



COASTAL CENTER HAPPENINGS

Center Highlights

Valentines Brunch

It's Valentines Week and who wants a plain bowl of cereal? On **Thursday, February 12 at 11am** treat yourself, a friend or loved one to a relaxing, delicious, indulgent brunch at the CCC. Chef Brown will be offering guests a choice of Strawberry and Chocolate Stuffed French toast or Chef's Choice Breakfast Casserole. May your heart touch a lonely person. Make your reservations for a marvelous Valentine by calling 563-1363 by noon on Monday, February 9. \$6 per person

Living Well: Begin Your Journey

Are you living with a chronic condition or caring for someone who is? Beginning **Friday, January 30 at 12:30pm**, Spectrum Generations CCC will be offering the Healthy Choices for ME six-week Living Well: Chronic Condition Self-Management Program to help you improve your health one step at a time. By participating in the Living Well seminar series, you will discover better ways of coping and managing your own health. To register call 563-1363.

Coming Back from the Dead

Join Bill Olsen on Friday, February 13, at 1pm and listen to his amazing story about dying and living again. Following Bill's presentation join Arthur Dexter and Dan Mocariski as they discuss William Young's book "The Shack". If there is enough interest Art and Dan would like to establish a monthly reading and discussion group. FMI call Dan

Center Activities on Back Page

FEBRUARY 2009

THE HEART OF ALASKA



9am Counting and Feeding Birds

CRUISE TOUR SPRING 2009

The Heart of Alaska is Calling There is no better way to see more of Alaska than on a **13-Day Alaskan CruiseTour** on board the Island-Princess Intrigued? Want to learn more? Stop by the Center at 1pm on Wednesday, February 4, and watch a Reflection's 2007 DVD of Marianne's Princess Line Alaskan Cruise Tour. FMI and reservations call Walter Guptill at 1-877-473-2386. Support Spectrum Generations and receive \$50 off per person. Ask for promotional code SG2009.

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

A Helping Hand

It's Tax Time – AARP Tax Assistance

Free tax help for taxpayers with middle and low-incomes, with special attention to those age 60 and older on Tuesdays, **February 3** through **April 7, from 9:00am until 1:30pm**. Marilyn Wilson and her team of AARP/IRS trained tax counselors will be at the CCC to help you with your 2008 Federal and State income tax returns. Bring last year's (2007) return, any tax packages you received from the IRS or state, and all information about your income, expenses and deductions, identification and social security numbers for all dependents shown on your return. E-filing will be available to most clients if taxpayer is present (both spouses must sign if married and filing jointly). If you owe taxes, you can E-file at any time and pay separately any time until April 15. Don't wait to set up an appointment once you have all the documents, even if you think you owe taxes. Call 563-1363 to schedule your appointment.



Wear Your Red on February 6.

Join Cathy Cole, Director of Educa-

tion for Lincoln County Healthcare at **11am** for an interactive **Healthy Heart Workshop**. Learn how to become heart smart and stay healthy. Heart disease is the number one killer of women. Don't become a statistic. To register call 563-1363.

More Center Activities on the Back Page

Caring



Family Caregiver Support Group, Thursday, February 12 at 1pm.
FMI call Vanessa at 1-800-282-0764 ext. 139. ☎

Lincoln County TRIAD Meeting, Wiscasset Community Center, Thursday, February 19 at 1:30pm. A three-way effort among senior citizens, law enforcement and community services organizations FMI 633-7874. ☎

Savvy Caregiver Training for Caregivers of People with Dementia, Thursday, February 5, 12, 19 and 26 from 10:30am-12:30pm. ☎

Living



Pamper your Feet, Foot-Pedicure Clinic, Friday, February 21 beginning at 8:15am. 30-minute therapeutic toe clipping. \$20 fee. ☑

Therapeutic Zumba with Tony Garreton, Mondays at 2:30pm. Using Latin rhythms and easy to follow moves Tony will create a fun workout for individuals with special needs. The atmosphere is set to encourage personal challenge, accomplishment, independence, respect and focused fun while developing increased body awareness, coordination, motor planning, balance, strength, flexibility and concentration. \$10 fee. ☎

Zumba Rapido: Ditch the Workout, Join the Party, Mondays at 3:45pm with Peruvian native and certified Zumba instructor Tony Garreton. Zumba is a Latin-inspired dance fitness system which, advocates say, banishes stress as it burns calories. The high-energy tunes and dance moves — drawn from salsa, merengue, other Latin steps and free-form styles — encourage participants to cut loose and let the music melt away the blues and the bulges. \$40 for 4 sessions or \$13 per class. ☎

Advanced Foot Clinic or Reflexology Session, Friday, February 27 from noon until 2pm with Alina Blakesley, Licensed Nail Technician. Beyond simple toenail clipping, advanced pedicure services offer relief from dry-cracked skin, thickened nails and calluses. Diabetics welcome. Reflexology is the application of healing pressure, stretch and movement to the feet. 1 hour sessions. \$40 fee. ☑

