



COASTAL CENTER HAPPENINGS

On-Line Auction

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



Spectrum Generations, an organization dedicated to promoting healthy, successful, and positive aging in current and future generations, is inviting you to participate in its 2nd Annual Online Auction.

This is a great opportunity for individuals and businesses to support our agency while promoting your brand and product on E-Bay - the most popular, worldwide auction house.

By donating your products or services to our fundraising auction, businesses will receive greater visibility and exposure of your products or services – not only within our local communities but worldwide. In the coming months

Spectrum Generations will accept your donations of art, antiques, clothing, celebrity memorabilia, collectibles, electronics, tickets, video games or certificates good toward your products, services, or a unique experience.

Call Sally at 563-1363 to learn how you can support Spectrum Generations and get your donation showcased in our auction. 100% of all proceeds from this fundraiser will be funneled right back into our communities. Become a donor today.



Center Activities on Back Page

MAY 2009

Tea & Tips: For a Safer You

SASSMM, TRIAD, and Spectrum Generations



are offering a series of six workshops and community conversations

to share ideas and knowledge with community experts about how to keep yourself, family, friends and neighbors safe. Topics include: Go Bags for emergency preparedness, Current Frauds and Scams, Heart Health, Medication safety, Personal Safety, and how to get help if you someone you know needs it.

These one-hour programs offer a way to ask questions and receive information particularly valuable to mature Mainers but useful to their family members as well. The first gathering will take place on May 12 at 2 pm. ☎

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

Adventures in Fitness

Celebrate National Senior Health and Fitness Day 2009



On Wednesday, May 27 more than 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S.. In honor of NSH&FD 2009, on Tuesday, May 26, at 6:15, Robin Maginn, Fitness Professional, will be holding an information session about the fitness equipment and services at the CLC YMCA in Damariscotta. After completing the session, you will receive a free day-pass for Wednesday, May 27. The YMCA offers a 19-machine Nautilus circuit, various cardio-vascular machines, free weights, walking track and fitness classes. Join Robin for



the tour and receive your free day pass to participate in the Senior Health

and Fitness Day helping to keep older Americans healthy & fit.

Honoring Our Veterans

On May 24 be a part of the Damariscotta Memorial Day parade by walking with the Spectrum Generations team beside Nancy Wilson and David Chapman who may be riding in Rob Flory's Model T!

More Adventures & Activities—Back Page



Caring



Miles of Friends, Thursday, May 7, 11:30am. The 8th gathering with Nobleboro Central Schools Second Graders, Darling Center Tour.

Family Caregiver Support Group, Thursday, May 14 at 1pm. FMI call Vanessa at 1-800-282-0764 ext. 139. ☎



Living



Pamper your Feet, Foot-Pedicure Clinic, Friday, May 1 and 15 beginning at 8:15am. 30-minute therapeutic toe clipping. \$20 fee. ☑

Change Your Age-Mondays, May 4, 11 and 18 at 11am. Based on the Felden-krais 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 \$30. Minimum class size 5. FMI call Diane at 380-1536 ☎

Advanced Foot Clinic or Reflexology Session, Friday, May 8 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. ☑

Stability Ball How To for Men with Robin, May 12 at 10am. The best thing to happen to strength training since the exercise mat. You not only can use them as a substitute for a weight bench, but you also can do dozens of exercises using just the ball and your body weight. ☎

30-Minute Massages for Mature Adults, Thursday, May 14 from 9am until noon with Kim Horstman, LMT. Massages can bring an improved sense of health, well-being & boost one's natural energy levels. \$10 fee ☑

Heart Healthy Blood Pressure Screening, Wednesday, May 20, 11:00am—1pm. Free, drop in clinic

Reiki Sampler, Friday, May 22 at beginning at 1:30pm. 30-minute Reiki sessions with Jill Meyers for stress reduction and relaxation. \$10 fee. ☑

Reflexology or Massage, Thursday, May 28 from 10am—3pm. 1-hour sessions with LM&RT Jen Gunnells. \$30/reflexology:\$40/massage ☑

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. ☑

Simple Zumba with Tony Garretton, Thursdays at 2:30pm. Using Latin rhythms and easy-to-follow moves Tony will create a fun workout at a pace that's right for you. \$40 for 4-weeks in May or \$13 per class. ☎

Zumba Rapido: Ditch the Workout, Join the Party, Thursdays at 3:40pm with Certified Zumba instructor Tony Garretton. Zumba is a Latin-inspired

The Third Annual CLC YMCA MOTHER'S DAY 5K

The YMCA will host the Third Annual CLC YMCA Mothers Day 5K. The race is on Saturday May 9th, the day before Mother's Day. The race is for mothers, children, in honor of mothers or any one interested in running! The running race starts at 8:30 am and the race for walkers and strollers start at 8am. Registration starts at 7:30am for everyone. The race is a down and back run starting and finishing at the YMCA. The racers will run down beautiful Back Meadow Road in Damariscotta. Prizes for the fastest male and female and ribbons for the winner of each age bracket! The first 20 runners to register receive a t-shirt for participating so register soon! for more details call 563-YMCA.

FITNESS AT THE CENTER

Yoga: The First Moves with Carol Krajnik. Monday's at 12:30pm

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

What is Social Networking? with Jim Skilling. Social networking on the Internet has become wildly popular in recent years. Online social sites, including MySpace and Facebook, provide a fun way to keep in touch with distant family. Users can write blogs, notes, post and share pictures, share videos, update their status daily, and play interactive games.

MySpace-Thursday, May 14 at 11am—Learn what the virtual community is hearing, posting, and viewing today. Learn to create a profile. \$5 fee. ☎

Facebook-Thursday, May 21 at 11am—Learn how to create an online community of friends and your own on-line meeting place using this popular social media site. \$5 fee. ☎

Linux Support Group, Thursday, May 28 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.

