

SeniorsPlus EDUCATION CENTER

**OCTOBER 2017
CLASSES**

Volunteer Fair

Date: Tuesday, October 3

Time: 10 a.m. – 1 p.m.

A variety of agencies including Central Maine Medical Center, SEARCH at Catholic Charities, BookReach, Girl Scouts, and American Red Cross will be tabling this event. There will be staff available from each agency to answer any questions you may have on a host of volunteer opportunities available.

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

See our Facebook page:

www.facebook.com/seniorsplus

Converting to an Employee-Owned Co-Op

Date: Tuesday, October 3

Time: 2 – 4 p.m.

Instructor: Marcel Gagne,
Cooperative Development
Institute

Maine has thousands of baby boomer business owners who will need to retire in the next decade or so and few of them have concrete succession plans. What is going to happen to these businesses? Who is going to buy them and sustain the jobs and services those communities have relied on? Business Ownership Solutions, a program of the Cooperative Development Institute, is working to promote and perfect this uniquely beneficial model of development. We organize the education and technical assistance, incorporation, deal structure, and creative financing that can make this dream a reality. This presentation will explain this development strategy and share inspiring conversion success stories in Maine and the US.

Merging L/A

Date: Thursday, October 12

Time: 10 – 11 a.m.

Instructor: Holly Lasagna and
Charles Morrison, members of
the Joint Charter Commission

Should the cities of Lewiston and Auburn merge and create one municipal government with one charter, one mayor, one city council, one school department, etc.? On November 7, this question will be on the ballot for voters to decide. Amidst all the noise, it can be difficult to know the facts. Two of the Commissioners elected to study the issues will present the facts and answer questions before you vote.

Your Journal, Your Journey, Your Gift

Date: Saturdays, October 14 –
November 18

Time: 10 – 11 a.m.

Instructor: Natalie Ladd,
Columnist and Freelance
Writer for Sun Media Group

Join us for a six-week verbal and literary workshop where we will review, record, and collectively gather valuable life lessons only learned (and earned) over time. Discover how your unique simple, everyday past experiences can turn into a group project worth sharing with loved ones. Please bring a 1 or 1½ inch binder. **Limit 8.**

Spooky Crafts

Date: Monday, October 16

Time: 2– 3:30 p.m.

Instructor: Corinne Saindon,
local artisan

Cost: \$5 for supplies for all three projects

Do you like playful, fun Halloween cards and treats that aren't ghoulish and gross? You need to check out this Halloween paper crafting class. We will make a cute Halloween card that you can send to your favorite "young one" and two Halloween treat holders. One will be a non-candy treat.

Safe Driving

Date: Tuesday, October 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 and lunch. Bring your membership card.

Essential Oils

Date: Thursday, October 19

Time: 10 – 11:30 a.m.

Instructor: CJ Jerry

Have you ever heard of essential oils and wondered what they were all about? Come to this class and you will hear how they might benefit you. You will learn how to use them, smell them, and ask any questions you may have.

How Lead Gets into the Home and What We Can Do About It

Date: Thursday, October 19

Time: 2 – 3 p.m.

Instructor: Wendy Collet,
Green & Healthy Homes Initiative

What can I do if lead is found in my home? Is it poison? How did it get there? Does lead-based paint pose a risk to my grandchild? Learn how we can create a safer and healthier home, and how we can better protect ourselves, our kids, and grandkids from lead poisoning.

Digital Dentures and Dental Implants

Date: Friday, October 20

Time: 9 – 10:30 a.m.

Instructors: Kristie Lake,
D.M.D. and Megan Higgins,
L.D., Drew's Dental Services

Dr. Lake and Megan will be explaining how digital denture design with the integration of dental implants can give patients a more natural and secure smile.

Five Wishes Program

Date: Tuesday, October 24

Time: 10 – 11 a.m.

Instructor: Angela Moore,
Beacon Hospice

Five Wishes is the most popular advanced 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 loved ones. Our presentation reviews the document and provides information on how to start these important discussions with family and friends.

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, October 30 –
December 18 (no class 10/9)

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 10/9)

Dates/times: Wednesdays and
Fridays, 11:30 a.m. – 12:15
p.m. (no class 10/11)

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.