



## COASTAL CENTER HAPPENINGS


### On-Line Auction

**Spectrum Generations Online Auction is Heating Up August 12 to 27, 2009**



July already? Spectrum Generations on-line auction committee is busy cataloging the phenomenal outpouring of donations from community members and businesses. The spectrum of items range from Monhegan Island Puffin Cruises to Sea Dog tickets: antique jewelry, restaurant certificates, quilts, gardening supplies, tools, pottery, coin collections, and Zumba fitness lessons. The auction kicks off on August 12<sup>th</sup>, so please keep those donations coming. 100% of all proceeds from the auction will be funneled right back into our communities, supporting valuable programs and services for adults of all ages and abilities. Call Sally at 563-1363 or Holly at 1-800-639-1553 to learn how you can support Spectrum Generations and get your donation showcased

### Are You Ready to Shop?

Auction bidding on eBay will begin on August 12. Are you unfamiliar with eBay shopping and don't know where to start? Join Dan Ehlers on Tuesday, July 14, at 2:00PM for a FREE eBay class. Learn the basics: How to register, search for items, bid and buy safely using the services provided by eBay and PayPal. 



Center Activities on Back Page


### JULY 2009

#### Spectrum Adventures



### Maine and Canadian Coast Cruise

September 26—October 3, tour Boston, Maine Ports, St. John, NB and Halifax, NS aboard Royal Caribbean's "Jewel of the Seas" leaving from Boston. Price includes cruise, most meals aboard ship, 24 hour room service. Price does not include transportation to and from Boston and any Port of Call excursions. Rates starting at \$689. To learn more contact Walter at Cruise Planners 832-5582.


If You See a  OR  Call (207) 563-1363

Coastal Community Center  
521 Main Street  
Suite Number 8  
Damariscotta, ME 04543

Consumer Helpline:  
1-800-639-1553  
(TTY) 1-800-464-8703  
(207) 563-1363

[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

### Spectrum Answers

**Maine Property Tax and Rent Refund Program**—August is the month that the Maine Property Tax and Rent Refund applications are available to all Maine residents to help homeowners and renters offset the high cost of property taxes and rent paid on their primary residences. To learn more about the 2009 MPT&RRP income guidelines and whether or not you qualify for this program, please call Spectrum Generations at 563-1363 or 1-800-639-1553. If you have filed in the past, then you should automatically receive a new application in the mail during the month of August. Marilyn Wilson will be at the CCC on Friday, August 7 and 21 from 12:30pm to 3:30pm to assist you with the application process. 

### HOT DIGGITY DOG

On National Hot Dog Day plus 2, July 23.

support the

CCC—Buy a Hot Dog for Lunch - Stop by Sully's Hot Dog Stand in Newcastle (Comfit Zone parking lot) during National Hot Dog Week, Thursday, July 23 between 11am and 2pm and purchase a hot dog with all of the fixings for your lunch. 15% of the proceeds will benefit the Center's Programmatic Initiatives.



More Adventures & Activities—Back Page



## Caring



### **Family Caregiver Support Group, Thursday, July 9 at 1pm.**

The group provides a confidential setting to discuss issues of being a caregiver for a family member or friend at home or elsewhere. FMI call Vanessa at 1-800-282-0764 ext. 139. ☎



## Living



**Pamper your Feet, Foot-Pedicure Clinic, Friday, July 3 and 17** beginning at 8:30 am. 30-minute therapeutic toe clipping. \$20 fee. ☎

**Feldenkrais and Pilates Classes, Wednesdays June 24—July 29.** Taught by Dianne Daniels, MA, exercise physiologist & Feldenkrais practitioner.

**Feldenkrais—5pm-5:45pm—Pilates-6:00pm-6:45pm**  
\$60 for either class or or \$90 for both classes  
FMI call Diane at 380-1536 ☎

**30-Minute Massages, Thursday, July 9 from 8:30am –12:30pm** with Kim Horstman, LMT. Massages bring an improved sense of well-being and boost one's natural energy levels. First visit \$10 introductory fee. Future visits \$20 for a half hour massage/\$60 for an hour ☎

**Reflexology, Hand and Foot, or Therapeutic Massage** with Jen Gunnels, Thursday, July 23, one-hour sessions beginning at 10am. **Reflexology** is the application of pressure, stretch and movement to the feet and hands affecting corresponding parts of the body. \$30 fee. **Massage** helps prevent and alleviate pain and stress. \$40 fee. ☎

**Reiki Sampler, Friday, July 24 at beginning at 1:30pm.** 30-minute Reiki sessions with Jill Meyers for stress reduction and relaxation. \$10 fee. ☎

**Body Core Conditioning, Thursday, July 30 at 10am.** Your body core is the midsection of your body from the top of your thighs to your shoulders including the pelvis, abs, back and chest muscles. If the core is not properly conditioned it will limit your physical abilities. Join Personal Trainer Robin Maginn and learn many different exercises to strengthen your core without having to do crunches! ☎

**Matter of Balance: Managing Concerns About Falls, Thursdays and Tuesdays at 1pm from July 30—August 25.** As we age we may experience a fear of falling and restrict our activities. MOB emphasizes practical strategies to reduce this fear and increase activity levels. \$20 materials fee. \$5 participant fee. **Information Sessions** with Sally Johns, Friday July 10 at 2pm and Wednesday, July 22 at 1pm. ☎

**Heart Healthy Blood Pressure Clinic** with LPN Patsy Cunningham, Wednesdays, July 8, 15, 22, and 29 from noon until 1pm. Free clinic.

