



## COASTAL CENTER HAPPENINGS

### Spectrum Adventures



Take the trip of a life time. Cruise to the far corners of the world.

#### 9-Night Eastern Caribbean Cruise

Escape the mid-winter blues and set sail to San Juan, St. Thomas, Samana and Labadee aboard the "Explorer of the Seas" with Royal Caribbean Cruise Lines on **February 26, 2010**. Pricing starts at only \$849 per person based on double occupancy. Airfare to and from New Jersey not included. \$500 deposit due at registration.

**Final payment due Dec. 11.** Don't delay. Call Spectrum Generations booking agent **Cruise Planners at 877-473-2386** for details and to book your adventure. Special booking rates expire October 29.

#### Enchanting Danube: Budapest to Passau - 9 Days

Imagine beginning November 2010 on the ship "River Beatrice" as you discover the best of Eastern and Western Old World Europe! Highlights include 7-night cruise in a river-view stateroom, all meals on-board, complimentary beverages, 6 hosted shore excursions, complimentary use of bicycles, onboard entertainment, free lectures, captain's welcome & farewell dinners and more.

Visit Budapest, Vienna, Durnstein, Linz (Salzburg), and Passau! Rates start at \$1,849; airfare not included. Early booking discounts available.

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### OCTOBER 2009

#### Out and About

Take advantage of Lincoln's County's Fall Festivals

#### Historical Society Applefest

October 3 from 10am-2pm  
Nobleboro Central School  
[www.nobleborohistoricalsociety.org](http://www.nobleborohistoricalsociety.org)

#### Pumpkin Fest and Regatta

October 4-12  
[www.damariscottapumpkinfest.com](http://www.damariscottapumpkinfest.com)

#### Fish Ladder Restoration Fall Soup Chowder Festival

October 11 from 11am-4pm  
[www.damariscottamills.org](http://www.damariscottamills.org)

#### Lincoln County Triad Senior Appreciation Day

October 16 from 10am-2pm  
Boothbay Elementary School

#### Damariscotta Charrette

Be A Part of History  
Plan Our Future  
October 22-26  
[www.damariscottame.cp](http://www.damariscottame.cp)



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](http://www.spectrumgenerations.org)

### Spectrum Learning

#### Never a dull moment at Spectrum Generations

#### Art of Aging Lifestyle Conference

Be prepared to be motivated to re-evaluate your life and wellness goals when you attend the Lifestyle Conference on October 24, 9am to 4pm at Point Lookout in Northport.

Spectrum Generations has lined up an outstanding variety of fun, educational workshops and vendors covering many dimensions of wellness with a focus on healthy alternatives for better living and chronic condition/disease prevention.

Just \$15 per person for the day includes: a continental breakfast, wellness workshops; health screenings; healthy eating, cooking and interactive fitness demos; wine tasting; art show; free massages; other health services and Nordic walks on **Point Lookout's scenic walking trails.**

Point Lookout is located on Route 1 between Belfast and Camden. Gather your friends for a field trip, You will leave inspired to achieve health, balance and success in all areas of your lives.

Visit **SG'sNews/** Events page or the growing list of vendors, workshop descriptions, and information on how to register for the

workshops that peek your interest.  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)



Lunch & Learn & Activities—Back Page



## Caring



**Family Caregiver Support Group**, Thursday, October 8 at 1pm.

A confidential setting to discuss issues of being a caregiver for a family member or friend. FMI call Vanessa at 1-800-282-0764 ext. 139. ☎

**Seasonal Flu Shot Clinic** by Kno-Wal-Lin Home Health, Tuesday, October 13, 10:30am-12:30pm. \$30 for those without a Medicare Card. ☎

**Celebrate YOURstory: Voices of Wisdom and Inclusion**, Monday, October 19 at 2pm. Listen to your wise self, be inspired, get out of your rut, come together and share your thoughts, wisdom and life stories with others. ☎



## Living



**Introduction to Tai Chi**, new 12-week program, second session Monday, October 5 at 8:45am. Jody Telfair will teach techniques for gentle movement for health, relaxation, & increased energy plus improve balance and flexibility. \$120 participant fee. You can still join the fall session ☎

**Reflexology, Hand and Foot**, with Jen Gunnels, Thursdays, October 1, 15, 22 and 29. 1-hour sessions beginning at 9:30am. Reflexology is the application of pressure, stretch & movement to the feet & hands affecting corresponding parts of the body. \$30 fee. ✓

**Pamper your Feet**, Foot-Pedicure Clinic, Fridays, October 2 and 16, beginning at 8:30 am. 30-minute therapeutic toe clipping. \$20 fee. ✓

**What is in Your Future?** Wednesday, October 7 & 21 from 1:30pm-3:30pm. Spiritual Tarot Card Readings with Ann-Dee Burnham. ✓

**Heart Healthy Blood Pressure Clinic** with LPN Patsy Cunningham, Wednesdays, October 14, 21 and 28 from noon until 1pm. Free

**30 or 60 Minute Massages**, Thursday, October 8 from 8:30am – 12:30pm and Friday, October 23 from 9am—noon with Kim Horstman, LMT. Massages bring an improved sense of well-being and boost one's natural energy levels. Introductory visit \$10 fee. Future visits \$20-half hour massage/\$40 for an hour.

