

spectrum generations

The Central Maine Area Agency on Aging ♦ Aging and Disability Resource Center

COASTAL COMMUNITY CENTER HAPPENINGS

Spectrum Living

ALL ABOUT LEGS

Let's talk about legs. Legs are vital for helping us maintain mobility. Exercise helps your legs look and perform better. The American Council on Exercise says regular walks will increase endurance, lower blood pressure, reduce "bad" cholesterol, improve cardiovascular health, boost bone strength and help you to burn more calories. Come and learn leg exercises that include multiple joints (such as squats) which necessitate increased core stability. Fee: \$5.

Tuesday, August 18, 10:15 AM ☎

ACUPUNCTURE HAPPY HOUR



Grab your friends, family and co-workers and join us for Acupuncture

Happy Hour. Sharon Gordon, Licensed Acupuncturist and the Coastal Center are hosting this event to help community members cope with the stress and anxiety that is experienced in our daily lives. Instead of reaching for an alcoholic beverage, medication or drugs, come on in for a mini acupuncture treatment that is designed to: reduce stress, ease anxiety, calm the mind, relax the body and remove tension. Balance and rejuvenate your life by stopping by to try on your prescription for a healthier, happier and calmer you! It's a safe, natural and powerful way to ease yourself into a better way of feeling.

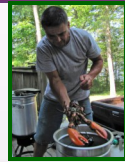
Suggested donation \$10. **Friday, August 28, 4:00 PM—6:00 PM** ☎

SAVE THE DATE—AGING IN PLACE

4th Annual Symposium
There's No Place Like Home
September 17, 9am—3 pm

Center Activities & Clubs, Pages 2 & 4

AUGUST 2015



6th Annual Summer's End Surf & Turf Cookout

at the Kennedy Learning Center, Nobleboro
Luncheon buffet includes: Spear's corn on the cob, summer salads, a seasonal dessert with Round Top ice cream and assorted beverages.

August 26, 11:30 AM
Reservation and nonrefundable payment deadline August 19. ☎

Special Per Person Pricing:

Dock House Lobster \$15;
Yellowfront Steak \$15;
Combo—Steak & Lobster \$25;
Twin-2 Lobsters \$25 or Twin-2 Steaks \$25. To share a combo or twin meal add \$10 to the per person price.



Coastal Community Center
521 Main Street
Damariscotta, ME 04543

Consumer Helpline
1-800-639-1553

(TTY) 1-800-464-8703

www.spectrumgenerations.org

☎ REGISTRATION
☑ APPOINTMENT

Supporting Spectrum

SUMMER BENEFIT GALA **WDAM's Inaugural Television Show featuring Spectrum's Down Home Memory Players**



Spectrum Generations invites you to put on your "Pretty in Pink" and "New Style" threads as we experience a day in the life of a 1950's television set. Musicians, comedians, dancers, and show-offs portraying television contestants and actors from the early 1950's will entertain you, our live studio audience. Program adapted by Mike and Beth Rowe.

Performed by members of Hearts Ever Young, the Studio Theater of Bath and friends. 1950's Gourmet Dinner catered by Cohen on the Meadows. Cash Bar

Wednesday evening, August 12, 2015, 5 PM

on the grounds off the historic Pownalborough Court House, Dresden.

Docent tours at 4 PM

Individual-\$60; Pair-\$100; or a Table of Eight for \$400:

All proceeds will be matched by an anonymous donor.

Reservation and Payment Deadline: August 5 call 563-1363 ☎

HOT DIGGITY DOG AT SULLY'S

Summer is the perfect time to support the CCC by having fun & a hot dog for lunch. Stop by Sully's Extraordinary Dogs in Newcastle. Purchase a hot dog with all of the fixings. Jim will donate 10% of the day's net proceeds to the Coastal Community Center & our Senior Nutrition—Meals on Wheels programs. To place your order for pick-up when you arrive call 380-9870.

