



COHEN CENTER HAPPENINGS

Living

Contract Bridge-A-Thon Fundraiser

Calling all Bridge Players for our first Annual Bridge-A-Thon fundraiser being held on Fri., Sept. 24 from



1:00 to 5:00 at the Cohen Center. Pick up your sponsor sheets at the Cohen Center and get as many people as you can to sponsor you! Ask your family and friends for a flat rate dollar amount for this four-hour event with table rotations every half hour. Prizes will be awarded to the top three players and to the player who raises the most money in pledges. Collect all your pledge money and bring it with you to the event or turn it in early. The registration deadline is Sept. 10th. Delicious treats and beverages will be provided. Register today by calling 626-7777 or stop by the Cohen Center!

Bone Builders Exercise Class

Bone Builders is an osteoporosis prevention exercise and education program for women and men. The program consists of 3 parts: Weight bearing exercises, Balance training and Education. Weight bearing exercises can prevent and even reverse the development of osteoporosis. Join Kate Boyer and Linda Rood of Health Reach RSVP for this free offering on Wed., Sept. 22 at 12:30 PM. Sign up today by calling 626-7777.

September 2010

Active Ageing Week



Sept. 20th through Sept. 26th is a week to offer older

adults the means to experience activities and exercise in a safe, friendly and fun atmosphere at no cost. "Be Active Your Way" at the Cohen Center by participating in any or all of the following events!

Mon., Sept 20 at 8:00 am:
TOPS (Take off Pounds Sensibly) (Free to new participants only)

Tues, Sept 21 at 9:30 am:
Movie and discussion on "Complaints of a Dutiful Daughter"

Wed., Sept 22 at 12:30 pm:
Bone Builders Exercise Class

Wed., Sept 22 at 10:00 am:
Gentle Movement Exercise Class

Thurs., Sept 23 at 12:30 pm
Loss & Grief Seminar

Fri., Sept 24 at 12:30 pm
"Love to Read" Book Club

Be Active Your Way!

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

Floral Design Workshops



Create your own floral center piece in this 8-week workshop with Arlene Gagnon from Hopkins Flowers and Gifts in

Manchester. Bi-monthly classes at the Cohen Center begin on Fri., Sept. 10 at 9:30AM. Learn basic floral design techniques and create a beautiful garden basket. On Fri., Sept 24, create a lovely glass vase arrangement. The cost is \$15 per class and registration is required by calling 626-7777.

"Complaints of a Dutiful Daughter"

Join us on Tues., Sept 21 at 9:30 for this acclaimed film. Deborah Hoffman gradually realized that her aging mother's confusion and forgetfulness is something more - Alzheimer's disease. With profound insight and great humor *Complaints of a Dutiful Daughter* reveals the various stages of her mother's illness. The desire to cure the incurable finally gives way to acceptance, which is liberating for both mother and daughter. Please register by calling 626-7777. Free

Don't Sing Songs to a Heavy Heart

All of us experience loss and grief in our lives. While each loss and grief is unique we can learn more about our grief and how best to relate to those who are hurting. Join us with Pastor Donald Hegeman for a seminar that will help us with experiencing grief on Thurs., Sept. 23 at 12:30. Free.

Spectrum Generations will be CLOSED on Monday, Sept. 6th for Labor Day.

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. The group offers support and encouragement to help you keep on track.

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

Play each **Wed., 1:00 to 4:00**. Bridge, Mahjong & Cribbage or organize your own team for other card or board games. Cost: \$2.00

Customized Computer Lessons

Bring your laptop or use ours for one-on-one computer lessons customized to your needs. Lessons will be scheduled based on instructors availability and dates and times may vary. Individual classes are \$10 each and *appointments are required*. Register today by calling 626-7777 and come learn with Les.

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, Sept 10 & 24** with our book club at **12:30** hosted by Wayne Curtis. New books are featured each month.

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

Wednesday, Sept 1

Baked Fish

Entertainment: Dave McInnis

Thursday, Sept 2

Stuffed Chicken Breast

Friday, Sept 3

Spaghetti & Meatballs

Entertainment: TBA

Monday, Sept 6

Center Closed for Labor Day

Tuesday, Sept 7

Baked Ham

Entertainment: Joyce Fessenden

Wednesday, Sept 8

Chicken Di Van

Entertainment: TBA

Thursday, Sept 9

Macaroni & Cheese

Friday, Sept 10

Meatloaf

Entertainment: Dave McInnis

Monday, Sept 13

Sausage & Peppers

Tuesday, Sept 14

Chicken Stir-Fry

Wednesday, Sept 15

Shepherds Pie

Entertainment: Dave Fisher

Thursday, Sept 16

Chicken Parmesan

Friday, Sept 17

Harvest Feast Lunch Fundraiser

Entertainment: Swingtime Band

(See Next Column)

Answers

Monday, Sept 20

BBQ Chicken

Tuesday, Sept 21

Manicotti

Wednesday, Sept 22

Lemon Pepper Roasted Pork

Entertainment: Elaine & Norm

Thursday, Sept 23

Chicken Cacciatore

Friday, Sept 24

Fish Chowder

Entertainment: Olde Tymers

Monday, Sept 27

Beef Tips

Tuesday, Sept 28

Chicken Marcella

Wednesday, Sept 29

Pasta with Meat Sauce

Entertainment: TBA

Thursday, Sept 30

Chicken A La King

Menu subject to change

Harvest Feast Fundraiser



Fri., Sept 17 from 11:00 to

12:30 dine on Pot Roast,

Potatoes, Carrots, and Vegetable

Medley with Apple Crisp and

Bread Pudding for dessert!