**Living Well, Friday's beginning Oct. 23 at 1pm-4pm.** A 6-week self-management seminar that provides tools for living a healthy life with chronic health conditions. Through weekly sessions the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring about. \$25 optional materials fee. \$5 participant fee. ☎

**Reiki Sampler**, Friday, October 23 at beginning at 1:30pm. 30-minute Reiki sessions with Jill Meyers. Reiki is a Japanese technique for stress reduction and relaxation \$10. ✓

**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. ✓

## FITNESS AT THE CENTER

**Zumba For Everyone: Ditch the Workout, Join the Party**, Thursdays at 4:00pm or 5:30pm with Certified Zumba instructor Tony Garreton. Using Latin rhythms & easy-to-follow moves, Tony creates a fun workout at a pace that's right for you \$50 for 5-weeks in October or \$15 per class. ☎

**Easy Does It Fitness** Tuesdays and Thursdays at 9 am. 60 minutes of low-impact exercises using free weights and fitness balls. \$3 fee.

**Stability from the Core, Thursday, October 22 at 10am.** Your body core is the midsection of your body from the top of your thighs to your shoulders including the pelvis, abs, back and chest muscles. If the core is not properly conditioned it will limit your physical abilities. Join Personal Trainer Robin Maginn and learn many different exercises to strengthen your core without having to do crunches! \$5 fee ☎

**Flex and Fit**, Wednesdays, 10:30 am. Seated exercises for flexibility and balance for those who are a little bit timid or who haven't exercised in a while. \$3 fee.

**TOPS (Take Off Pounds Sensibly) Support Group**, Tuesdays 10:30 am. FMI call Shirley 563-6813

**Wii Sports Fitness, Monday's from 2pm—4pm.** Open Sessions. Nintendo Wii and Wii Fit is not only fun, playing facilitates flexibility, focus and balance. Want to begin a bowling league, baseball or tennis team or golf foursome? If so call 563-1363 or just drop by.

**Tai Chi-Intermediate** with Jody at Bubbling Brook Studio in Bristol Tuesdays, 9am. FMI 563-7484.



## THE CYBER CAFE

### It's My PC: What Do I Do?

Thursday, October 8 at 11am. Jim Skilling will cover the basic skills and concepts needed to use a personal computer and to make friends with the operating system by understanding computer terminology, opening and closing programs, and saving and managing files. \$5 fee. ☎

**Computer Overload**, Thursday, October 22 at 11am. Cookies, pop-ups, and a slow brain. It's time to learn how to give your computer a fall clean-up for operating efficiency and peace of mind. \$5 fee ☎

**Linux Support Group**, Thursday, October 29 at noon. 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. ☎



The Coastal Community Center has gone wireless. All are welcome.



## Learning



**AARP Driver Safety Workshop**, Friday, October 2 from 10:30am-3:30pm in Damariscotta and Tuesday, October 20 from 9:00am-1:00pm in Boothbay Harbor. Bring a boxed lunch. Materials fee \$12 for members. \$14 for non-members. ☎

**Basic Calligraphy** with Maude Olsen, Wed., Oct. 7 or 21 from 2pm-4pm. Just in time for the holidays. Learn how to use a calligraphy pen to create holiday cards. Basic supplies provided. \$100-2-classes or \$50-1-class. ☎

**Jewelry from the Ocean's Beaches** with Lynne Thompson, Thursday, October 15 at 2pm. Build upon the skills that you learned in Lynne's introductory class to add flourishes and refinement to your wearable creations. Use the materials Lynne provides or bring your own sea glass and needle-nosed pliers. Class fee \$10. Materials fee \$10. ☎

**Poetry in Motion Workshop: Writing and Speaking**, Friday, October 16 at 10am. Join local poet George Van Deventer and learn what it takes to draft a poem. George will also introduce and demonstrate the art of performance speaking. \$5 participant fee ☎



## Answers



**Veterans' Advocate Services** with Conrad Edwards, Tuesday, Oct. 6 from 9am-noon. Veterans and spouses, get your benefits questions answered. ☑

**LIHEAP Pre-Scheduled Appointments** with Kennebec Valley Community Action Program Emergency Services, Friday, October 2, 9, 16, and 23 from 9am until 3pm. Questions regarding the fuel assistance program, application process or appointments should be directed to KVCAP Lincoln County's new fuel assistance program service provider. FMI please contact KVCAP at 1-800-542-8227

**Circuit Breaker**—2008 Tax and Rent Rebate Assistance for Maine Residents, Friday, October 9 and 23. 30-minute consultations. Let Marilyn Wilson assist you with the paperwork from 12:30—3:30 pm. ☑

**The Information You Need and Where to Get It**, Tuesday, October 6 at 2:30pm. 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, October 19 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑ by October 16.

