shrader, CMMC

Join Ellen Shrader, Registered Dietitian from Central Maine Medical Center, for a presentation on eating healthy AND saving money. Learn about the importance of balanced meals as well as tips to help you successfully choose more nutritious items at the grocery store. Ellen will also discuss how to save some money when shopping for healthier items.

Self Defense

Date: Tuesday, February 20

Time: 5 – 7 p.m.

Instructor: Brianne Genschel,
The Foundry Brazilian Jiu Jitsu

This workshop will be focused primarily on environmental awareness, identifying dangerous or risky situations, methods of maintaining safety while at home and in our communities, and practical self-defense techniques that will minimize injury and maximize survival in an assault style situation. There will be time for Q&A and open discussion.

Facebook for Newbies

Date: Thursday, February 22

Time: 2 – 4 p.m.

Instructor: Tim Verrill,
SeniorsPlus

Are you new to Facebook and you just don't understand it or are you thinking of making an account? Facebook is a great way to keep in contact with friends and family, it can also help you

stay up-to-date in current events and news and local happenings. This class will walk you through the steps of creating an account, posting pictures, sending messages, how to set up your preferences, and more. **Limit 24.**

Chef's Table

Date: Friday, February 23

Time: 10:45 a.m. – noon

Location: Mt. Blue High School, 129 Seamount Road in Farmington

Cost: \$5.50 per person

Break up the winter monotony and join us for a delicious lunch. Come and experience the Mt. Blue campus and its students, as they share the culinary skills they are acquiring. **Limit 60.**

Crafting with Corinne: Birthday Cards

Date: Monday, February 26

Time: 1:30 – 3 p.m.

Instructor: Corinne Saindon,
local artisan

Cost: \$5 for supplies

Learn the basics of card making. Come make two birthday cards for family or friends.

Tai Chi for Arthritis

Date: Tuesdays and Thursdays.
February 27 – May 3 (no class on April 10, 12, 17 & 19)

Time: 4:30 – 5:30 p.m.

Instructor: Robyn Spugnardi
Location: Lewiston High School

An approachable program proven to reduce pain, increase balance, and increase general health. All ability levels are welcome. To register, please call Lewiston Adult Ed at 795-4141.

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, January 8 -
March 19 (no class 2/19)

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

Cost: \$45 for 9 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.

Gentle Chair Yoga

Dates: Fridays, January 5 -
March 2

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

Cost: \$45 for 9 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 2/19)

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

Instructor: Linn Morin

Cost: \$5 for drop-in,
\$15 for 6 classes, \$25 for 12
classes. One-month passes
are nonrefundable.

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.