

SeniorsPlus EDUCATION CENTER

**OCTOBER 2018
CLASSES**

Community Engagement Forum

Date: Wednesday, October 3

Time: 10 a.m. – noon

Location: Gendron Franco Center

Date: Thursday, October 11

Time: 6 – 8 p.m.

Location: St. Mary's Lepage
Conference Center

The Androscoggin Community Health Stakeholder Coalition will host a forum for the Maine Shared Community Health Needs Assessment to present Androscoggin County health data. The purpose of the forum is to identify health priorities for our county, and together, identify what you think is important in addressing the health of our community. Registration is not necessary.

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

Gearing Up for Flu Season

Date: Wednesday, October 3

Time: 1:30 – 2:30 p.m.

Instructor: Angela Moore,
Beacon Hospice

Learn ways to avoid getting sick. Learn how to identify different types of viruses and how to prevent them. Also, learn ways to communicate with your physician when you are sick to get the best care possible to get you back on your feet in no time.

Volunteer Fair

Date: Thursday, October 4

Time: 10 a.m. – 1 p.m.

A variety of agencies including; 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 questions on a host of volunteer opportunities available.

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

Good Grief, the Gift of Final Expense Planning

Date: Tuesday, October 9

Time: 1 – 2 p.m.

Instructors: Zoe Theriault,
Jacob Daniels, and Jennifer
Uwaechia of Banker's Life

Learn how to plan for final expenses, your options, and the costs associated with cremation or burial. Discuss probate and different talking points between you and your loved ones during this often difficult time. Light refreshments provided.

Preventative and Therapeutic Nutrition

Date: Thursday, October 11

Time: 10 – 11:30 a.m.

Instructor: Martin Raj,
The Olive Branch

A walk in the woods, smelling the flowers, a hike on the hills, listening to the birds sing, all are very therapeutic. These are nature's agency for recovery from mental stress and overwork. Did you know that proper nutrition is one such agency for protecting our health and treating health issues? To learn more, please join us for an exciting class on preventative and therapeutic nutrition.

Crafting with Corinne: Halloween Edition

Date: Thursday, October 11

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon,
local artisan

Cost: \$5 for supplies

The projects you will create are super simple and cute. Use them for family members or friends. All class supplies provided for \$5.

Safe Driving

Date: Tuesday, October 16

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, lunch, and membership card.

Fraud & Scams

Date: Tuesday, October 23

Time: 1 – 2 p.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? Find out what you can do to protect yourself and where to go to report things so others don't become the next victim.

See our Facebook page:

www.facebook.com/seniorsplus

Simple Activities for Seniors with Alzheimer's

Date: Thursday, October 25

Time: 11 a.m. – noon

Instructor: Albert L'Etoile,
Woodlands

This presentation will provide simple, easy activity ideas for caretakers and family members of seniors living with Alzheimer's disease.

Vitamins, Herbals, and Supplements

Date: Monday, October 29

Time: 2 – 3:30 p.m.

Instructor: Pharmacist
Elizabeth Clark, Walgreens

Learn about common vitamins and why they are important. Participants will also learn about the effectiveness and uses of herbal supplements, calcium, and probiotics, as well as safety using supplements with prescriptions and when people need to talk with their pharmacist or doctor.

Know the 10 Signs: Early Detection Matters

Date: Tuesday, October 30

Time: 1 – 2:30 p.m.

Instructor: Peter Baker, LCSW,
Alzheimer's Association

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to

learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Being Mortal

Date: Thursday, November 1

Time: 1:30 – 3 p.m.

Instructor: Angela Moore,
Beacon Hospice

Please join Beacon Hospice in a special viewing of the groundbreaking PBS special "Being Mortal." Based on the best-selling book by Atul Gawande, MD, "Being Mortal" explores the implications of coming to terms with your own mortality. Attendees will learn ways to approach these challenging conversations with loved ones and will be provided with resources to help develop their own wishes for end of life care. It is a must-see for everyone if you are a patient, caregiver, or loved one.

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Medicare 101

Date: Friday, November 2

Time: 2 – 3:30 p.m.

Instructor: Melissa McCarthy,
UNE graduate student

Open enrollment is October 15 to December 7, 2018. Get the basics of Medicare in this introductory course. This presentation will be perfect for people new to Medicare or for anyone looking to brush up on their knowledge.

The Books of Harper Lee

Dates: Tuesdays, September 25 –
November 6 (no class on 10/16)

Time: 9:30 – 11:30 a.m.

Instructor: Laura Sturgis

This course will explore two books authored by Harper Lee, “To Kill a Mockingbird” and “Go Set a Watchman.” Class involves reading and discussing both books and hopefully, viewing the Gregory Peck film. Laura taught English at Edward Little High School for 15 years, primarily to freshmen, but also taught the Syracuse University’s Project Advance for three years. She enjoys sharing books with others. **This class is for Senior College members only. Please call Senior College at 207-780-5960 to register.**

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

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 on 10/8)

Time: 11:15 – 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 and Fridays

Time: 9 – 10 a.m.

Instructor: Tisha Bremmer

Cost: \$35 for 7 weeks;

Drop in: \$8 per class.

Monday sessions: 8/13–10/15
(no class on 10/8) and

10/22–12/17 (no class on 11/12)

Friday sessions: 9/7–10/26 and
11/2–12/21 (no class on 11/23)

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.

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

ONGOING GROUPS

Coffee & Comfort

Date: Monday, October 1

Time: 3 – 4 p.m.

A group for those who have experienced loss and have completed the Bereavement group at Beacon Hospice.

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.

Caregiver Support Group

Date: Monday, October 8

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.

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

Classes are held at
8 Falcon Road,
Lewiston, Maine 04240,
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Book Club

Date: Wednesday, October 10

Time: 2 – 4 p.m.

This peer-facilitated club meets on the second Wednesday of each month. This month's book is "The Little Paris Bookshop" by Nina George. Monsieur Perdu can prescribe the perfect book for a broken heart. But can he fix his own?

Vision Support Group

Date: Monday, October 15

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. It provides a safe place to meet and share thoughts and encouragement. Developing a good support system offers empowerment and confidence. Family and friends are welcome. Meets on the third Monday of each month.

Chronic Pain Support Group

Date: Monday, October 22

Time: 2 p.m.

This peer-facilitated group was formed by participants of the Living Well with Chronic Pain workshop. This group meets monthly only for those who have chronic pain.

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Monday, October 1

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.

Living Well for Better Health

Date: Thursdays, September 27
– November 1

Time: 9 – 11:30 a.m.

Instructors: Laure Johnson and
Cheryl Moody

Location: SeniorsPlus,
218 Fairbanks Road,
Farmington

Learn 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.**

Aging Well Living Well Expo 2018

Date: Friday, October 5

Time: 9 a.m. to 4 p.m.

Location: Sunday River, Bethel

Cost: \$25 (includes breakfast and lunch)

Choose three workshops from dozens offered. Visit seniorsplus.org/AWLW for details. Call 207-795-4010 to register. Bus available from Lewiston office for \$25.

Open House at New Norway Office

Date: Friday, October 19

Time: 7:30 to 9:30 a.m.

Location: 9 Marston St., Norway

Meet-and-greet at the new Norway office of SeniorsPlus. Light refreshments, prepared by the Nutrition team, will be provided.

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

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