One Light Healing Touch, Monday, February 9 (snow date, February 23). Come experience deep relaxation and a joyous sense of wellbeing with Practitioner Ann-Dee Burnham. 1-hr. sessions start at 10am. \$5. ☑

Heart Healthy Blood Pressure Screening Clinic, Wednesday, February 12, 11:00am—1pm. Free—Drop-In Clinic

Trek to Tahiti, Healthy Lincoln County's 6th Annual Winter Physical Activity Event, ends February 28, 2009. Travel 6,589 miles to Tahiti by exercise 30 minutes a day, 3 times a week or 90 minutes a week.

Outdoor Adventures

National Trails Advocacy Week

Hike, Skate, Cross County Ski or Snow Shoe to Bryant Island, Tuesday, February 24 at 1pm. Join Alice Philips, AmeriCorps Volunter for the Damariscotta Lake Association for a journey to Damariscotta Lake's Bryant Island. Gather at the Newcastle/Jefferson boat landing on Bunker Hill Road. ☎

Snowmobiling Fun, Wednesday, February 25 at 1:30pm. Take the mystery out of snowmobiles and snowmobiling, join Dave Hewitt at D&H Marine in Bristol Mills to discover what the members of the Route 66 Snowmobile Club know about riding the local trails. ☎

Introduction to Snow Shoeing at Hidden Valley Nature Camp, Thursday, February 26 at 2pm. Learn how to snowshoe as you explore HV's trails. Bring your own snowshoes or borrow theirs. \$10. ☎

A Focus on Wellness

Introduction to Tai Chi—Part II with Jody Telfair. Mondays at 9:45am and **Intermediate/Advanced Tai Chi—Level 3** with Jody Telfair, Tuesdays 9am at Jody's Walpole Studio. FMI call 563-7484

Easy Does It Fitness Tuesdays and Thursdays at 9 am. 45 minutes of low-impact exercises using free weights & fitness balls. \$3 fee. ☎

Flex and Fit, Wednesdays at 10:30 am. Exercises for flexibility & balance. \$3 fee ☎

TOPS (Take Off Pounds Sensibly) Support Group, Tuesdays 10:30



Learning

Coastal's Cyber Café

Why Free Software & Ubuntu? with Jim Skilling, Thurs., Feb. 5 at 11am. Curious? Or just starting out, and need a boost? Come and get a friendly introduction to the free software that works with Ubuntu. You'll learn what you can do with it, what its advantages are, and why its name means 'humanity to others.' This workshop is for folks who have not had any prior experience with Ubuntu Linux, just starting out...or who just need a bit of extra attention. \$5 fee. ☎

What's New In Computers for 2009, Thursday, February 19 at 11am. New computer technology comes out continuously learn what to look for as you consider technology options for the new year. \$5 fee. ☎

Linux Support Group, Thursday, February 26 at 11am. Discuss the ins and outs of downloading and using Linux which is a free operating system. Share your knowledge with others; learn about new programs; show and 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.

Taming Your Computer—The simple basics and beyond is designed for beginners who want to learn the basics, beginning at step one or 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. ☎

Sea Glass as Wearable Art, Friday, February 6 at 2pm. Jewelry making class with Lynne Thompson. Using sea glass and wire, create a pendant or a pair of earrings. Use the materials Lynne provides or bring your own sea glass and needle nosed pliers. Class fee \$10. Materials fee \$10. Minimum class size 5. ☎

Explore Mythology, Awaken Your Senses: A Mythology Roundtable with Sally Johns, Thursday, February 12 at 2pm. Do myth, symbolism, story, and archetype enchant you? Join Sally each month and explore the magic of myth. The Center's new mythology roundtable discussion is a place to be spiritually nourished with world myths, and modern retellings. ☎

Fondue Fun: A Desert Festival, Friday, February 13 from 10am—noon. Fondue was popular in the 70ies and it's making a comeback now. And why not? Chocolate fondue is a truly decadent dessert that's actually easy to make and offers limitless possibilities. Join Suse Wicks and learn what ingredients are needed for a perfect Valentines Day fondue. At the end of the workshop have fun tasting your creations. \$5 fee. ☎

Watercolor? Yes, You Can! And a Bit of Drawing Too. A watercolor class with South Bristol Artist Maude Olsen, Friday, February 20 and March 6 from 9:30am-noon. With paper, brush and pen come see what you can to. Just for fun—and just for you! Course fee \$100 includes materials. ☎

Making Wire Bird Feeders with Junior Brazier Tuesday, February 24 at 1pm. Join Junior in his Waldoboro workshop and learn how to create your own bird feeders using plastic coated wire and mason jars. \$5 fee. ☎



