Message from the *Coastal Community Center*

May is a month of change for us here at the Coastal Community Center, but we are excited for what is on the horizon!

We will be moving to our new offices, located in the CLC YMCA at 525 Main Street, Damariscotta, and available there beginning May 21. The move is only a few hundred feet away but offers many wonderful opportunities for Spectrum Generations! There will be more, and easier parking, accessible offices, updated facilities and meeting spaces, and a fresh, beautiful new space for all to enjoy. The programs and services Spectrum Generations has offered for over 40 years, will continue!

Prior to the move, and **until Friday, May 18**, we will remain open normal hours at our current location. We will continue our Lunch and Learns each Wednesday; the Medicare 101 sessions and Family Caregiver Support Groups will also continue.

There will be **no** congregate lunch on **Wednesday, May 23,** as we will be settling into our new offices and shared space. The first congregate lunch in our new space at the CLC YMCA will be **Wednesday, May 30,** and **we look forward to seeing you there!**

Meals on Wheels deliveries will continue throughout the move, without interruption.

Thank you for your patience and support during our transition to the CLC YMCA!

USDA Commodity Supplemental Food Program
helps supplement diets of those 60 and older by providing 30 pounds of shelf-stable food items once a month for free. To be eligible, you must be age 60 or older and have an income of $1,307 for a single household or $1,770 for a two-person one.

Pick up locations

Knox County, pick up is third Tuesday of every month, 10:30 a.m.—12:30 p.m. at The Methodist Conference Home, 39 Summer St, Rockland.

Lincoln County is fourth Monday of every month, 1:00—2:00 p.m. at Coastal Community Center, 521 Main Street, Damariscotta.

FMI and application or designate proxy if you are unable to pick up your bags, call 563-1363 FMI.

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:

spectrumgenerations @SpectrumGen www.SpectrumGenerations.org (207) 563-1363

COASTAL NEWSLETTER

spectrum generations

May 2018

521 Main Street, Damariscotta, ME 04543
(207) 563.1363 or [TTY] 1.800.464.8703
Monday—Friday, 8:00 a.m. — 3:00 p.m.

Message from the *Coastal Community Center*

Golf Fore a Cause – Registration now open!

With warmer weather comes one of Spectrum Generations' biggest fundraisers and a wonderful event that needs your support! Our 16th Annual Golf Fore a Cause tournament will take place on Thursday, June 7, at the Brunswick Golf Club.

Last year's event raised over $20,000 for our programs and services like Meals on Wheels and center activities. **We are still accepting sponsorships, and teams and individuals to play.** We look forward to seeing you for a great day on the course!

The cost is $100/individual, $400/team and includes 18 holes with cart, player gift bags, lunch at our awards BBQ, contests for longest drive, accuracy drive, putting, and a few surprises!

There are also various sponsorship levels available which offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah Brown at sbrown@spectrumgenerations.org or 620-1677 for more information.

MEMORIAL DAY

All Spectrum Generations' locations will be closed on Monday, May 28, in observance of Memorial Day.

Upcoming Events

Thursday, May 3

Medicare 101
Medicare can be overwhelming to individuals enrolling for the first time. Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.
1—3:00 p.m.
in the conference room.

Thursday, May 10

Family Caregiver Support Group
1—2:30 p.m.
in the conference room.

Monday, May 14

Local Advisory Council Meeting
1—2:30 p.m.
in the conference room.

Lunch & Learn Schedule

Wednesdays, 11:15 a.m. — 1:00 p.m.
$5 suggested donation for those over 60 years, $6.50 for all others
Reservations are required.
Call 563-1363 **by noon on Mondays**
to reserve your spot.
We look forward to seeing you!

Wednesday, May 2

Hey, Hey for Hollywood! – A preview of Hearts Ever Young's show taking place at The Lincoln Theater in Damariscotta May 21, 22 & 29. Come see a few of the songs, dances & skits they will be performing

Entrée: Cheese Ravioli w/Italian Sausage

Wednesday, May 9

Nancy Laffin & LaRonda Harris, Lewiston Veterans Center – Women veterans & healthcare.

.Entrée: Hearty Beef Chili w/Baked Potato & toppings

Wednesday, May 16

Mary Jane Smith – Selling your home or property: an informational program if you are thinking about downsizing.

Entrée: Homemade Beans & Franks w/Cole Slaw & Potato Salad

Wednesday, May 23

Moving to the YMCA. No congregate lunch. Come visit us next week in our new home.

May 30

Our first congregate lunch at the YMCA! Come hear about Spectrums' programs.

Entrée: Turkey Dinner & Stuffing w/Mashed Potatoes and gravy

Join Us For Our 10th Annual

HEALTHY AGING EXPO

Friday, June 1

10 a.m. - 3 p.m.

Cohen Community Center

22 Town Farm Road, Hallowell

Free Admission

FMI call 626-7777

Plan to join us for an informative, inspiring and fun day, designed especially with you in mind!

Come meet with a variety of exhibitors

Learn about different ways that food can affect your health

Opportunities to sample products

Get healthy cooking tips from a panel of experts

Qualify for door prizes

Get resources to meet your personal goals

Lunch available for $6.50

Our goal is to help active adults
get the most out of life!

Cohen on the Meadows
BANQUETS | CATERING

All proceeds help end senior hunger

Planning an event?
Cohen on the Meadows is available to serve all catering needs!
207-620-1189 or **207-660-9267**

Activities

SAGE (Services & Advocacy for GLBT Elders)
1st and 3rd Wednesdays, 1:00 — 3:00 p.m.
$1 per meeting.

Mahjong
Thursdays, 1—4:00 p.m.
Fridays, 9:30 a.m.—12:00 p.m.
Please bring your Mahjong card. Fee is **$1**.

In honor of Nataional Volunteer week, Spectrum Generations would like to say...

Thank you volunteers!

Spending rainy days going through your closets? Consigning Women, the consignment shop for gently-used items, downstairs in the Overlook Building at 521 Main Street, still has an account for Spectrum Generations Coastal Community Center. If you have clothes that you would like to see go to a good home and do a little good yourself, drop them off at Consigning Women. Let Annie, Carla, or Barbara know that you'd like the cost of the items to go to Spectrum Generations. Thank you!

Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER. *HELP LINE* 1-800-639-1553