



COASTAL CENTER HAPPENINGS

Center Activities



Zumba! What's it all About?

Join Peruvian native Antonio Garretton at noon on Saturday, March 14 at the CCC

(following Healthy Lincoln County's Trek to Tahiti Celebration at the Great Salt Bay School) for a **Free Zumba Demonstration and Workout**. Learn how fitness can be fun and invigorating while one moves to the sounds of Latin Fusion music. FMI and to sign up call 563-1363

Shake off the Winter's Blues "Chowda" or Chili Luncheon

This time of year, it's easy to grow tired of the indoors. The holidays are behind us, the novelty of cold, mud and snow has worn off, and the days are still dreary. It's time to shake things up! Let us *shake* off the *winter blues*, and get ready to go out and celebrate St. Patrick's Day by joining Chef Brown for a chowder or chili in a bread bowl luncheon on Monday, March 16 at noon. To lighten your spirits Dylan Cook will provide a bit of musical entertainment. \$5. Reservations: Call 563-1363 by March 13.

March for Meals—

Mayors for Me. On March 18, town officials will be assisting MOW drivers as they make their Lincoln County MOW deliveries.



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MARCH 2009

HEALTHY LIFESTYLES

It's A Matter of Balance

This eight session course beginning on March 17 at 10 am is designed to reduce the fear of falling and improve activity levels among older adults. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environments to reduce fall risk factors, and exercise to increase strength and balance. Participants can expect to find significant improvement in their level of falls management, falls control, level of exercise, and social limitations caused by

concern about falling. Information session March 11 at 1pm. FMI & to register call 563-1363



Coastal Community Center
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Damariscotta, ME 04543

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(207) 563-1363

www.spectrumgenerations.org

Spectrum Adventures

Begin your spring in style and among friends by participating in Spectrum Adventures, affordable group vacations, trips and tours by land, air and sea that will take you all over the country.

In April you will have the opportunity to travel by motorcoach to the Biltmore Estate in Asheville, NC. This 8-night Diamond Tour leaves Maine on April 25 and returns on May 3. With pricing from \$799 per person double occupancy the trip includes visits to the famous Folk Art Center, the magnificent St. Lawrence Basilica, the Black Bear Jam-boree Dinner Show and Dollywood! Reservation and payment deadline March 27. FMI call 563-1363.



In May you will have the opportunity to travel to the Heart of Alaska by air, sea and rail on

a 13-day Princess line Voyage of the Glaciers cruisetour that begins in Fairbanks, Alaska on May 27. Intrigued? Want to learn more? Stop by the Center at 1pm on Wednesday, March 4, and watch a Reflection's 2007 DVD of Marianne's Alaskan Adventure. FMI and reservations call Walter Guptill at 1-877-473-2386. Support SG and receive \$50 off per person. Ask for promotional code SG2009.



More Center Activities on the Back Page

Caring



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

Coping with Grief and Loss, March 12 at 2:00pm Losing someone or something you love is very painful. There is no right or wrong way to grieve — but there are healthy ways to cope with the pain. Learn how you can get through it! ☎

Lincoln County TRIAD Meeting, Thursday, March 19 at 1:00pm. FMI 633-7874 and meeting location ☎

Living



Salvo "Easy" Zumba with Tony Garretton, Mondays at 2:30pm. Using Latin rhythms and easy to follow moves Tony will create a fun workout for individuals with special needs. \$45 for five weeks or \$13 per class. ☎

Zumba Rapido: Ditch the Workout, Join the Party, Mondays at 3:40pm with Certified Zumba instructor Tony Garretton. Zumba is a Latin-inspired dance fitness system which, advocates say, banishes stress as it burns calories and enhances movement. \$45 for 5 sessions or \$13 per class.

Pamper your Feet, Foot-Pedicure Clinic, Friday, March 6 and 20 beginning at 8:15am. 30-minute therapeutic toe clipping. \$20 fee. ☑

One Light Healing Touch, Monday, March 9, 10am-2pm. 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, March 11, 11:00am—1pm. Free—Drop-In Clinic

30-Minute Massages for Mature Adults, Thursday, March 12 from 9am until noon with Licensed Massage Therapist, Kim Horstman. Massages can bring an improved sense of health and wellbeing, boost one's natural energy levels, along with one's mental awareness. \$10 fee ☑

World Kidney Day, Free Kidney Screening, Thursday, March 12 from 11am-3pm at the State House Welcoming Center in Augusta, Maine. Kidney Early Evaluation Program (KEEP) is a free health screening designed to identify individuals at increased risk for kidney disease. Call Jaime Hanks at 207-772-7270 for an appointment and FMI.

Advanced Foot Clinic or Reflexology Session, Friday, March 13 from 11am - 1pm with Alina Blakesley, LNT. 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 -\$40 fee. ☑

Matter of Balance, Tuesdays and Thursdays from 10am until noon beginning March 17. \$25 materials fee. Scholarships available. ☎



*March for Meals
Mayors for Meals*

Each week Spectrum Generations and a team of volunteer drivers deliver over 250 hot and frozen meals to homebound residents of Lincoln County who are over 60 years of age or who are disabled. To learn more about your local Meals on Wheels program please join Town Officials on March 13 at noon for an informational luncheon about the Center's MOW program and the Annual Mayors for Meals campaign. The luncheon is made possible by the generosity of the culinary staff at Kieve's Leadership Institute. \$5 donation. Reservation deadline Monday, March 9, 2009.

