



## COASTAL CENTER HAPPENINGS

### Active Aging Week

September 21—27, 2009

*I can't...I should... I will... I am...*

Changing the way I age by being active 30 minutes a day. During AAW 2009 take care of your health by treating yourself to an economic stimulus package where you benefit immediately. There are no strings attached. You will have the opportunity to meet new people while trying out new physical/intellectual activities.

Invest your time in yourself during AAW. Take advantage of free fitness tours and demonstrations taking place at the CCC and throughout Lincoln County. Start your week at the Wiscasset Community Center by participating in a water aerobics class at 8:30am. At 2pm stop by the Central Lincoln County YMCA for a tour and to learn about all of the America on the Move events that are taking place throughout the week. End your day at 3pm by taking a tour of the Miles Healthcare Rehabilitation Services facilities. As the week continues take advantage of fitness tours and demonstrations at Shapers, Bubbling Brook Tai Chi Studio, and the Comefit Zone.

Participate in programs for better breathing, karate for safety, balance, movement, and flexibility on land or come Friday at 8am in the water at the Boothbay Region YMCA. End the week (Sept. 26th) with a tour/visit to Coastal Maine Botanical Gardens.

**AAW Programs** are **FREE** and open to people of all ages. **Advanced Registration Required.** FMI and a full schedule call 563-1363 or go to [www.spectrumgenerations.org](http://www.spectrumgenerations.org).

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### SEPTEMBER 2009



In its fourth year, **Miles of Friends** is an intergenerational program linking **Nobleboro Central School's** second graders and for the first time this year third graders with special friends and buddies from Spectrum Generations Coastal Community Center. The First gathering of the 2009/2010 school year will take place on **Friday, September 11, at 12:30 pm** Don't miss out on the fun or the opportunity to **become a young person's best friend** and to learn together FMI and to volunteer call MOF Coordinator Ben Thompson at 563-7853.

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 Learning

**The Art of Aging Fall Conference**  
*Turning the tides of health*

Gather your friends together and take a field trip to:  
**Spectrum Generations Art of Aging Lifestyle Conference**  
Point Lookout Conference Center in Northport on **October 24th from 9 AM to 4 PM.**

Just \$15 per person for a fun filled day including: a continental breakfast, wellness workshops, healthy eating and cooking demos, interactive fitness demos, health screenings, massages and other health services, fitness walks on **Point Lookout's scenic walking trails**, and the chance to enter our Grand Prize drawing. You can get there from here! Point Lookout is located at 67 Atlantic Highway in Northport



between Belfast and Camden. You can find it on the map or Google directions. For the growing list of vendors, complete workshop descriptions, and information on how to register for the workshops Visit our News/Events page at [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

**Center Closed at 1pm Sept. 1 and all day on Labor Day, September 7.**

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## Caring



**Family Caregiver Support Group**, Thursday, September 10 at 1pm.

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

**Celebrate YOURstory: Voices of Wisdom and Inclusion**, Monday, September 14 at 2pm. "You don't just luck into things as much as you'd like to think you do. You build step by step, whether it's friendships or opportunities" (former First Lady Laura Bush). Listen to your wise self, be inspired, get out of your rut, come together and share your thoughts with others. ☎



## Living



**Matter of Balance: Managing Concerns About Falls**, Information Session and Preventing Falls Week Programs, September 24 from 1-4pm. Come to a series of programs for anyone who has concerns about falling ☎

**Reflexology, Hand and Foot**, with Jen Gunnels, Thursdays, September 3, 17, and 24. 1-hour sessions beginning at 9:30am. Reflexology is the application of pressure, stretch & movement to the feet & hands affecting corresponding parts of the body. \$30 fee. ☑

**AAW Free Information Session at noon on September 24** ☎

**Pamper your Feet**, Foot-Pedicure Clinic, Fridays, September 4, 11 & 18, beginning at 8:30 am. 30-minute therapeutic toe clipping. \$20 fee. ☑

**Heart Healthy Blood Pressure Clinic** with LPN Patsy Cunningham, Wednesdays, September 9, 16, 23 and 30 from noon until 1pm. Free

