

# SeniorsPlus EDUCATION CENTER

**MARCH 2019  
CLASSES**

## **AARP Safe Driving**

**Date:** Tuesday, March 5

**Time:** 10 a.m.–2:30 p.m.

**Instructor:** AARP staff/volunteer

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

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

## **Ibis Program Info Session**

**Date:** Wednesday, March 6

**Time:** 1–4 p.m.

**Instructor:** Brenton Stoddart,  
Ibis Care Navigator

The Ibis Program will be here at SeniorsPlus the first Wednesday of each month demonstrating their new and easy-to-use technology designed to help people with chronic illness 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.

## **Tips and Tools for Quitting Tobacco**

**Date:** Thursday, March 7

**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

## **1-800-Help-Me-Tim: Windows 10 for Beginners**

**Date:** Thursday, March 7

**Time:** 2–4 p.m.

**Instructor:** [Name obscured by stamp]

Windows 10 is a new operating system, even if you are familiar. Learn simple steps so you can understand and use it better. **Limit 20.**

## **True Colors**

**Date:** Monday, March 11

**Time:** 2–4 p.m.

**Instructor:** Angela Moore,  
Beacon Hospice

True Colors is a personality test that expresses the four colors of being; Blue, Green, Gold, and Orange. Each of us has these colors in our personality, but generally one color impacts our personality and communication style. In this presentation, we will discover your True Color and how those colors change in different situations.

## **Consumer Affairs**

**Date:** Tuesday, March 12

**Time:** 10 a.m.–noon

**Instructor:** Alan Elze

Have you ever bought something and it just quit working a few months later? Or have you ordered something and never got it? Ever had a repair done on your home or vehicle and it wasn't right? Learn what recourse you may have.

## **Free Movie Screening: 'Songs for a Long Life'**

**Date:** Tuesday, March 12

**Time:** 2:30–4 p.m.

**Instructor:** Androscoggin Home  
Healthcare + Hospice

"Seven Songs for a Long Life" is a documentary that follows the lives of seven terminally ill individuals with music as a central theme promoting living fully with serious illness. An informal conversation facilitated by Karen Flynn, Director of Hospice and Palliative Care, and Dr. Elizabeth Hart, Director of Medical Services, will follow. Audience participation encouraged.

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.

## Understanding Alzheimer's & Dementia

**Date:** Tuesday, March 19

**Time:** 10–11:30 a.m.

**Instructor:** Peter Baker,  
Alzheimer's Association

The Alzheimer's Association has created an education program covering the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. The program explores the relationship between Alzheimer's disease and dementia; examines what happens in a brain affected by Alzheimer's; details the risk factors for and three general stages of the disease; discusses treatments, research, and resources.

## Energy Efficiency & Weatherization

**Date:** Tuesday, March 19

**Time:** noon–1 p.m.

**Instructor:** Kristine Corey,  
Energy Efficiency Coordinator,  
AmeriCorps

Discover an affordable path to a clean and green future in renewable energy. Discuss simple ways to combat climate change and reduce energy bills. Learn easy, D-I-Y weatherization techniques, and get introduced to local organizations committed to energy efficiency. Includes the opportunity for a free one-hour home energy consultation.

## Game Day at SeniorsPlus

**Date:** Wednesday, March 20

**Time:** 1–4 p.m.

An afternoon of fun, socialization, and popcorn! Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards.

## Medical Marijuana 101

**Date:** Thursday, March 21

**Time:** 9–11 a.m.

**Instructors:** Danielle Miller and  
Marissa Martin

This presentation will cover how cannabis works in the body, ways to ingest it and how each method takes effect, how to track what you are trying and the success of your results, and how to make your own cannabis remedies.

## Options for Caregivers of Individuals with Dementia

**Date:** Thursday, March 21

**Timeslots:** 1:30–2 p.m.; 2–2:30 p.m.;  
3–3:30 p.m.; 3:30–4 p.m.;  
4–4:30 p.m.

**Instructor:** Albert L'Etoile,  
Woodlands Memory Care of  
Lewiston

Albert has been assisting families and older adults in finding the appropriate living situation for nearly 20 years. These one-on-one sessions are the perfect opportunity to "pick his brain" regarding options for caregivers of individuals with Alzheimer's disease or other forms of dementia.

## Your Money Personality

**Date:** Tuesday, March 26

**Time:** 10 a.m.–noon

**Instructor:** Chris Davis, Workforce  
Development Specialist at New  
Ventures Maine

In this workshop, you will use a fun and unique "Money Habitudes" game to identify your money management style. This helps you learn how your habits and attitudes towards money affect your decisions and actions related to money. The results of your card-sort activity will act as a starting point to become more comfortable managing your money.

## 'Go Set a Watchman' by Harper Lee

**Date:** Wednesdays, March 27–May 1

**Time:** 9–11 a.m.

**Instructor:** Laura Sturgis  
**Required book:** "Go Set a  
Watchman," ISBN: 978-0-06-  
256102-2

This six-week course is a continuation of the fall class on Harper Lee. Class involves reading and discussing "Go Set a Watchman" and hopefully viewing the Gregory Peck film. **This class is for Senior College members only. Please call Senior College at 207-780-5960 to register. Limit 20.**

## Crafting with Corinne

**Date:** Wednesday, March 27

**Time:** 2–3:30 p.m.

**Instructor:** Corinne Saindon  
**Supply fee:** \$5

Spring is here, so let's create a cute Easter basket and matching card. **Limit 10 students.**

## Easy Tips on Improving Self-Esteem

**Date:** Thursday, March 28

**Time:** 11 a.m.–noon

**Instructor:** Chloe Giampaolo

Learn how boosting self-esteem prevents health problems for seniors. Look at what people with good self-esteem do, five healthy ways you can boost your self-confidence, and discuss the good and bad effects of cortisol (the hormone in your body as related to self-esteem).

