



Education Center Schedule

October 2022

Mini Expo

New! One time event!

Date and Time: Friday, October 14th 9AM-2PM

Facilitator: UNE & SeniorsPlus

Location: Education Center, 8 Falcon Rd, Lewiston

Join staff from SeniorsPlus and Masters of Social Work (MSW) and Applied Nutrition students from the University of New England (UNE) for a day of fun, learning, sharing and connecting! Three sessions throughout the event!

Free admission includes lunch. Registration is required.

Call us to reserve your spots!

Session 1 (select 1 group)

Life Out Loud

Take part in a storytelling and sharing workshop focused on self-empowerment and connection. Feeling shy? Come write and listen! With Masters of Social Work Students.

Aging Well & Nutrition

Join Applied Nutrition Graduate Students for an interactive discussion about the food groups, tips on how to save money in the grocery store, how to overcome appetite changes and ways to incorporate exercise in your daily lives.

Round Table Discussions

Ageism & Personal Wellness

With Dr. Tom Meuser, Director, UNE Center for Excellence in Aging & Health.

Session 2 (select 1 group)

Postcard Collage

Interested in art? Join us to make a postcard collage to send and share, a general collage, or a combination of the two! With Masters of Social Work Students.

Music to Spark Joy and Memory

Experience the power of music to spark joy, enhance social connections, and make our memories come to life! With Masters of Social Work Students.

Round Table Discussions

Reminiscence & Life Review

With Dr. Tom Meuser, Director, UNE Center for Excellence in Aging & Health.

Session 3 (select 1 group)

Music to Spark Joy and Memory

Experience the power of music to spark joy, enhance social connections, and make our memories come to life! With Masters of Social Work Students.

Aging Well & Nutrition

Join Applied Nutrition Graduate Students for an interactive discussion about the food groups, tips on how to save money in the grocery store, how to overcome appetite changes and ways to incorporate exercise in your daily lives.

Round Table Discussions

Memory & Brain Health

With Dr. Tom Meuser, Director, UNE Center for Excellence in Aging & Health.



UNIVERSITY OF NEW ENGLAND
Center for Excellence
in Aging and Health

CAREGIVER GROUPS & RESOURCES

Good Grief- New!

Date and Time: Tuesday, October 4th from 10:30 AM – Noon (every first Tuesday)

Facilitator: Beacon Hospice

Location: Education Center, 8 Falcon Rd, Lewiston



SeniorsPlus is pleased to partner with Beacon Hospice in providing a Bereavement Support Group. To be held in-person, this once-a-month group meeting will provide a safe place for those that want to connect with others who understand what they are going through. And who are looking for ways to find meaning and purpose in life without the presence of their loved one. At these meetings, griever will receive support, understanding, and compassion. Griever will learn about self-acceptance, self-care, self-compassion, and resilience. We will share stories, experiences, and offers and receive support that can help with the grieving process. We will provide a safe place for everyone, in every stage of grief. A grief support group is not a substitute for professional care for depression.

Kinship Support Group - New!

Wilton:

Date and Time: Thursday, October 20th from 6:00 PM -7:30 PM
(every third Thursday)

Facilitator: Cyndi Dolloff

Location: SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program
NO childcare is provided at this time. This meeting is led by Cyndi Dolloff, AFFM Trainer, Facilitator and Resource Parent. RSVP by calling Brigid at 207-827-2331 or email brigid@affm.net

Caregiver Support Groups - *New at all 3 locations*

Lewiston:

Dates & Times: Monday, October 10th from 5:30-7:00 PM
(every second Monday)

Facilitator: Dana Morrell

Location: Lewiston office at 8 Falcon Rd, Lewiston

Norway:

Date and Time: Thursday, October 27th from 2:30-4:00 PM
(every fourth Thursday)

Facilitator: Valerie Cole

Location: SeniorsPlus Norway office at 9 Marston Street, Norway

Wilton:

Date and Time: Thursday, October 6th from 3:00-4:15
(every first Thursday)

Facilitator: Janice Sabin

Location: SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. The group will meet in person on location.

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter last year? The goal of the newsletter is to share caregiver-specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out. We're happy to add you to our mailing list.

GROUPS & EXERCISE

Walk-In Technology Clinic

Date and Time: Thursday, October 6th from 1:00- 3:00PM
Facilitator: SeniorsPlus staff
Location: SeniorsPlus at 8 Falcon Rd, Lewiston

SeniorsPlus staff will be ready and waiting to help you with your smartphone or smart device. Come on over, have a seat, hook up to our wireless and we can get started troubleshooting your technology needs. What is your burning question? Is it how to add contacts, how to Facetime, how to maximize Zoom, what happens to apps after you delete them? These are just some of the questions we get all the time. We are digital immigrants and digital natives - come and try to stump us!