Answers

LIHEAP Application Clinic, Monday, February 2, 9, 23 and Tuesday the 17th from 9am until 1:30pm. Cynthia and her team of volunteers will assist you with your 2009 Heating Assistance Application. ☑

Veterans' Advocate Services with Conrad Edwards, Tuesday, February 3 from 9am –1pm. Veterans and spouses get your questions answered. ☑

The Information You Need and Where to Get It: Wednesday, February 11 at 1pm. 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, February 23 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑

AARP 2008 Federal and State Income Tax Preparation Assistance with Marilyn Wilson and her team of tax consultants Tuesdays from 9am until 1:30pm beginning, February 3 and Thursdays from 9am until 11am during the month of February. ☑

☎ **Advanced Registration**
Call 563-1363

Center Activities

Lincoln County Scrabble Club,
Thursday, February 5 and 19
at 6:30pm. Open to all genera-
tions, FMI: Clayton at 882-
8303. \$2 fee. ☎

**Center
Bridge
Group,**
seek-
ing
bridge
play-
ers, all



generations and levels of experi-
ence welcome. Mondays from
1pm-3pm. FMI: Sally at
563-1851. \$1 ☎

Quilting with Carolann Rines—
Tuesdays, 8:15am –noon.
Bring your creative spirit,
sewing machine, notions and
materials. FMI: Carolann
at 882-7732. \$5 fee. ☎

Meditation with Reverend Lu
Lasher, Wednesdays at 10am.
Bring your favorite book. ☎

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



Knitting with Andrea—Thursdays
at 1pm. Just learning to knit or
looking for a place to knit with
friends? Join Andrea for knitting
instruction, tips and conversa-
tions. Knit for yourself, a friend
or a cause. February's project is
knitting the perfect spring scarf.
Materials, patterns & needles
provided. FMI: Andrea at
677-3112. ☎

What's New? What's A Wii?

The Next Generations Gap?
NO...Come to the CCC each
Friday afternoon during the
month of February (1pm-3pm)
and introduce yourself to the
Center's new Wii System. A fun
and energizing way to play
golf, tennis, to box or bowl—
virtually! Start a team. Have a
tournament. Challenge yourself.
Nintendo's Wii is a whole new
world of mind expanding activi-
ties just waiting for you and
your friends to enjoy. Using
technology in a new way, we
can all to increase our physical
activity, lower blood pressure,
improve hand-eye coordination,
laugh, have fun, and stay
young at heart.

Lunch and Learn Series

February 4 Lunch & Learn-Ship
Building at Bath Iron Works with
Ed Stelzer. Entrees Vegetable
Quiche or Pot Roast: 🍴

February 11 Lunch & Wellness-
Heart Healthy Lifestyles, Victoria
Rees, Regional Director, Ameri-
can Heart Association, Bangor.
Entrees: Salisbury Steak or
Baked Fish 🍴

February 18 –Lunch & Music– A
Celtic Kitchen Party with the
Scottish Fiddlers. Entrees:
Sheppard's Pie or Chicken Pot
Pie 🍴

February 25–Lunch & Outdoor
Adventures-Hidden Valley Na-
ture Center with Gary Hayward.
Entrees: Sweet and Sour Pork or
Roast Turkey. 🍴

🍴 *Reservations Required, call*
563-1363 by noon on Tuesday.
Lunch is served at 11:30 am. 60
plus \$3.50 donation. All others
\$5.50. Entrée selection subject to
change.

☑ **Appointment Required**
Call 563-1363

Intergenerational Programs

Miles of Friends 5th Gathering,
Thursday, February 5, 12:45pm
at Spectrum Generations CCC-
Canine's and Law Enforcement.

Feed and Count the Birds Primer,
Monday, February 9 at 9am join
Jody Telflair and learn how you
can create a bird friendly yard
and participate in the 2009
Great Backyard Bird Count, Feb-
ruary 13-19. ☎

Volunteer Corps

Local Advisory Council Meeting,
Tuesday, February 10 at 1pm.
Special guest FMI: Marianne at
563-1363 ☎

New Volunteer & MOW Food
Safety Orientation, Friday, Febru-
ary 20 at 1pm. ☎

Tours in the Works

Spectrum Generations is pleased
to give you a sneak preview of
the trips, tours and cruises that
are being planned for 2009. All
trips will include lodging, some
meals, sightseeing and more!
Watch for full details, transporta-
tion information and pricing in
upcoming editions of Happen-
ings: Washington DC's Historic
Monuments; North Carolina's
scenic vistas, estates, and folk
art; Niagara Falls from the US
and Canada (passport needed);
Lancaster, PA, the Dutch and
Amish country side and Her-
shey's; Nashville, TN with the
Smoky Mountains and the Grand
Ole Opry; New England Culi-
nary Tour and a Cruise Tour
along the Maine Coast to Nova
Scotia and New Brunswick.