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 am. FMI call Shirley 563-6813



Learning

Coastal's Cyber Café

How to Use the Internet with Jim Skilling. Learning about the Internet is just another step along the path of life for lifelong learners. Learning the language, how to access the Internet, how to tell the good from the bad, and many other attributes of the Internet is comparable to learning a foreign language yet in today's world it can no longer be avoided. Let Jim walk you through basic web computer operations and wireless access.

Part I—March 12 at 11am—Internet Safety and free E-mail

Part II—March 19 at 1am—Searching the internet, social networks, shopping, research. \$5 fee per session. ☎

Linux Support Group, Thursday, March 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. ☎

Wii Can Do It with BJ Fredericks, Tuesday's from 2pm–4pm. Join BJ in the Center's Fit and Balances Brain Center (FABB) and learn about his fascinating new technology that hooks up to our big screen television, and offers participants an opportunity to sharpen minds, while toning bodies. One can go fishing, box, play baseball, golf and other sports or do yoga, aerobics and other fitness activities. \$1 donation ☎

Watercolor? Yes, You Can! And a Bit of Drawing Too. A watercolor class with South Bristol Artist Maude Olsen, Friday, March 6 and 13 from 9:30am–noon. With paper, brush and pen come see what you can do. Just for fun—and just for you! Course fee \$100 includes materials. ☎

Sea Glass as Wearable Art, Friday, March 13 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. ☎

Meditation as a Spiritual Practice with Marjorie Arbor, Friday, March 20 and 27 at 1pm. During spiritual wellness month learn devotional and Zen style meditation techniques that you can incorporate into your daily life. ☎

Spring into Spring with a Spring Roll, Friday, March 27 from 10am—noon. Join Suse Wicks, Director of the Wavus Camps for girls and learn how to make Spring Rolls. \$5 materials fee. ☎



Answers

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

AARP 2008 Federal and State Income Tax Preparation Assistance with Marilyn Wilson and her team of tax consultants Tuesdays from 9am until 1:30pm from March 3 through April 7, 2009. ☑

LIHEAP Application Clinic, Monday, March 9 and 23, 9am until 1:30pm. Cynthia and her team of volunteers will assist you with your 2009 Heating Assistance Application. ☑

The Information You Need and Where to Get It, Monday, March 16 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, March 23 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑

Medicare 101: What Is Medicare, and How Does Medicare Work?, Monday, March 30 at 1pm. Join Cynthia and get answers to common questions about Medicare benefits as your 65th birthday draws near. ☎

☎ **Advanced Registration**
Call 563-1363

Center Activities

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

Explore Mythology, Awaken Your Senses: A monthly Mythology Roundtable Discussion with Sally Johns, Thursday, March 19 at 2pm. The Center's new mythology roundtable discussion is a place to be spiritually nourished with world myths, and modern retellings. ☎

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. ☎

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—Calling all knitters (or those who would like to learn). Join the group on Thursdays at 1pm for tips, teaching and just talk. Create a project for a loved one, yourself, or a child in need. All needleworkers are welcome to join. FMI: Andrea at 677-3112. ☎

Hooked on Reading discussion April 17 at 1pm. Read "Collaspe" by Jared Dimond

Lunch and Learn Series

March 4 Lunch & Learn—A Gift of Love, Planning Your Funeral with Mike Hall. Entrees: Baked Chicken or Stuffed Peppers: ☎

March 11 Lunch & Learn—Ship Building at Bath Iron Works with Ed Stelzer. Entrees: Roast Pork or Swedish Meatballs ☎

March 18 –Lunch & Music– Perpetual E-Motion—Ed Howe and John Cote Entrees: Corned Beef cabbage or Chicken Alfredo ☎

March 25—Lunch & Nutrition – Frugal Eating— with Dimereze M. Clark MS RD LD. Kennedy Learning Center—Chef's Choice ☎

☎ *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.*

Community Happenings

"Aging, Health, and Quality of Life in the Damariscotta Region." CONA panel discussion Tuesday, March 3 from 2pm—4pm at Skidompha Library. Professionals participating are Dr. Allan "Chip" Teel, geriatric specialist and family practice physician; Susan Winters, nurse and ordained minister with Kno-Wal-Lin Hospice; Marianne Pinkham, coordinator for Spectrum Generation's Coastal Community Center in Damariscotta; and James Donovan, President and CEO of Lincoln County Healthcare.

Lincoln County Health Care's Strategic Vision. Join CEO James Donovan at the CCC on Wed. March 25 at 12:45pm and share your thoughts and comments about LCHC's long-term vision for healthcare & long term care in Lincoln County.

☑ **Appointment Required**
Call 563-1363

Intergenerational Programs

Miles of Friends 5th Gathering, Thursday, March 5, 12:45pm at Nobleboro Central School

A Helping Hand

It's Tax Time Tax Help from AARP's



Tax Assistants— Free tax help for taxpayers with middle and low-incomes, with special attention to those age 60 and older on Tuesdays, **March 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 the taxpayers are present. If you owe taxes, you can E-file at any time and pay separately any time until April 15. By Appointment call 563-1363

Local Advisory Council Meeting, Tuesday, March 10 at 2 pm. Special guest FMI: Marianne at 563-1363 ☎

New Volunteer & MOW Food Safety Orientation, Monday, March 2 at 10am. ☎