



COASTAL CENTER HAPPENINGS

On-Line Auction

Support Spectrum Generations
2nd Annual Online Auction
August 12 to 27, 2009



Growing by leaps and bounds, Spectrum Generations is delighted with the number and variety of items pouring in for its 2nd Annual Online Auction. By donating items, folks are directly supporting programs and services for adults of all ages and ability – with 100% of all proceeds from this fundraiser funneled right back into the community. Auction items donated to date include bird feeders, jewelry, a handmade quilt, Avon collectibles, Margaret Smith handbags (circa 1960's), clothing, and certificates for various services, dining & outdoor experiences. This is just the beginning. Bidding for these items and more won't begin until August 12, 2009. Between now and the end of July, Spectrum Generations will continue to actively seek donations for its yearly fundraiser. Call 1-800-639-1553 or Sally at 563-1363 to learn how you can support Spectrum Generations. and get your donation showcased on eBay.

Men's Health Week

Conversations with the Doctor A Blueprint for Men's Health

On June 15 at 1pm join Dr. Bostwick for an invigorating conversation about men's health. *Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.*"

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JUNE 2009

MEDICATION COLLECTION



For Safety's Sake

Wondering what to do with unused, unneeded & expired medications? Lincoln County's 2nd Medication Collection will take place on **Friday, June 12 from 10am-2pm**. Why is collection so important? Many medications pose risks of accidental poisoning, especially for curious children and older people who manage numerous medications everyday. Controlled drugs hold the potential for high abuse and can make a person's home a target. Many harm the environment. Protect your community and your family by bringing your medications to the **Lincoln County Communications Center**, Route 1 in Wiscasset on June 12.

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

Connecting Lives

The Cyber Café Goes Wireless

Unless you're on the lookout for a place to use your laptop, you may not even notice when you're in a hotspot. The CCC now offers free wireless networks (Wi-Fi) with access to the Internet. Wi-Fi allows users to check e-mail messages and perform Google searches without plugging into a phone or cable line. With a Wi-Fi capable laptop and a little know-how, Spectrum Generations consumers can now pick up a wireless Internet connection at any of the agency's community centers. Just one more way for the Coastal team to welcome area residents and visitors to Spectrum Generations growing array of programs and services designed to improve the quality of life and community connections for Lincoln County's aging population, their families and our younger friends.

Spectrum Adventures

Maine & 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. Join Walter at an information session- Wednesday, June 24 at 1pm.

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Caring



Miles of Friends, Thursday, June 4. End of the year picnic and reunion for SGCCC Buddies and their NCS Friends from 2007-2009.

Family Caregiver Support Group, Thursday, June 11 at 1pm. FMI call Vanessa at 1-800-282-0764 ext. 139. ☎



Living



Pamper your Feet, Foot-Pedicure Clinic, Friday, June 5 and 19 beginning at 8:30 am. 30-minute therapeutic toe clipping. \$20 fee. ☎

Change Your Age- Mondays, June 8, 15, 22 and 29 at 11am. Based on the Feldenkrais Method, this class consists of gentle movement sequences that help you move better and feel better. Taught by Dianne Daniels, MA, exercise physiologist and Feldenkrais practitioner. Fee \$40. Minimum class size 5. FMI call Diane at 380-1536 ☎

Celebrating Men's Health -30-Minute Massages, Thursday, June 11 from 9am until noon with Kim Horstman, LMT. Massages bring an improved sense of well-being and boost one's natural energy levels. \$10 fee ☎

Heart Healthy Blood Pressure Clinic, Wednesday, June 17, 11:00am.



Stability Ball How To for Men with Robin, Tuesday, June 16 at 10am. The best thing to happen to strength training since the exercise mat. You can do dozens of exercises using just the ball & your body weight.

Men—Have You Heard? Better Balance Prevents Falls, Thursday, June 18 at 1pm. A Matter of Balance Information session for men (and their female friends). Learn how by participating in the MOB program you can step off the falling system and increase your level of activity. ☎

Reflexology, Hand and Foot, or Therapeutic Massage with Jen Gunnels, Thursday, June 25, 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, June 26 at beginning at 1:30pm. 30-minute Reiki sessions with Jill Meyers for stress reduction and relaxation. \$10 fee. ☎

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. ☎

Advanced Foot and Nail Care with Alina Blakesley, LNT. Beyond simple toenail clipping, advanced pedicure services offer relief from dry-cracked skin, thickened nails and calluses. Diabetics welcome. 1 hour -\$40 fee for CCC consumers. FMI Call 380-0008 . ☎

FITNESS AT THE CENTER

Yoga-The First Moves, a new 5-Week Series, Mondays, beginning June 1 at 12:30pm. Join Carol and learn how to improve focus and flexibility using gentle postures that can be done in a chair or on the floor. \$50 participant fee. ☎

Zumba For Everyone: Ditch the Workout, Join the Party, Thursdays at 3:40pm with Certified Zumba instructor Tony Garreton. 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 \$40 for 4-weeks in June 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 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



Using Wireless Connections: At the Center & on the road with Jim, June 11, at 11am. Internet is fun and easy, lose the wires and get a lesson in wireless networks, routers, firewalls and security so that you can start using the Center's new wireless network. \$5. ☎

