



COHEN CENTER HAPPENINGS

Learning

Living the Good Life Seminar Series

Life's petty annoyances...telemarketing calls, pre-approved credit card offers and other forms of junk mail. Learn how to put a stop to these in a fact-filled seminar presented by David Leach, Principal Examiner with the Maine Bureau of Consumer Credit Protection. **Wed., July 7, at 12:30** at the Cohen Center. Please register at 626-7777.

Awaken Your Healing Potential

Come to a *live INDIGO Showcase* on **Fri., July 23 at 12:30** at the Cohen Center with Chris, Nancy and Ida, ERP Biofeedback Specialists. In your free 30 minute **biofeedback** mini-session you can expect to experience relaxation and muscle re-education in order to help you learn to manage stress and pain. Call 626-7777 to **register**.

Spectrum Generation's Family of Community Centers

Have you had a chance to meet some of our family members yet? In addition to the Cohen Center, we have six other sites conveniently located throughout our 6 county area. Each center is unique reflecting local interests and cultures yet all will help you age well and connect you to new friends and adventures. Take a road trip today and visit one of our other great centers in Waterville, Skowhegan, Belfast, Damariscotta, Topsham, and Rockland. And visit www.spectrumgenerations.org for a calendar of center events and directions to each of our locations.

July 2010

Healthy Aging Expo Success



On behalf of Spectrum Generations we would like to thank the hundreds of visitors, 29 vendors and sponsors and our volunteers who participated in this years Healthy Aging Expo held on Friday, June 18th at the Cohen Community Center. Visitors to the Expo were offered free health screenings, free wellness events, cooking under the tent, and informational seminars. Thank you for making this event such a success!



W. S. Cohen Community Center
22 Town Farm Road, P O Box 272
Hallowell, ME 04347
(207) 626-7777
Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
One the web:
www.spectrumgenerations.org
Email us:
cohen@spectrumgenerations.org

Learning

"A Joint Effort" Understanding Rheumatoid Arthritis

Join Gerald Hussar, PA-C for this presentation on Rheumatoid Arthritis. The discussion will include the role of a rheumatologist, management and treatments options for RA, and tips for living with RA. **Pre-registration is required by July 8th** for this seminar being held on **Thurs., July 15, from 5:00 to 6:00** at the Cohen Center. Call 626-7777. *A free light dinner will be served but you must be registered.*

AARP Safety Drivers' Course

This program is a refresher course for drivers age 55 and older and will be offered at the Cohen Center on **Thurs. July 15 from 9:00AM to 2:00PM**. The cost is **\$14.00** for AARP members and **\$16.00** non-members. Lunch is \$4 for over age 60 and \$5 under age 60. A minimum of 10 people is required to run this class. **Pre-registration is required** by calling 626-7777.

Colorectal Cancer Seminar

According to the American Cancer Society, Colorectal Cancer is the second leading cancer killer in the United States, yet it is 90% treatable if found early. By coming to this informational session on **Tues, July 27 from 9:30 to 10:30** at the Cohen Center, you will learn more about colorectal cancer prevention, screenings available, and resources in the community. Please call 626-7777 to **register**.

Living

TOPS (Take Off Pounds Sensibly)

TOPS meets each **Mon., 8:00-9:00**. Weekly fees are \$2.00 per person. Yearly dues to TOPS is \$26. First TOPS visit at the Cohen Center is free.

Monday Scrabble Games

Come to the Cohen Center each **Monday** at **1:00** to play Scrabble and make new friends. Cost is \$2.00 per person.

Wood Carving

Master carver, Rene Pomerleau teaches this art class each **Mon., 12:45 to 2:45**. From the beginner to the expert carver, you will enjoy learning and sharing your talent. Classes are \$2.00.

Cribbage Games

Play Partner Cribbage each **Mon., 1:00 to 3:45**. Cost: \$2.00

Knitting/Crocheting Group

Needlecraft each **Tues., 1:00 to 3:00**. Cost: \$2.00.

Exercise Class

Exercise each **Wed., 10:00 to 10:45** with Brooke Jansen. Cost: \$2.00

Foot Clinic

1st and 3rd Wed. of each month from **8:00 to 11:30** by appointment with Linda Thompson, RN. \$20 per person or \$35 per couple.

FREE Blood Pressure Clinic

1st and 3rd Wed., 12:15 to 1:00 with Linda Thompson, RN.

Game Day

Game Day each **Wed., 1:00 to 4:00**. Cost: \$2.00

Bridge Club

Each **Thurs., 1:00 to 4:00**. Cost: \$2.00; Call Fran at 495-3490 FMI.

