

SeniorsPlus EDUCATION CENTER

**JANUARY 2019
CLASSES**

Tips & Tools for Quitting Tobacco

Date: Thursday, January 3
Time: 11 a.m.–noon

Instructor: Maureen Higgins,
Cancer Health Outreach
Educator with Dempsey Center

Learn about resources for quitting, how to prepare to quit, and how to identify and avoid triggers.

Ibis Program Info Session

Dates/times: Wednesday,
January 2, 8:30–10:30 a.m., and
Tuesday, January 15, 1–4 p.m.

Instructor: Brenton Stoddart,
Ibis Care Navigator

The Ibis Program will be here on the first Wednesday and third Tuesday of each month, demonstrating their new and easy-to-use technology designed to help people with chronic illness(es) take the best care of themselves in their home. The program has shown to reduce hospitalizations, reduce caregiver fatigue, increase coordination

amongst physicians, and enhance quality of life. The best part? The Ibis Program is almost completely paid for by Medicare!

1-800-HELP-ME-TIM: Windows 10 for Beginners

Date: Tuesday, January 8
Time: 1:30–3:30 p.m.

Instructor: Tim Verrill, SeniorsPlus
Windows 10 can get confusing, even if you're familiar. Learn simple and easy steps so you can understand and use Windows 10 better. **Limit 20.**

Assistive Devices for Independence

Date: Thursday, January 10
Time: 10–11:30 a.m.

Instructor: Kathy Adams,
Maine CITE Program

Assistive Technology (AT) can make a difference in helping you to live independently and safely at home. In this session we will look at various AT devices, AT services, resources, and funding.

Healthy Cooking Made Simple with Marty

Date: Tuesday, January 15
Time: 10:30 a.m.–12:30 p.m.

Instructor: Martin Raj,
The Olive Branch Cafe

Learn how healthy cooking can be really easy and fun.

Quilting with Betty: 10 Minute Table Runner

Date: Wednesday, January 16
Time: 8:30–11 a.m.

Instructor: Betty Bell
Supplies to bring: 1/3 yd. of focus fabric & 1/2 yd. of coordinating fabric; thread; basic sewing supplies; rotary cutter & ruler; batting (optional); two buttons (optional)

This beautiful table runner is easy and fun to make. You will need to have basic knowledge of using a sewing machine for the class. It only takes two fabrics and two buttons (optional) to complete. **Limit 10.**

See our Facebook page:

www.facebook.com/seniorsplus

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
unless noted.

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

Work for Yourself@50+

Date: Wednesday, January 16

Time: 1:30–3:30 p.m.

Instructor: Karleen Andrews,
Microenterprise Specialist,
New Ventures Maine

This interactive workshop explores your self-employment options and connects you with resources in the community. Develop a business plan; create rock-solid financials; and work closely with a coach to find an approach that meets your needs.

POAs, Advance Directives, & Legal Services

Date: Friday, January 18

Time: 2–4 p.m.

Instructor: Wren Saunders,
Staff Attorney, Legal Services
for the Elderly

Learn about the benefits and risks surrounding powers of attorney and health care advance directives. Class members will be provided with a blank health care advance directive. Also, attendees will learn about the services Legal Services for the Elderly provides, such as assistance with appeals when state or federal benefits are reduced or lost, foreclosure or eviction matters, financial exploitation, when medications become unaffordable, and more.

Game Day at SeniorsPlus

Date: Tuesday, January 22

Time: 1–4 p.m.

Join us for an afternoon full of fun, socialization, and popcorn. Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards. All are welcome!

Crafting with Corinne

Date: Wednesday, January 23

Time: 2–3:30 p.m.

Instructor: Corinne Saindon
Cost: \$5 for supplies

Love is in the air. In this class you will get to create a beautiful Valentine card and a decorative candy holder perfect for that special someone in your life.

Limit 10.

Is Hospice the Answer?

Date: Thursday, January 24

Time: 10–11:30 a.m.

Instructor: Angela Moore,
Beacon Hospice

Hospice is a Medicare benefit that is often misunderstood. Hospice can offer support for chronically or terminally ill patients who have a goal of care to stay in their home and age in place. We will discuss what determines eligibility for hospice and identify the focus of the hospice team.

A Memoir of 25 Years with the Maine Warden Service

Date: Friday, January 25

Time: 1:30–3:30 p.m.

Instructor: Roger Guay,
with USM Senior College

Roger will speak about his 25-year career with the Maine Warden Service, share excerpts from his book, "A Good Man with a Dog: A Retired Game Warden's 25 Years in the Maine Woods," and engage in a Q&A session.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

1-800-HELP-ME-TIM:

Windows Malware/Spyware

Date: Tuesday, January 29

Time: 1:30–3:30 p.m.

Instructor: Tim Verrill, SeniorsPlus

Malware is a malicious software file or program harmful to a computer user which can execute different malicious functions like encrypting, stealing, or deleting sensitive data, hijacking or altering core computing functions, and monitoring computer activities of users without their permission. Spyware is any software that installs itself on your computer and starts covertly monitoring your online behavior without your knowledge or permission. Still unfamiliar and not sure what to do? Come join Tim to learn more about each for your Windows computer. **Limit 20.**

Retirement 101

Date: Wednesday, January 30

Time: 1–2 p.m.