What's a Blog and How Do I Create One?, Thursday, June 18 at 11am. In simple terms, a blog is a web site, where you share your thoughts on an ongoing basis. New viewpoints show up at the top, so your visitors can read what's new. Then they comment on it or link to it or email you. Or not. \$5 ☎

Linux Support Group, Thursday, June 25 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. ☎ \$10 per hour. ☎

Tools for Your Tool Kit, Tuesday, June 2 at 10am with Charlie Banfield. Ever wonder which tools you really need in your handyman's tool kit? If so join Charlie for a hand-on discussion of the proper tools and how to use them. If you have a mystery tool bring it along for a show & identify. \$1 ☎

Sea Glass as Wearable Art, Tuesday, June 9 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. ☎

Seasonal Gardens: Painting Flowers in Transition, Thursday, June 11 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 spring's smiling faces as they transition to summer blossoms, whether you work with watercolors, oils or acrylics, Fee \$25. ☎ **by June 9**

Celebrating Perennials, Friday, June 19 at 10am. Join Master Gardener Doris Balant for an interactive discussion about the basics of perennial gardening, from the definition of a perennial and overview of zones to learning how to choose the right plant and identify your children. If you have a mystery plant bring it along for the group to discuss and identify. \$1 ☎

Achieving Inner Peace with Joe Brennan, Thursday, June 18 at 2pm Do you need to turn your mind off, especially at night, while you are trying to sleep? Participants will learn an individualized process that will help to reduce anxiety, racing minds and achieve a degree of inner tranquility. \$1 ☎

AARP Driver Safety, June 26 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 your lunch. Materials fee \$12 for AARP members and \$14 for non-members ☎



Answers



Veterans' Advocate Services with Conrad Edwards, Tuesday, June 2 from 9am-noon. Veterans and spouses, get your benefits questions answered. ☑

The Information You Need and Where to Get It, Monday, June 8 at 2pm. 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, June 22 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑ **by June 19**

Medicare for Everyone: What Is Medicare, and How Does Medicare Work?, Monday, June 29 at 1pm. Join Cynthia to get the information you need to make the best choice about your medical coverage. ☎



Advanced Registration
Call 563-1363

Center Activities

Lincoln County Scrabble Club, Thursday, June 11 and 25 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 ☎

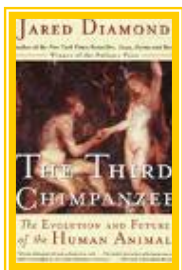
Quilting with Carolann Rines— Tuesdays, 8:15am –noon. Bring your creative spirit, sewing machine, notions and materials. FMI: Carolann at 882-7732. \$5 fee. ☎

Wii Can Do It—Come by the CCC and try out this fascinating new technology that hooks up to our big screen television, and offers participants an opportunity to sharpen minds while exercising, bowling or playing tennis with friends. ☎

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

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

Hooked on Reading



Monthly book discussion facilitated by Dan, Friday, June 19 at 1pm. Come, share your thoughts and perspectives about "The Third Chimpanzee" by Jared Diamond. ☎

Lunch and Learn Series

June 3 Lunch & Health-Hearing Aids New Technologies with Robin Galleher, Pine Tree Society Entrees: Pork Chop or American Chop Suey. ☎

June 10 Lunch & Safety- Protecting Yourself from Abuse, Boothbay Harbor Police Chief Bob Hasch. Entrees: Stuffed Peppers or Roast Turkey. ☎

June 17 –Lunch & Security–Safe and Secure at Home with Kate Schleh, Northeast Securities and Wilt Jones, Property Management Entrees: BBQ Pork or Buttercrumb Fish ☎

June 24–Lunch & Learn-The Oceans Around Us with Buzz Scott, Ocean's Wide. Entrees: Summer Solstice Barbeque ☎

☎ *Reservations Required, call 563-1363 by noon on Monday. Lunch is served at 11:30 am. 60 plus \$3.50 donation. All others \$5.50. Remember to car pool.*

Volunteer Corps—

New Volunteer & MOW Food Safety Orientation, Thursday, June 4 at 2:30pm. ☎

Local Advisory Council Meeting, Tuesday, June 9 at 1 pm. Guests welcome. FMI: Marianne at 563-1363 ☎

Lincoln County TRIAD Meeting, Thursday, June 18 at 1:00 pm. FMI 633-7874

Calling all gardeners. The Center's landscape and planters need your help. Volunteer your time and expertise to help us beautify its grounds and outside areas. Informational get together, Wednesday, June 10 at 1pm.



Appointment Required
Call 563-1363

Spectrum Adventures

Lancaster, PA, August 10–15 Enjoy guided tours of Dutch & Amish Country, Lancaster, and visit Hershey. Price includes transportation, lodging, 10 meals, great shows and more. \$530 P/P with D/O.

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



Active Agers on the Water-Kayaking 101, Wednesday, June 24 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 6/22 ☎

See the Gardens, the First Wednesday of every month is Lincoln County Day at Coastal Maine Botanical Gardens on Barter's Island. LC Residents Free.

Second Annual CCC Perennial Swap, June 15 at 1:30pm with Betty Nelson. A chance to do that final spring cleaning in your perennial beds and to share the extra plants with others in the community. Please bring a hearty, sun loving perennial to plant in the Center's beds.