**30 or 60 Minute Massages**, Thursday, September 10 from 8:30am – 12:30pm and Friday, September 25 from 9am—noon with Kim Horstman, LMT. Massages bring an improved sense of well-being and boost one's natural energy levels. Introductory visit \$10 fee. Future visits \$20-half hour massage/\$40 for an hour ☑

**AAW Free Information Session at 8:30am on September 25** ☎

**Reiki Sampler**, Friday, September 25 at beginning at 1:30pm. 30-minute Reiki sessions with Jill Meyers. Reiki is a Japanese technique for stress reduction and relaxation and makes you more capable of being happy and healthy. \$10. ☑ **AAW Free Information Session at 1pm** ☎

**Introduction to Tai Chi**, new 12-week program beginning Monday, September 28 at 9:45am. Jody Telfair will teach techniques for gentle movement for health, relaxation, & increased energy plus improve balance and flexibility, \$120 participant fee. Min. class size: 10 participants ☎

**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. ☑

**AAW Free Information Session at noon on September 25** ☎

## FITNESS AT THE CENTER

**Zumba For Everyone: Ditch the Workout, Join the Party**, Thursdays at 4:00pm or 5:30pm with Certified Zumba instructor Tony Garretton. Using Latin rhythms & easy-to-follow moves, Tony creates a fun workout at a pace that's right for you \$40 for 4-weeks in September or \$13 per class.

**AAW Free for First Timers** ☎



**Easy Does It Fitness** Tuesdays and Thursdays at 9 am. 60 minutes of low-impact

exercises using free weights and fitness balls. \$3 fee.

**AAW free for first timers** ☎

**Body Core Conditioning**, Tuesday, September 8 at 10am. Strengthen the core without doing crunches. \$3 fee ☎

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

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

**Wii Sports Fitness, Monday's from 2pm—4pm.** Nintendo 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 call 563-1363.

**Tai Chi-Intermediate** with Jody at Bubbling Brook Studio in Bristol Tuesdays, 9am. FMI 563-7484.



## THE CYBER CAFE

**Exploring the World and Making Connections via the Internet**, Thursday, September 10 at 11 am. Join Jim Skilling and learn about the many networks the Internet has to offer including e-mail, sending digital pictures and greeting cards, shopping, coupons, health issues, travel, books and more. \$5 fee ☎

**Brain Age Games for PC**, Thursday, September 24 at 11am. Join Jim and learn how to incorporate brain age games in your lifestyle and see the difference for yourself. Your logic and reasoning skills can be improvised with these games. **AAW free for first timers** otherwise \$5 ☎

**Linux Support Group**, Thursday, September 24 at noon. 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. ☎ \$10 per hour. ☎



The Coastal Community Center has gone wireless. All welcome.



## Learning



**Use it or Lose It -Brain Aerobics**, Tuesday, September 22 at 1pm. - Learn new ways to challenge and train your brain with Coastal Senior College instructor BJ Fredrick. If you (or someone you love) enjoy games, especially those requiring a bit of logic, wish to learn new ones, and in the process perhaps delay cognitive decline, this is the **AAW class** for you! ☎

**Culinary Creations from the Farmer's Market**, Friday, September 25 at 10am. Join Chef David Atwater at his home in Damariscotta for a morning stroll to the Damariscotta Farmer's market. David will discuss that day's selections, making smart choices and assist you with your purchases which will be taken back to his kitchen to be turned into a flavorful lunch. Your only cost is the food you purchase at the market. **AAW Class** ☎

**AARP Driver Safety**, Friday, September 25 from 10:30am-3:30pm. 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. Materials fee \$12 for members. \$14 for non-members. ☎

**Financial Stability as we Age**, Tuesday, September 29 at 1pm. Planning is the key to financial stability. There is no one magic solution to the financial issues that we may face as we age. Lisa Masters from Acadia Trust will offer a few tips and pointers to make the journey less treacherous. ☎



## Answers



**Veterans' Advocate Services** with Conrad Edwards, Tuesday, Sept. 1 from 9am-noon. Veterans and spouses, get your benefits questions answered. ☑

**LIHEAP Pre-Scheduled Appointments** with Kennebec Valley Community Action Program Emergency Services, Friday, September 4, 11, 18 and 25 from 9am until 3pm. Questions regarding the fuel assistance program, application process or appointments should be directed to KVCAP Lincoln County's new fuel assistance program service provider. **FMI please contact KVCAP at 1-800-542-8227**

