

# 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!**



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) 622-9212

# COHEN NEWSLETTER



May 2018



22 Town Farm Road, Hallowell, ME



(207) 626.7777 or [TTY] 1.800.464.8703



Monday-Friday, 8:00 a.m.— 4:00 p.m.



## Event

*Golf for a Cause*

### Registration now open!

With warmer weather comes one of Spectrum Generations' biggest fundraisers and a wonderful event that needs your support! Our 16<sup>th</sup> 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](mailto:sbrown@spectrumgenerations.org) or 620-1677 for more information.**



## Upcoming Events

### Medicare 101 Session

New to Medicare? 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.

**Call the Cohen Community Center at 207.626.7777 for session dates and times. \$15 suggested donation.**



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

# May at Cohen

## Ask The Lawyer

May 9, 9:00—11:00 a.m.

**FREE** 15-minute consultation on estate planning, wills and living wills, trusts, elder law and power of attorney, and financial planning. Appointments required.

## Book Discussion Group

First and third Friday of the month at 12:30 p.m.

**\$1 donation suggested.**

## Bridge Club

Thursdays, 1:00 - 4:00 p.m. **\$3.** Call Fran at 495-3490.

## Cribbage: Partner Games

Mondays, 1:00 - 4:00 p.m. **Cost is \$3.**

## Computer Sessions w/Bob Flagg

Thursday, May 10, 9:00—11:00am

Appointments required—**Cost is \$10 per hour**

## Game Day

Wednesdays, 1:00 - 4:00 p.m.

Bridge, cribbage, or organize your own team for other card or board games. **Cost is \$3.**

## Knitting/Crocheting

Tuesdays, 1:00 - 3:30 p.m.

Bring your own supplies. **\$3.**

## Mahjong

Mondays & Wednesdays, 12:30—3:00 p.m. **Cost is \$3.**

## Ping Pong

Wednesdays, 10:00 a.m.—2:00 p.m. **Cost is \$3.**

## Rug Hooking

Tuesdays, 9:00 a.m.—3:00 p.m.

Bring your own supplies.

**Cost is \$3.**

## Spirit Readings

Friday, May 11 & 25

Connect with loved ones with Medium Francine McEwen. Appointments required: No walk-ins. **\$25 for 30-minute session.**

## Wood Carving

Tuesdays, 12:45—2:45 p.m.

All ability levels welcome.

Bring your own supplies. **\$3.**

**Call 626-7777 to make appointments.**

# Volunteer Spotlight



It takes many volunteers to ensure that the programs at the Cohen Community Center meets the goals and expectations of the consumers that we serve.

Whether you volunteer many times a year or just one day, each hour you serve makes a difference to those in need in our community.

We were thrilled to have employees from Molina Healthcare, Augusta, hold a team-building experience. Five employees volunteered for our Nutrition Program!

Special thanks to the Molina crew including: Carol Hatch, Anita Weeks, Melissa Kelley, Justin Watson and Robert Harvey (pictured above). If you are interested in volunteering at the Cohen Center as a team or individually, please contact Lynda Johnson, 626-7777 or email at [ljohnson@spectrumgenerations.org](mailto:ljohnson@spectrumgenerations.org)



# Explore A Healthier Lifestyle

## Enhance®Fitness

**Kennebec Valley YMCA (Augusta and Manchester)**

Enhance®Fitness improves physical and mental well-being in older adults. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older. For information on pricing, class locations, times and dates, call 622-9622, ext 220

## Blood Pressure Screening

**Monday, May 7, 12:00—1:00 p.m., Cohen Center**

**FREE** Screening by Walgreens Pharmacy

## Family Caregiver Support Group

**Tuesday, May 8, 12:00 p.m., Cohen Center**

## TOPS (Take Off Pounds Sensibly)

**Fridays, 9:00—10:00 a.m., Cohen Center**

Weight loss support group. **Weekly fees: \$3,**

**Yearly dues to TOPS: \$32. First visit is free.**



## Healthy Food For Every Age

There is still time to sign up for the remaining cooking classes that teach participants about food preparation and presentation, nutritional value, and health and wellness in a fun, upbeat setting.

Each week features a **cooking demonstration** that will focus on a different protein and cooking method. Participants will **receive food-themed giveaways** at each class.

**May 3, 10, 17**

**1—3:30 p.m.**

**Registration is required. Call 626-7777 or visit the front desk to register.**

**Cohen Community Center**

**22 Town Farm Road**

**Hallowell, ME 04347**

Classes offered through the generous support of:



## May is Older Americans Month

Each May the Administration for Community Living (ACL) celebrates Older Americans

Month to recognize older Americans for their contributions to the nation. This year's theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being. We know older Americans are striving for wellness, focusing on independence, and advocating for themselves, their peers, and their communities, and what it means to age has changed.

Whether it be socialization, life-long learning, wellness classes, and volunteerism, the possibilities are endless at Spectrum Generations!