Book Discussion Group

Share your love of books on **Friday, July 9 & 23**, at **12:30** hosted by Wayne Curtis. New books are featured each month, many from Oprah's and the Best Seller's List. **Please join us for this free bi-monthly gathering.**

Concert Series Resumes in September

UMA College and Senior College suspends their concerts during July and August. Look for "free tickets" again in the September bulletin.

Lunch

Public Lunch is **Mon. - Fri.** (*unless otherwise posted*) **11:00AM to 12:30PM**. The suggested donation for **age 60+** and people with disabilities is **\$4.00 Under age 60 the cost is \$5.00 unless otherwise stated**. Age 3 and under is free; age 4 to 12 is \$4.00.

Lunch Menu

Thursday, July 1

Fresh Fish

Entertainment: TBA

Friday, July 2

Independence Day BBQ

(See Menu Below)

Entertainment: TBA

Monday, July 5

Center Closed - No Lunch

Tuesday, July 6

Spaghetti & Meatballs

Wednesday, July 7

Roast Turkey

Entertainment: TBA

Thursday, July 8

Baked Ham

Entertainment: TBA

Friday, July 9

Baked Fish

Entertainment: Old Tymers Band

Monday, July 12

Chicken ala King

Tuesday, July 13

Meatloaf

Wednesday, July 14

Baked Fish

Entertainment: Dave Fisher

Thursday, July 15

Swedish Meatballs

Entertainment: TBA

Friday, July 16

Shepherds Pie

Entertainment: Swingtime Band

Answers

Menu Continued

Monday, July 19

Veal Parmesan

Tuesday, July 20

Stuffed Shells

Wednesday, July 21

BBQ Chicken

Entertainment: Elaine & Norm

Thursday, July 22

Salmon Cakes

Entertainment: TBA

Friday, July 23

Roast Pork

Entertainment: TBA

Monday, July 26

Salisbury Steak

Tuesday, July 27

Lasagna

Wednesday, July 28

Chicken Cacciatore

Entertainment: TBA

Thursday, July 29

Chef's Choice

Entertainment: TBA

Friday, July 30

Fish

Entertainment: Dave McInnis

Menu subject to change

Independence Day Luncheon

Join our Nutrition Team for an Independence Day Celebration on **Fri., July 2, 11:00 to 12:30**. Enjoy BBQ Chicken and Baked Haddock, Assorted Cold Salads, Baked Beans, Beverages, Bread Pudding and Assorted Desserts. Entertainment by **The Over the Hill Gang**. *Suggested donation for those 60 and over or disabled is \$5.00. Under age 60 is \$6.00.*

Consumer Information Specialist

Consumer Information Specialist, **Brooke Jansen** is available to help you obtain information on health insurance, prescription drugs, energy assistance, Medicare and other state, local and federal programs. Brooke will be available at the Cohen Center each **Tues., Wed., and Thurs.**

Veteran's Advocate Services

If you have questions pertaining to veteran's services and benefits, call 626-7777 to schedule your **appointment** with Conrad Edwards, Veteran's Advocate on **Mon., July 12, from 10:00 to 2:00**. Please bring your DD-214 form or other military paperwork with you.

Caregiver Support Group

The Family Caregiver Support Group will meet on **Tues., July 13, from 12:00 to 1:30PM**. *All are welcome*. Call **Becca** at **1-800-282-0764 Ext 127** if you would like additional information. Bring your lunch; we offer beverage and dessert.

Maine Savvy Caregiver Training

If you are caring for a loved one with dementia then this 12 hour training program for family caregivers of people with dementia may prove helpful to you. Develop a sense of confidence in caregiving; Learn how to interact and communicate; Learn what dementia is and how affects behavior. Classes will be held at the Cohen Center on Wednesdays, **August 5, 12, 19** and **September 2** and **9** from **1:30 to 3:30**. For full details and to **register**, call **1-800-282-0764 Ext. 127**. Sponsored by: Office of Elder Services, DHHS, with funding from the U.S. Administration on Aging, Alzheimer's Supportive Services grant.

Senior Citizens Are American Citizens!

Watch your mail or go online to www.spectrumgenerations.org for the "Meals On Wheels" fundraising appeal coming out this Fourth of July! We give homebound seniors and disabled adults freedom from hunger with every donation. Money raised in Southern Kennebec County supports "Meals On Wheels" right here and helps the William S. Cohen Community Center. Thank you for caring and for your generosity.