**Circuit Breaker**—2008 Tax and Rent Rebate Assistance for Maine Residents, Friday, September 4 and 18. 30-minute consultations. Let Marilyn Wilson assist you with the paperwork from 12:30—3:30 pm. ☑

**The Information You Need and Where to Get It**, Tuesday, September 8 at 2:30pm. 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, September 21 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑ **by September 18.**

**Medicare for Everyone: What Is Medicare, and How Does Medicare Work?**, Wednesday, September 30 at 1:30pm. Join Cynthia to get the information you need to make the best choice about your medical and prescription drug coverage at your 65th birthday draws near. ☎



Advanced Registration  
Call 563-1363

## Center Activities

**Lincoln County Scrabble Club**, Thursday, September 3 and 17 at 6:30pm. Open to all generations, FMI: Clayton at 882-8303. \$2 fee. ☎

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

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



**Hooked on Reading Returns**, Friday, September

18 at 1pm. Summer readings open discussion. Of all the books you read this summer which book would you recommend that others read—why?

### What is in Your Future?

Wednesday, September 23 at 1:30pm-3:30pm. Tarot Card Readings with Ann-Dee Burnham

☑ **What is Tarot** at 1pm

**Is a Photography Club in Your Future?** For anyone who has a keen interest in photography, whether you are new to photography or someone with long experience with the craft, input is being sought from those who would like to help form a photo club in our region. To express your interest call Bob Gorrill at 563-7463 so that a September meeting can be scheduled at a

### At Sproul Block, Waldoboro

**Tea and Tips** seminar series Thursdays at 1pm. FMI Contact Cynthia at 563-1363

## Lunch and Learn Series

**September 2** Lunch & Marine Ecology-Life in the Abyss—with Buzz Scott, Oceans Wide. Entrees: Baked Ham or Fish. ☎

**September 9** Lunch and Judiciary-The Supreme Court: Is it Time for Term Limits for SC Justices? With Judge Martin Boyce. Entrees: Chicken Pot Pie or Stuffed Peppers. ☎

**September 16**—Lunch and Emergency Preparedness -The- First 72 Hours: What Can I Do to Prepare with Kimberly Kaiser, LC Emergency Management. Entrees: September Barbeque-Ribs, Dogs and Burgers ☎

**September 22**—Lunch & Health-Better Breathing for An Active Life with Lynne Thompson, Miles Cardio Rehab Dept. Entrees: Salisbury Steak or Roast Turley and Gravy. ☎

**September 30**—Lunch & Learn-Navigating the Long Term Care Insurance Maze with Carroll Harper. Entrees: Beef Ravioli or Sheppard's Pie. ☎

☎ *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—

### National Senior Center

Month Become a Center Volunteer—Open House, Friday, September 4 at 12:30pm ☎

**New Volunteer & MOW Food Safety Orientation**, Friday, September 11 at 11am. ☎

**Lincoln County TRIAD Meeting**, Thursday, September 17 at 1:00 pm. Wiscasset Senior Center. FMI: 633-7874.



Appointment Required  
Call 563-1363

## Spectrum Adventures

Escape the mid-winter blues and set sail on a Spectrum Generations sponsored cruise to the Eastern Caribbean aboard Royal Caribbean's Explorer of the Seas. Your mid-winter escape sails roundtrip from Cape Liberty, New Jersey starting February 26, 2010 for 9 spectacular nights. Featured ports include San Juan, Puerto Rico, Charlotte Amalie, St. Thomas, Samana, Dominican Republic and Labadee, Royal Caribbean's private island.

Staterooms start at only \$848.92 per person, including taxes and government fees and based upon double occupancy. A deposit of only \$500 per stateroom will hold your space with final payment due December 11, 2009. For more information or to make your reservation call Spectrum Generations booking agent, Cruise Planners/American Express Travel toll free at 877-473-2386. This offer expires October 29, 2009, so call today!

## Outdoor Adventures



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

Peter Lawrence, Pemaquid Paddlers: jalpgl@gwi.net

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

John Brown, Wednesday Walkers: jjbro@roadrunner.com