Taming 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. ☎

Creating May Baskets, April 30 at 1am. Just in time for May Day. Join Shelley from Shelley's Floral and Gift in Waldoboro and learn how to create a decorative May Basket. \$3 fee. \$12 materials fee. ☎ **by April 28.**

Put your new found knowledge to good use by creating a **Mystery Lunch May Basket**: bring it to the Center at **noon on May 1**; exchange it for another; enjoy lunch; conversation and perhaps a May pole dance. ☎

Just for Men Fly Tying, Tuesday, May 5 at noon. Fishing season is upon us. Conrad and Hollis will demonstrate the techniques you can use to create two of your own buck tail streamers. All welcome \$5 fee. ☎ **by May 3**

Long Term Care Planning Seminar, May 8, 2009 from 1pm – 3pm. Have you done effective long term care planning? Attorney Michelle Santiago and Financial Advisor Leah M. Bartley will offer insights into: Medicare changes, myths; Medicaid "Spend Down", eligibility criteria, "look-back" periods; long term care costs and the benefits LTC. ☎ **by May 6**

Seasonal Gardens: Painting Spring Flowers, May 13 at 9am. Join Debra Arter at a Borland Hill Homestead for a hands on workshop that will teach you techniques for capturing the beauty of springs smiling faces, whether you work with watercolors, oils or acrylics, Fee \$25. ☎ **by May 11**

Sea Glass as Wearable Art, Thursday, May 14 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. ☎

Saving Grace-Coping with Grief and Loss, May 22 at 11am. Losing someone you love is very painful. There is no right or wrong way to grieve. There are healthy ways to cope with the pain. Learn how you can get through it with Charlene Bourque, RN, Grief Recovery Specialist. ☎

AARP Driver Safety, May 29 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. Fee: \$12 members/\$14 non-members. ☎



Answers



Veterans' Advocate Services with Conrad Edwards, Tuesday, May 5 from 9am-noon. Veterans and spouses, get your benefits questions answered. ☑

The Information You Need and Where to Get It, Monday, May 11 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, May 18 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑ **by May 15**

Medicare for Everyone: What Is Medicare, and How Does Medicare Work?, Monday, May 28 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, April 30, May 14 and 28 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. ☎

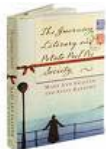
Wii Can Do It with Ben and BJ Tuesday's from 2pm–4pm. Join BJ in the Center's Fit and Balance Brain Center (FABB) and learn about this fascinating new technology that hooks up to our big screen television, and offers participants an opportunity to sharpen minds while exercising, bowling or playing tennis with friends. \$1 donation ☎

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 Art and Dan, May 15 at 1pm. Come, share your thoughts and perspectives about "The Guernsey Literary and Potato Peel Pie Society" a novel by Mary Ann Schaffer & Annie Barrows. ☎



Lunch and Learn Series

May 6 Lunch & Theater-Romeo and Juliet with Heartwood Regional Theater. Entrees: Pot Roast or Butter Crumb Baked Fish. ☎

May 13 Lunch & Culture-Peruvian Art with the Pipers, Inka Urpi Galeria. Entrees: Salisbury Steak or Baked Chicken. ☎

May 20 –Lunch & Agriculture–Giant Pumpkin Madness with Buzz Pinkham. Entrees: Meat Ravioli or Shrimp Scampi ☎

May 27–Lunch & Veterans-Today's Iraqi with Lance Corporal Brandon Sodergrenm, US Marine Corps. Entrees: Beef Stroganoff or Roast Turley. ☎

☎ **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— Offering a Helping Hand

New Volunteer & MOW Food Safety Orientation, Thursday, May 7 at 2:30pm . ☎

Local Advisory Council Meeting, Tuesday, May 12 at 1 pm. Guests welcome. FMI: Marianne at 563-1363 ☎

Lincoln County TRIAD Meeting, Thursday, May 21 at 1:00pm. FMI 633-7874 and meeting location ☎



Calling all gardeners. The Center's landscape and planters need your help. Volunteer your time and expertise to help the Coastal team beautify its grounds and outside areas. Informational get together, May 1 at 2pm.



Appointment Required
Call 563-1363

Outdoor Adventures

Wildflower Adventures & Hikes Each spring Maine's woods are filled with wildflowers. Learn how to identify woodland plants that are endangered, edible, friendly or invasive with area naturalists: **May 8** from 9am-noon at **Hidden Valley Nature Center** and from 2pm until 4pm at **DLWA's West Branch Preserve** in Jefferson.

Bike Turn-Up, Q&A with the Welts, May 19 at 2pm. Bring your bike and learn how to give it a safety check. ☎

Salt Bay Bike Club-1st Ride of the Season with Marty Welt. Gather at 5:30pm on May 21 at the Great Salt Bay School. ☎

Bocce Ball, May 21 at 12:30pm. Join Nate and Arthur at the Nobleboro Recreational Park and learn how to play Bocce Ball. ☎

Spectrum Adventures

Hartstone Inn, May 14 & 15. What better Mother's Day treat than a gourmet cooking class with Chef Michael, coupled with a five course gourmet dinner, hearty Maine breakfast and an overnight stay in the lap of luxury at the elegant and historic Hartstone B&B in Camden? \$210 a person or \$320/couple.

Niagara Falls, June 7-13. View the falls from the US and Canada, ride the "Maid of the Mist", visit Queen Victoria Park and Casa Loma. \$590 per person/ double occupancy (10 meals, lodging, motor coach).

FMI, additional trips and a brochure call Marianne, 563-1363