**Holistic Healing, Mondays by appointment.** Come experience deep relaxation and a joyous sense of health and well-being with One Touch Light, Reiki & Quantum Touch Practitioner Ann-Dee Burnham. \$5 fee. ☎

## FITNESS AT THE CENTER

**Zumba For Everyone: Ditch the Workout, Join the Party, Thursdays at 3:40pm** with Certified Zumba instructor Tony Garretton. Zumba is a Latin-inspired dance fitness system. Using Latin rhythms & easy-to-follow moves Tony creates a fun workout at a pace that's right for you \$50 for 4-weeks in Jule or \$13 per class. ☎

**Easy Does It Fitness Tuesdays and Thursdays at 9 am.** 60 minutes of low-impact exercises using free weights & fitness balls. \$3 fee. ☎

**Flex and Fit, Wednesdays, 10:30 am.** Seated exercises for flexibility & balance. \$3 fee ☎

**TOPS (Take Off Pounds Sensibly) Support Group, Tuesdays 10:30 am.** FMI call Shirley 563-6813

**Wii Nintendo Sports Fitness, Tuesdays from 2pm—4pm.** Now is your chance to improve your bowling skills, or enhance your golf swing. Wii and Wii Fit is not only fun, playing facilitates flexibility, focus and balance. Want to begin a bowling league, baseball or tennis team or golf foursome? If so please call Robin at 563-1363.

**Tai Chi with Jody Telfair—Level 2, Mondays at 9:45am & Tai Chi—Level 3 plus, Tuesdays 9am** at Jody's Walpole Studio. FMI call 563-7484





## Learning



### THE CYBER CAFE

**What is Social Networking?** with Jim Skilling. Social networking on the Internet has become wildly popular in recent years. Online social sites, including MySpace and Facebook, provide a fun way to keep in touch with distant family. Users can write blogs, notes, post and share pictures, share videos, update their status daily, and play interactive games.

**MySpace**-Thursday, July 9 at 11am—Learn what the virtual community is hearing, posting, and viewing today. Learn to create a profile. \$5 fee. ☎

**Facebook**-Thursday, July 23 at 11am—Learn how to create an online community of friends and your own on-line meeting place using this popular social media site. \$5 fee. ☎

**Linux Support Group**, Thursday, July 30 at 11am. Discuss the ins & outs of downloading and using Linux which is a free operating system. Share your knowledge with others; learn about new programs; show & tell using the Center's Linux PC. ☎

**Don't Be Left Behind**—Whether you are 52, 62 or 92, you can still learn and enjoy the ever expanding world of technology and computer systems. **Tame Your Computer:** The simple basics and beyond is designed for beginners who want to learn the basics, beginning at step one or for those who know a bit and want to learn more. Jim or Todd will assist you at your own pace on a day that works for you. ☎

**Seasonal Gardens: Painting Flowers in Transition**, Monday, July 6 from 10 am until noon. Join Debra Arter at a Borland Hill Homestead for a hands-on workshop that will teach you techniques for capturing the beauty of a summer garden and the blossoms reflective glow. Whether you work with watercolors, oils or acrylics Debra's class is a just right for you. Fee \$25. ☎ **by July 2**

**Gravestone Rubbing with Bill Marshall**, Tuesday, July 14 at 1pm. Gravestone rubbing is fun. It is possible to collect some beautiful artwork that can be framed and displayed. A carver's skill can be preserved, or an ancestor's stone recorded and appreciated through this craft. Bill will show you how at one of the area's historic colonial cemeteries. \$15 materials fee. ☎

**I'm Glad to Bother with Beads** with Taylor Corson at ABOCA Beads, July 21 at 9am. Wear your old, broken bead necklace or bracelet again by learning how to restring the beads onto a new cord. Yes, you CAN learn how to restring your own necklaces. You just need the right materials and an understanding of the basic techniques. The best way to learn how is to watch it being done and then try it yourself. ☎ **by July 20**

**AARP Driver Safety**, July 21 from 11am-4pm. Tune up your driving skills by learning about the changing technology on newer vehicles. Plus, you can save on your auto insurance. Bring a boxed lunch. Beverages provided. Materials fee \$12 for AARP members and \$14 for non-members ☎