**Medicare for Everyone: What Is Medicare, and How Does Medicare Work?**, Wednesday, October 28 at 2:00pm. Join Cynthia to get the information you need to make the best choice about your medical and prescription drug coverage at your 65th birthday draws near. ☎

**Senior Community Service Employment Program**, Wed., Oct. 28. at 1pm Information session with Pauline Beasley. If you are over 55 and want to return to the workforce but need a bit of training this program is for you. ☎



Advanced Registration  
Call 563-1363

## Center Activities

**Lincoln County Scrabble Club,** October 1, 15 and 29 at 6:30pm. Open to all generations & levels. 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 ☎

**Spectrum Camera Club,** Tuesday, October 13 at 1pm. For anyone who has a keen interest in photography, whether you are new to photography or someone with long experience with the craft, FMI and to express your interest all Bob Gorrill at 563-7463. \$1.

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

**Perennial Swap** with Betty Nelson, October 16 at 10 am. Fall is a great time to transplant perennials. If you've found that some of yours have spread a bit too far bring them to the Center to exchange for ones that are missing from your perennial bed. Protect the roots. Bring our youngsters in a pot.

**Hooked on Reading**, Friday, October 16 at 1pm.



**"Angles and Demons"** by Dan Brown will be the focus of October's discussions.

**At Sproul Block, Waldoboro**  
**Tea and Tips** seminar series Thursdays at 1pm. FMI Contact Cynthia at 563-1363

## Lunch and Learn Series

**October 7** Lunch & Energy- Repower America with Renewable Energy Kate Brock. Entrees: Baked Ham or Macaroni and Cheese. 🍴

**October 14** Lunch, Music and Foliage at the Kennedy Learning Center, Camp Kieve. Music by Greenfields followed by fall foliage boat rides on the lake. 🍴

**October 21**—Lunch and Learn- Healthcare in the US from a Non-Partisan Perspective with Jody Telfair, PhD. Entrees: Cheese Manicotti or Roast Turkey & 🍴

**October 28**—Gobbins & Ghosts **What's Happening in the US** Financial Markets with Jim Vicenzi and Leah Barkley Entrees: Tart & Tangy Oinks & **Roasted Moo & Witch's Brew** 🍴

🍴 *Reservations Required, call 563-1363 by noon on Monday. Lunch is served at 11:30 am. 60 plus \$4.00 donation. All others \$5.00. Remember to car pool.*

## Volunteer Corps—



**Miles of Friends,** Friday, October 2, 12:45 pm—2:15 pm at Nobleboro Central School. Share one Friday afternoon a month with a 2nd or 3rd grader telling stories and learning new things. 5 more buddies are needed. FMI call Ben at 563-7853

**Coastal's Local Advisory Committee**, Tuesday, October 13 at 2pm. Be a part of Coastal's future—consider beginning a member of Coastal's LAC

**Lincoln County TRIAD Meeting,** Thursday, October 15 at 1:00 pm. Wiscasset Senior Center. FMI: Deb at 633-7874.



Appointment Required  
Call 563-1363

## Spectrum Adventures

**10-Night Panama Canal Cruise** Experience the excitement of the Panama Canal aboard the **"Coral Princess" with Princess Cruise Lines.** Trip departs from Ft. Lauderdale, FL on **November 5, 2010.** Ports of call include Aruba, Cartagena, Panama, Costa Rica and Ocho Rios. Pricing starts at \$1,293 per person based on double occupancy. A deposit as low as \$100 due at time of registration. Final payment due August 8, 2010. Price does not include airfare.

FMI and to pick-up detailed Cruise Flyers stop by the CCC.

## Outdoor Adventures

Sea Kayaking Tour, Friday, October 2 from 9am—noon.



Join Maine Guide Glen Mitchell for a fall foliage kayaking tour of Muscongus Bay. Before embarking on your trip of these well-protected coastal waters, Mitch will cover the basics of sea kayaking. The group will be **padding out to explore the Bays' islands** in search of seals, sea birds and fun. This is a perfect trip for beginners. MidCoast Kayak will supply the kayaks and all the gear you will need. The tour launches from Mid-Coast **Kayak's touring facility at Muscongus Harbor,** two miles north of Round Pond, just off of Maine Route 32. \$30 participant fee. Registration deadline October 1.