Stroke Prevention



Date and Time: Thursday, October 13th from 1:00-2:30PM
Facilitator: Dr. Claudia Geyer, Chief of Hospital Medicine, Dr. Eric Devries, Emergency Department physician from Central Maine Healthcare.
Location: SeniorsPlus at 8 Falcon Rd, Lewiston

In this class you will learn the risk factors for stroke, recognize the most common symptoms of stroke and how to respond appropriately and when to call 911.

AARP Smart Driving Course



Date & time: Thursday October 20th from 10:00AM-3:30PM
Instructor: AARP Staff, Rich
Location: Education Center, 8 Falcon Rd, Lewiston, ME
Cost: \$25 Non-AARP Member, \$20 Member (Cash or Check, day of)

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers aged 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you'll learn:

Important facts about the effects of medication on driving.

- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, airbags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Medicare Made Simple In-Person

Date & Time: Thursday, October 27th from 3:00-5:00 PM
Instructor: Kerry Faria
Location: Education Center, 8 Falcon Rd, Lewiston

This is an in-person class with Medicare expert, Kerry Faria. Learn how to navigate Medicare in this introductory class. You will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or anyone who currently has Medicare and would like to learn more. There will be time for questions and answers.

Knitting Group

Dates: Wednesdays (Ongoing) October 5, 12, 19, & 26
Time: 4:30-7:30PM
Facilitator: SeniorsPlus Staff
Location: Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME

Join our knitting group to work on your own project, learn from others, and socialize!

Strength & Balance

Dates & Times: Ongoing
Monday 11:00-11:45 AM
Wednesday 11:00-11:45 AM
Friday 10:15-11:00

** No Class October 10th and October 14th*

Location: Education Center, SeniorsPlus, 8 Falcon Road,
Lewiston, ME

Instructor: Linn Morin, Certified Trainer



Description: Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are in-person and masks are required.

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

Chair Yoga In-Person & Zoom

Dates: Ongoing
Tuesdays 9:00-10:00AM
Fridays 9:00-10:00AM

**Zoom only on October 14th. No class on October 28th.*

Instructor: Mary Bishop, RYT

Location: Zoom & In-Person - Education Center at SeniorsPlus, 8 Falcon Road, Lewiston

Cost: \$5 per class. Payments to be exchanged directly with Mary.

Must-haves: If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface.
If in-person then just yourself.

Join Mary for this class offered both in-person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size is limited. If you are interested in the class availability or are unable to afford the payment, still reach out so we can discuss specifics/concerns with you further.

ONLINE GROUPS & OFFERINGS

Zoom 101: Using Video Technology to Stay Connected

Date & Time: At your convenience

Instructor: SeniorsPlus Staff

Location: Zoom Live, one on one with staff. A device with both a webcam and speaker are required to participate.

Join us for this one-on-one class to become more familiar with how to use Zoom to participate in SeniorsPlus and Healthy Living for ME's online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience

Presenter: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please join in. They have trained volunteers standing by to answer your tech questions and also to help you sign up for online training sessions.



Fraud & Scams Prevention Workshop:

AARP Fraud Watch Network

Date & Time: At your convenience

Presenter: SeniorsPlus Staff

Location: Online video

Every year, one in ten seniors fall victim to scams and fraud. The number is most likely higher because many scammed seniors are embarrassed and afraid to report it to the authorities or to their families. Keep yourself and your loved ones safe. Don't be a statistic. This workshop will give you the information needed to protect yourself and your loved ones. Do you know the top scams in Maine? Topic areas include Fraud Trends and Behavior, the Con Artist's Playbook, Practice Spotting Fraud (using real examples), Prevention and Resources. Become a fraud fighter instead of a fraud victim. Content from AARP Fraud Watch Network.

Medicare Made Simple

Date & time: At your convenience

Presenter: SeniorsPlus Staff

Location: Online video

Check out this pre-recorded Zoom class to learn how to navigate Medicare. In this introductory course, you will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or anyone who currently has Medicare and would like to learn more.

AT&T - Cyber Aware Webinar

Date & time: At your convenience

Presenter: AT&T Staff

Location: Online video

Catch this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is designed for people who are interested in learning statistics, recognizing scams, and what to do to protect themselves while online.

To register for our Education Center offerings,
please email us at edcenter@seniorsplus.org or call SeniorsPlus at 207-795-4010.

If you'd like to learn more or register for Healthy Living for ME (HL4ME) workshops,
please visit www.healthylivingforme.org, call 1-800-620-6036, or email
info@healthylivingforme.org to get started today!

We look forward to hearing from you!

SeniorsPlus | seniorsplus.org



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