**What is Tarot?** Friday, July 31 at noon. Admit it—you're curious. Who isn't? Everyone wants to know about the future! Bring your brown bag lunch and join Ann-Dee for a discussion about: what tarot cards are used for, how they originated, their meaning & the power of tarot in your life. \$1 ☎



## Answers



**Veterans' Advocate Services** with Conrad Edwards, Tuesday, July 7 from 9am-noon. Veterans and spouses, get your benefits questions answered. ☑

**The Information You Need and Where to Get It**, Tuesday, July 14 at 3pm. Join Cynthia and find the answers to your questions pertaining to wellness, aging, Medicare, and disability concerns. ☎

**Medicare Part D Consultations** with Medicare Part D Specialist Karen Crum, Monday, July 20 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑ **by June 26**

**Medicare for Everyone: What Is Medicare, and How Does Medicare Work?**, Tuesday, July 28 at 3pm. Join Cynthia to get the information you need to make the best choice about your medical coverage. ☎

**Senior Community Service Employment Project**, July 29 at 1pm. SCSEP information session with Pauline Beasley, National Able Network. ☎



Advanced Registration  
Call 563-1363

### Center Activities

**Lincoln County Scrabble Club,** Thursday, July 9 and 23 at 6:30pm. Open to all generations, FMI: Clayton at 882-8303. \$2 fee. ☎

**Baked Bean Cook-Off**  
Celebrate National Baked Bean month on Friday, July 10. Make a pot of baked beans from a family recipe and bring it to the Center at noon for a baked bean tasting to discover which of the Center's friends make the best baked beans. The winner will have bragging rights at local baked bean suppers. ☎

**Center Bridge Group,** seeking bridge players, all generations and levels of experience welcome. Mondays from 1pm-3pm. FMI: Sally at 563-1851. \$1 ☎

**Meditation** with Reverend Lu Lasher, Wednesdays at 10am. Share your wisdom. ☎

**Cribbage with Friends,** Wednesdays at 1pm. Drop by and play.

### At the Lincoln Home

**The Wildflowers of Maine** with Wanda Garland, July 13 at 1:30pm. **Ice Cream Social,** July 16 at 2:30pm. FMI: Carol at 563-3350



will return September 18

**Summer Poets** discussion and lunch with friends, July 24, noon

### Lunch and Learn Series

**July 1 Lunch & Learn—Africa** Through an American Lens with Rev. Frank Strasburger Entrees: Sweet & Sour Pork or Veal & Gravy. ☎

**July 8 Lunch and History—** Francis Perkins : Her Lives in Maine and DC with Tomlin Coggeshal. Entrees: Penne pasta with meat sauce or vegetable quiche. ☎

**July 15 –Lunch, Breathing, & Beneficial Adventures—Trek** Across Maine with David Atwater and Friends and Bruce, Respiratory Therapist. Entrees: Bratwurst & Baked Beans or Baked Ham & Pineapple Sauce ☎

**July 22—Lunch & Commentary -** Voices with Gladden Schrock. Entrees: Beef Stew with Biscuits or Baked Fish ☎



**July 29—Lunch, Music, Backyard Games and Ice Cream Cones —** Dylan Cook on Keyboard. Entrees: Backyard Barbeque ☎

☎ *Reservations Required, call 563-1363 by noon on Monday. Lunch is served at 11:30 am. 60 plus \$4.00 donation. All others \$5.50. Remember to car pool.*

### Volunteer Corps—

**New Volunteer & MOW Food Safety Orientation,** Thursday, July 2 at 2:30pm . ☎

**Lincoln County TRIAD Meeting,** Thursday, July 16 at 1:00 pm. At the Wiscasset Senior Center. FMI: Debbie at 633-7874

**Calling all gardeners. The Center's grounds need your help. Volunteer your time and expertise to help us beautify the Center's flower beds and planters.**



**Appointment Required**  
Call 563-1363

### Spectrum Adventures

**Keepsake Quilting,** September 10 & 11 bring your love of quilting to a new level while visiting Keepsake Quilt store in Center Harbor, NH. Price includes transportation and lodging at the Center Harbor Inn on Lake Winnepesaukee. Cost of meals and tips is not included. Rates starting at \$169.



### Outdoor Adventures

**Father or Grandfather –Daughter Take a Walk Together Day,** July 7. Gather at Spectrum Generations at 11:30 am for a stroll along DRA's Midden Trail and a picnic lunch.

**Active Agers on the Water- Kayaking 101,** Friday, July 17 at 9am with MidCoast Kayak. Discover the wonders of kayaking. Gather at the Biscay Pond Beach for a 2-hour introductory kayaking workshop. \$15 participant fee. Reg. by 7/15 ☎

FMI about weekly kayak, canoe and bike rides and trips in Lincoln County contact:

Peter Lawrence, Pemaquid Paddlers: jalppl@gwi.net

Marty Welt, Salt Bay Bike Club: backlog@tidewater.net

John Brown, Wednesday Walkers: jibro@roadrunner.com