Entertainment by the *Swingtime*

Band. **\$5.00** for those over age

60 or disabled and **\$6.00** under

age 60. **No reservations please.**

Benefits our Nutrition Program.

Thank you for your continued support of Spectrum Generations

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., Sept 13, from 10:00 to 2:00**. Please bring your DD-214 form or other military paperwork with you.

Maine Property Tax and Rent Refund Program Appointments Available

Maine Property Tax and Rent Refund applications are available to all Maine Residents to help Maine homeowners offset the high cost of property taxes assessed on their primary residences and to Maine residents who pay rent for occupancy of their principle place of abode. 2010 Income limits to file for the General program are: \$64, 950 for a single person and \$86,600 for a married couple. Income limits for the Senior program are: \$14,700 for a single person and \$18,200 for a married couple. Seniors are processed under both program criteria, and will receive the larger refund of the two. Refunds may be as much as \$400 for the Senior program and \$1,600 for the General program. If you have filed in the past, then you should automatically receive a new application in the mail. Spectrum Generations can also mail you an application or help you fill one out at one of our centers. Applications may also be filed online at: <http://www.maine.gov/revenue/homepage.html> If you pay property taxes or rent an apartment and are interested in if you qualify for this program, the Cohen Center will hold a clinic on **Tuesday, September 7, from 9:00AM to 3:00PM** with **Brooke Jansen**. Call 626-7777 for an appointment.

Caring

Caregiver Support Group

The Family Caregiver Support Group will meet on **Tues., Sept 14, 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.

Grief Support Group

"Don't Sing Songs to a Heavy Heart" All of us experience loss and grief in our lives. While each loss and grief is unique we can learn more about our grief and how to deal with it. Join us for a free six week support group with Pastor Donald Hegeman that will help us with experiencing grief being held each **Thursday** beginning on **Sept. 30 at 12:30**.

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Trip Adventures

Complete trip details and flyers are available at the Cohen Center. Transportation provided by Stage Coach Charters & Tours. Please stop by or call 626-7777 for more information. All trips require pre-registration.

Hollywood Slots

Tuesday, Sept. 14 Cost is **\$30.00**.
Departs Cohen at **8:30 AM**. 30 participants guarantees free slot play money and free lunch buffet!

Blue Hill Fair

Friday, Sept 3. Cost is **\$40.00**.
Departs Cohen at **6:30AM**; includes transportation and entry into the fair. Does not include food.

The Katahdin Foliage Cruise

Saturday, Oct. 2. Cost is **\$65.00**.
Departs Cohen at **8:45AM**; includes transportation and passage on the Katahdin Cruise boat. Does not include food.

Fryeburg Fair

Tuesday, Oct. 5. Cost is **\$40.00**.
Departs Cohen at **7:00AM**; includes transportation and entry into the fair. Does not include food.

Beacon Resort in Lincoln, NH

Oct. 13, 14 & 15. Pricing starting at **\$349.00** per person includes transportation, lodging, 6 meals, and a boat cruise on Squam Lake.

Southern Charm

March 19 to 27, 2011. Pricing starting at **\$695.00**. Departs from Rockland. Please call 596-0339.

Living

Fall Breakfast

Begin your day at the Cohen Center with Chef Brooke preparing a delicious breakfast buffet on **Mon., Sept. 20** from **7:00 to 8:30 AM**.

Dine on Cheddar Cheese Scrambled Eggs, Biscuits and Sausage Gravy, Sausage, Apple and Spice Stuffed French Toast, Pumpkin Pancakes, Fresh Fruit, Coffee, Tea and Orange Juice. The cost is **\$7.00** for adults and **\$5.00** for children age 12 and under. **Advanced reservations required by calling 626-7777.**



Gift Certificate Gift Basket Raffle

Get a jump start on your holiday shopping or simply pamper yourself with a basket FULL of gift certificates to local establishments! Basket Includes: Four kayak rentals from Farmingdale Kayak & Canoe, two \$25 certificates to Traveling Stylz for haircuts or services, \$35 to Hopkins Flowers & Gifts, five Lunch certificates at the Cohen Center, free reflexology session with Inner Sole Reflexology, \$25 certificate to Sweet Sue's Candy, Cookie & Fruit Baskets, \$20 certificate to Hannaford, \$20 certificate to Shaw's and maybe more... **Tickets are \$2.00 each or 3 for \$5.00** available at the Cohen Center. Winner drawn on **September 24th.**

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Caring

Spectrum Generations ' Adult DayBreak...healthy participants, healthy families, healthy communities

Adult Day Services is the most affordable alternative to assisted living placement and allows an elderly or disabled family member to continue living at home longer. We offer a compassionate center based program on weekdays in **Belfast, Hallowell, Skowhegan** and **Waterville**. Your loved one will enjoy a delicious and nutritious lunch, arts, music, crafts, bingo, exercise classes and an opportunity to meet and develop new friendships. Meanwhile, you'll have peace of mind to go to work, run errands, or just enjoy time to yourself.

Adult Day Services Week is September 20-24, 2010

Come and see why adult day services are a smart choice and enter to win 10 hours of services at one of Spectrum Generations' Adult DayBreak programs.

Spectrum Generations offers the Adult DayBreak program at the following centers:

- Muskie Community Center @ 38 Gold St. in Waterville (873-4745);
- Somerset Community Center @ 30 Leavitt St. in Skowhegan (474-8552)
- Waldo Community Center @ 18 Merriam Rd. in Belfast (338-1190)
- William S. Cohen Community Center @ 22 Town Farm Rd. in Hallowell (626-7777).