

SeniorsPlus EDUCATION CENTER

JULY 2018 CLASSES

Senior Employment Program Presentation

Date: Thursday, July 5

Time: 10 – 11 a.m.

Instructor: Danelle Martel,
Associates for Training and
Development

Associates for Training & Development is a multi-state non-profit organization whose mission is to provide job training and employment services to workers aged 55+. They provide paid training opportunities in food preparation, retail sales, customer service, and healthcare. This presentation will tell you more about the Senior Community Service Employment Program (SCSEP) and the eligibility requirements.

Lost Your Zest?

Date: Tuesday, July 10

Time: 10 – 11 a.m.

Instructor: Chloe Giampaolo

If you're looking for a way to increase your happiness, come and find out how to add some zest to your life. Someone is going to win a prize. Will it be you?

Parkinson's Disease

Date: Thursday, July 12

Time: 1 – 2:30 p.m.

Instructor: Angela Moore,
Beacon Hospice

Parkinson's Disease is a neurogenic disorder that affects specific parts of the brain. It results in tremors, rigid movements, and issues with balance. Join us as we discuss diagnosis, treatment, and associated symptoms. We will talk about ways to live with and understand the diagnosis.

Safe Driving

Date: Tuesday, July 17

Time: 10 a.m. – 2:30 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 three years. Bring your driver's license, a lunch, and membership card.

See our Facebook page:

www.facebook.com/seniorsplus

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

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

Fraud & Scams

Date: Tuesday, July 24

Time: 10 – 11 a.m.

Instructor: Valerie Cole,
SeniorsPlus

This workshop will give you the information needed to determine what is real and what is a scam. What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where to go to report things so others don't become the next victim.

Legal Planning for Seniors

Date: Thursday, July 26

Time: 10 – 11:30 a.m.

Instructors: Meg Greene, Esq.
and Kenleigh Nicoletta, Esq.,
Brann & Isaacson

Participants in this class will learn about Financial Powers of Attorney, Advance

Directives for Health Care, and planning for the disposition of property on death. Everyone, regardless of age or health, should have a Power of Attorney and Advance Directive for Health Care, but one size does not fit all. There are many important considerations before authorizing another person to make financial and health care decisions for you. In addition, planning for the transfer of property on death involves more than just signing a will; without additional planning, property can pass to unintended beneficiaries when you pass away. Careful planning may also allow you to avoid probate, minimizing costs and delays for your heirs. Meg and Kenleigh are experienced estate planning attorneys who look forward to educating participants about their legal options.

Cooking for a Low-Carb Diet

Date: Tuesday, July 31

Time: 1:30 – 3 p.m.

Instructor: SeniorsPlus
Nutrition Team

This class will focus on low-carb cheats and hacks for healthier and easier eating. There will be recipes handed out and lists of low-carb and no-carb foods that will help you stick to a diabetic diet and control your blood sugars.

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We are fully accessible.
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I am still learning.

Michelangelo, at age 87

ONGOING FITNESS

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

Gentle Chair Yoga

Date: Mondays, June 11 – July 30

Time: 9 – 10 a.m.

Instructor: Tisha Bremner

Cost: \$40 for 8 weeks;
Drop in: \$8 per class.

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 and Balance

Date: Mondays

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 523-9055.

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, July 9

Time: 3 – 4 p.m.

This month's group will meet on Monday, July 9 due to the July 4th holiday.

Caregiver Support Group

Date: Monday, July 9

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.

Book Club

Date: Wednesday, July 11

Time: 2 – 4 p.m.

Meets on the second Wednesday of each month. The book to be read for this month's group is "The Road to Bittersweet" by Donna Everhart.

Vision Support Group

Date: Monday, July 16

Time: 2:30 – 4 p.m.

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. Meets on the third Monday of each month.

Chronic Pain Support Group

Meets monthly for those who have chronic pain and have completed the Living Well with Chronic Pain workshop. Please call for more information.

FRANKLIN & OXFORD COUNTIES

Living Well for Better Health

Date: Wednesdays, July 11 – August 15

Time: 9:30 a.m. – noon

Instructors: Crystal Fitch and Juanita Bean, HealthReach

Location: Rangeley Family Medicine, 42 Dallas Hill Road, Rangeley

This six-week long workshop teaches real-life skills for living a full, healthy life with a chronic condition. Classes are fun and interactive. The workshop builds confidence around managing health, staying active, and enjoying life. Topics include communication, medication

usage, talking with your healthcare provider, physical activity, weight management, and healthy eating. **Limit 16.**

Safe Driving

Date: Monday, July 16

Time: 10 a.m. – 3 p.m.

Instructor: Donna McGibney, AARP

Location: SeniorsPlus Farmington Office, 218 Fairbanks Road

Cost: \$20, payable to AARP; \$15 for AARP members

Drivers 55+ who complete this class are eligible for discounts on their auto insurance for three years. Bring your driver's license, a lunch, and membership card.

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.

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