Instructors: Jennifer Uwaechia
& guest, Banker's Life

Learn different methods to protect your assets against inflation and prevent outliving your retirement income and savings. Whether you are retiring from an employer or your own business, we can help you navigate fixed-income living. Every situation is unique to the individual so we will be answering specific questions after the presentation. Light refreshments will be provided.

See our Facebook page:

www.facebook.com/seniorsplus

Living Well with Diabetes

Dates: Tuesdays, February 5–
March 19 (no class 2/19)

Time: 4–6:30 p.m.

Instructors: SeniorsPlus staff

Location: Lewiston Adult
Education, 156 East Ave.,
Lewiston

This six-week workshop series is focused on helping participants manage their Type 2 diabetes and symptoms. We will be giving you tools and tips you need to manage your diabetes, live a healthier life, and to take back control.

To register, call SeniorsPlus at 795-4010 or Lewiston Adult Education at 795-4141.

ONGOING GROUPS

Knitting Group

Date: Wednesdays

Time: 5–7:30 p.m.

Work on your own project or learn how to knit — bring yarn and knitting needles. Please use back entrance.

Coffee & Comfort

Date: Monday, January 7

Time: 3–4 p.m.

Meets on the first Monday of each month. This is a grief recovery support group where you can find help and healing for the hurt of losing a loved one. This group is facilitated by Beacon Hospice.

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
unless noted.

Book Club

Date: Wednesday, January 9

Time: 2–4 p.m.

This peer-facilitated club meets on the second Wednesday of each month. The book to be read for this month's group is *Gulliver's Travels* by Jonathan Swift, which recounts the story of Lemuel Gulliver, a practical-minded Englishman trained as a surgeon who takes to the seas when his business fails. In a deadpan first-person narrative that rarely shows any signs of self-reflection or deep emotional response, Gulliver narrates the adventures that befall him on these travels.

Vision Support Group

Date: Monday, January 14

(closed on 1/21 — Martin
Luther King Day)

Time: 2:30–4 p.m.

This is a peer-facilitated support group for the legally blind and vision impaired to share how this disability affects their daily lives. A safe place to meet and share thoughts and encouragement.

Developing a good support system offers empowerment and confidence. Family and friends are welcomed. This group typically meets on the third Monday of each month.

For January ONLY the group will meet on January 14 as SeniorsPlus is closed the following Monday.

Caregiver Support Group

Date: Monday, January 14

Time: 5:30–7 p.m.

Occurs on the second Monday of each month. Offers a safe

place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff/volunteers.

Chronic Pain Support Group

Date: Monday, January 28

Time: 2–4 p.m.

This peer-facilitated group was formed by participants of the Living Well with Chronic Pain workshop. This group meets on the fourth Monday of each month. This is for people who have chronic pain.

Caregiver Support Group

Date: Thursday, January 31

Time: 8:30–10 a.m.

Instructors: Albert L'Etoile
and Pam Smith, Woodlands
Memory Care of Lewiston

By participant request, we have added a second caregiver support group to our monthly calendar. The second support group will occur on the last Thursday of each month. This group offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by Woodlands Memory Care of Lewiston staff.

To register, call 795-4010 or 1-800-427-1241.

ONGOING FITNESS

Some insurance companies offer reimbursement for these classes. You must call your insurance company to find out if they do.

Total Strength and Balance

Date: Mondays (no class 1/21)

Time: 11:15 a.m.–noon

OR 12:15–1 p.m.

Date: Wednesdays

Time: 11:30 a.m.–12:15 p.m.

Date: Fridays

Time: 11:30 a.m.–12:10 p.m.

OR 12:30–1:10 p.m.

Instructor: Linn Morin, Certified Trainer

Cost: \$5 for drop-in, \$15 for 6 classes, \$25 for 12 classes.

One month passes are nonrefundable.

To register or for more info, call Linn at 207-523-9055.

Gentle Chair Yoga

Date: Mondays, January 7–

March 4 (no class 1/21 & 2/18)

Time: 9–10 a.m.

Instructor: Tisha Bremmer

Cost: \$8 drop-ins

or \$40 for 8 weeks

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.

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
unless noted.

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Monday, January 7

Time: 3–4:30 p.m.

Location: SeniorsPlus,
218 Fairbanks Road, Farmington

Offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff.

Le Mu Eats: Cooking Demo

Date: Wednesday, January 9

Time: Noon–1 p.m.

Instructors: Sayvepen

Sengsavang, Le Mu Eats

Location: SeniorsPlus Norway
Office, 9 Marston Street,
Norway

Learn how to cook stir-fried rice noodles. A tutorial on how to cook a rice noodle stir fry using seasonal vegetables.

Five Wishes

Date: Wednesday, January 16

Time: 2–3 p.m.

Instructor: Jeffrey Treadwell
and Angela Moore,
Beacon Hospice

Location: SeniorsPlus Norway
Office, 9 Marston Street,
Norway

Do you have your own advance directive? Have you talked to your loved ones about theirs? Join us for a candid conversation about advance directives and how to approach such a delicate topic. We will review Five Wishes, which is the most popular advance directive in the United States. It meets the legal requirements for Maine. The document is easy to understand. All you need to do is check the box, circle the direction, or write a few sentences to make your needs known. By taking the time to make your decisions known, you are living free of the three most common fears associated with end of life: pain, being alone, and being a burden to your loved ones.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

About SeniorsPlus and our Education Center

Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve.

*Educational programs like these are made possible
by contributions from people like you.*

To register, call 795-4010 or 1-800-427-1241.