**Please note:** Photographs may occasionally be taken during classes. If you don't want your picture taken, please inform the photographer.

## A Pictorial Guide and Benefits of Walking

**Date:** Thursday, March 28

**Time:** 2:30–4 p.m.

**Instructor:** Mary Joan Kozicki  
LaFontaine, Regional Director,  
Southern CareerCenters

While enjoying a slide show of Mary's adventures in walking with her dog, Millie, you will learn about the many forms of health benefits. You will be guided through a photo journal of nature, art, humor, spirituality, and more.

## Living Well with Chronic Pain

**Date:** Thursdays, March 28–May 16  
(no class April 11 or 18)

**Time:** 4–6:30 p.m.

**Instructors:** SeniorsPlus

**Location:** Lewiston Adult Education

This is a six-week long workshop for those who want to learn ways to better manage their pain. Participants of this interactive workshop learn ways to deal with frustration, fatigue, poor sleep, and isolation. You will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance, and techniques for pacing activity and rest. To register, call SeniorsPlus at 207-795-4010 or Lewiston Adult Education at 207-795-4141.

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.

## EXERCISE CLASSES Total Strength and Balance

**Day/time:** Mondays, 11:15 a.m.–  
noon OR 12:15–1 p.m.

**Day/time:** Wednesdays,  
11:30 a.m.–12:15 p.m.

**Day/time:** Fridays, 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.

## Gentle Chair Yoga

**Dates:** Mondays, March 18–May 6

**Time:** 9–10 a.m.

**Instructor:** Tisha Bremmer

**Cost:** 8-week sessions for \$40

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.

## Chair Yoga

**Dates:** Fridays, February 15–April 5

**Time:** 9–10 a.m.

**Instructor:** Mary Bishop

**Cost:** \$8 drop-in or \$40 for 8 weeks

This class is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability.

## ONGOING GROUPS, CLASSES & CLUBS

### Coffee & Comfort

**Date:** Monday, March 4

**Time:** 3–4 p.m.

Loss is hard. The great news is, no one needs to feel alone through their bereavement. This group offers a safe place where one can receive the grief support they are seeking. Meets on the first Monday of each month and is facilitated by Beacon Hospice. Please call to register so we have enough coffee and light refreshments to go around.

### 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.

### Caregiver Support Group

**Date:** Monday, March 11

**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.

### 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.

### Book Club

**Date:** Wednesday, March 13  
**Time:** 2–4 p.m.  
**Location:** Marco’s Restaurant, Lewiston (March only)

This peer-facilitated club meets on the second Wednesday of each month. This month’s book is “Miss Pettigrew Lives for a Day” by Winifred Watson. It is about a governess sent by an employment agency to the wrong address, where she encounters a glamorous night-club singer and her life takes an unexpected turn. This is the group’s 250th book — to celebrate they will meet at Marco’s Restaurant. Club members are responsible for the cost of their food and drinks.

### Vision Support Group

**Date:** Monday, March 18  
**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. 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

**Date:** Monday, March 25  
**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 for people who have chronic pain.

### Caregiver Support Group

**Date:** Thursday, March 28  
**Time:** 8:30–10 a.m.  
**Instructor(s):** Albert L’Etoile and Pam Smith, Woodlands Memory Care of Lewiston

By participant request, we have added a second caregiver support group. This group will meet on the last Thursday of each month. It 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.

### FRANKLIN AND OXFORD COUNTIES Caregiver Support Group

**Date:** Monday, March 4  
**Time:** 3–4:30 p.m.  
**Location:** SeniorsPlus, 218 Fairbanks Road, Farmington

SeniorsPlus’ Caregiver Support Group offers a safe place for caregivers, family, and friends 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 and meets the first Monday of each month.

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

### Living Well with Diabetes

**Date:** Tuesdays, March 12–April 16 (six sessions)  
**Time:** 3:30–6 p.m.  
**Instructors:** SeniorsPlus staff  
**Location:** Franklin Adult Education Conference Room, 129 Seamon Road, Suite A, Farmington

Lean real-life skills for living a full, healthy life with diabetes. This six-week workshop will help provide you with strategies you need to enjoy life to its fullest.

### 10 Tips

**Dates:** Thursdays, March 7–28  
**Time:** 2–3 p.m.  
**Instructor:** [Redacted]  
**Location:** [Redacted]



This series consists of four sessions based on the theme of “Choose MyPlate” or “Eating Better on a Budget.” Classes are based on the USDA’s “10 Tips Nutrition Education Series” which provides easy-to-follow tips from the latest Dietary Guidelines for Americans. Demonstrations, tastings, and a cookbook are provided.

### How to Protect Yourself from Fraud & Scams

**Date:** Tuesday, March 19  
**Time:** 4–6 p.m.  
**Instructor:** Valerie Cole, SeniorsPlus  
**Location:** SAD 44 Adult Education, Telstar High School, Bethel

Discuss how scams and identity theft rob millions of Americans each year and how creative and persistent scammers can be. Attendees will learn to recognize common scams and how to avoid them and protect themselves. To register, please call SAD 44 Adult Education at 207-824-2136.

**See our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

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