Volunteer News

Share Your Time & Talents

If you are looking for a short term volunteer position, please call Lynda at 626-7777 and let her know what your talent is. We are looking for artists, photographers, musicians, language instructors and more! Let us know what schedule works best for you so we can schedule your classes.

Caring

■ ■
Trip Adventures

Hollywood Slots

Hollywood Slots trip departs the Cohen Center on **Tues, July 13 at 8:30AM** with *Stage Coach Charters & Tours* motorcoach. **Cost is \$25** and includes a gaming voucher and a lunch buffet voucher.

Cabbage Island Clambake Cruise

Your Downeast Clambake adventure begins with a scenic tour of Boothbay Harbor en route to Cabbage Island. There a succulent feast of Maine lobsters and clams with all the traditional fixings awaits you. **Mon. July 26** depart Augusta around 9:15AM and return about 7:00PM. Round trip transportation provided by Stage Coach Charter & Tour. Price **\$109.00** all inclusive.

American Folk Festival and/or Hollywood Slots

Sunday, Aug. 29 take a trip on a with Stage Coach Charter to either the *Bangor American Folk Festival* or to *Hollywood Slots*. **Cost is \$30.00**. Call 626-7777 for details.

Amazing 3 Day Get-A-Way!

Enjoy 3 days, 2 nights, 8 meals, live music theater, Mystic Aquarium, Shopping in Olde Mystic Village, Foxwoods and Mohegan Sun Casinos on **Sept. 27, 28, & 29**, in historic Mystic, CT. Price includes all the above and starts at **\$319** per person based on double occupancy Motorcoach transportation provided by *Stage Coach Charters & Tours*. Full details are available by calling 626-7777. *Early bird pricing ends Aug. 20.*

Living

Strawberry Jammin' Social

Cohen on the Meadows Catering and the Cohen Center present a fun summertime dinner and dance themed around Maine strawberries! The buffet style meal will feature *Strawberry Waldorf Salad* with *Strawberry Vinaigrette*, Bread Knots, Seared Mahi Mahi with Tropical Fruit Salsa, Grilled *Strawberry Glazed Pork Chops*, Steamed Summer Vegetable Blend and Red Skinned Mashed Potatoes. Desert will be traditional *Strawberry Shortcake*. The featured beverage will be a "Virgin Islands" (liquor free) *Strawberry Margarita Bar!* Live entertainment will be provided by **Swingtime Band**. Get your tickets today for the **Friday, August 13th** event. Dinner, with open seating, will be from **5:15 to 6:15 and dancing from 6:15 to 7:45**. Cost is **\$25 per couple or \$13.00 per single**.

Rockland Lobster Festival

The Festival has food and music for every taste! Trip includes transportation via Stage Coach Charters, admission to the festival and a train ride to Bath. Meals are NOT included. Trip date is **Saturday, August 7**. Leave Augusta at 7:30AM and return around 7:30PM. Pre-registration is required. Price is **\$70.00** per person.

Holiday Closing

Spectrum Generations will be closed on **Monday, July 5, 2010** in observance of Independence Day. We wish you a safe and happy holiday.

■ ■
Trip Adventures

Disney Food & Wine Festival

Head to Florida for the Disney Food and Wine Festival **Oct. 14 through 19, 2010**. Pricing starting at \$1,128 includes lodging, 6-day park hopper pass and admission to the festival at Epcot. Does not include airfare.

Enchanting Danube River Cruise: Budapest to Passau - 9 Days

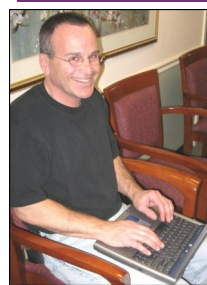
Enjoy 7-nights on the "River Beatrice" discovering the best of Old World Europe! Departs **Oct. 30**. Rates start at \$1,849. Stop by for a flyer or call **Cruise Planners at 877-473-2386**.

Southern Charm

Explore Savannah, Jekyll Island & Beaufort in 9 days and 8 nights on **March 19 to 27, 2011**. Cost is **\$695 P/P** with D/O and includes motorcoach, lodging, 14 meals, tours and more. Departs from Rockland. Contact Suzanne at 596-0339.

Learning

Customized Computer Lessons



Bring your laptop or use ours for one-on-one computer lessons customized to your needs. Lessons are each Wed., 12:00 to 1:30 and 1:45 to 3:15. You tell us what you want to learn and instructor Les LeBlanc will help you figure it out! Classes are \$10 each and *appointments are required*. Register today by calling 626-7777 and come learn with Les.