August 20, 11 AM—2 PM

Lunch & Learn Programs, Page 4



Learning

SO YOU LOVE SEA GLASS ? Then Make Jewelry from the Sea

Sea Glass Lass Lynne Thompson will teach you how to turn sea glass and wire into stylish earrings and pendants. If there's time and interest, pins can also be created. If you have them bring a pair of needle nose pliers
Materials & class fee \$30. **August 11, 1:30—3:30 PM** 📞

BRIGHT FACES: Capturing the Person's Image in Pencil

With art instructor Kathi Nordone's guidance learn how to sketch the portrait of the person who is sitting across from you. Proportion and contour techniques will be taught. If you like, bring your favorite medium to add highlights that will make your image come to life. Pencils and paper provided. Fee: \$15. **Thursday, August 13, 2:00 PM** 📞

LEARN TO PLAY THE UKULELE

You don't have to read music to have fun playing the ukulele. The ukulele is a user friendly instrument. It is a great beginning instrument for all ages. In these beginning sessions taught by Heather Hardy you will learn how to form basic chords, strum a tune and sing along to songs you are familiar with. Be prepared to have fun. A concert or soprano ukulele is preferred. If you have a baritone ukulele, it needs to be tuned like concert or soprano, which is G,C,E,A. Fee: \$25. **August 6, 13, 20 & 27, 3 PM** 📞

SWEET REALITY: Whimsical Illustrations

Bring your favorite verse from a poem or a song to life by discovering how to turn the words into a whimsical illustration of your unique interpretation of the story. Instructor Kathi Nordone says that all styles are wonderfully creative. **Friday, August 28, 1:30 PM—3:30 PM** 📞

Living

THE POWER OF HYPNOTHERAPY

Join Certified Hypnotherapist Derrick Hyatt as he gives an overview of hypnosis; relating its history and modern uses. Discussion will include a participative demonstration of the subconscious mind in action. All participation is optional, and no one will be singled out to do anything in front of the group. Fee: \$15
Thursday, August 6, 3:30 PM 📞

COMMUNITY ACUPUNCTURE: Refresh & Be Well,

Ear acupuncture helps to balance all the systems in the body. Side effects include: pain relief, better sleep, improved digestion, increased energy and better moods. Join Sharon Gordon, M.Ac. as she holds weekly community ear acupuncture sessions.

Special CCC Rate: \$20, Friday, August 14 and 28, 9 AM ☑

RESTORE & RENEW YOUR HEALTH AND FEEL VITAL AGAIN

Private Acupuncture Sessions with Sharon Gordon, M.Ac. FMI: Sharon at (207) 482-0725. Special SG CCC Private rate: \$45 One hour appointments, **Wednesdays beginning at 1:30 PM** ☑

PAMPER YOUR FEET

45-minute therapeutic pedicures with Patsy Cunningham. Fee: \$22
August 7, 21, & 28, 9 AM - 2 PM ☑

HOLISTIC HEALING

Experience deep relaxation, well-being and energy renewal throughout your body with Shamanic Healer, Ann-Dee. Fee: \$20/hour. **Tuesdays** ☑

REFLECTIVE SELF-HELP

Ann-Dee Burnham will reveal what life messages the tarot cards hold for you. Fee: \$15/hour. **Mondays** ☑

MASSAGE THERAPY OR REFLEXOLOGY

with Jennifer Gunnels will leave you feeling relaxed, renewed and rejuvenated. Fee: \$40/session
Thursdays, 10 AM - 3 PM ☑

Fitness with Robin

Robin is on vacation
August 3—7. Stay fit. Exercise with Mary on August 3 and Andrea on August 5 & 7 at 8 AM. Other days take a class at the CLCYMCA. \$5/class

FitMx for ACTIVE AGERS

Build core strength with free weights & fitness balls.

August Fee: \$24 or \$5 /class
Tuesdays & Thursdays, 9 AM

GET UP AND GO

If you are ready to make the commitment to start exercising on a regular basis or have a chronic disease and need to exercise to improve your quality of life, join basic, functional exercises that can be done either standing or sitting. Your pathway to better health, breathing and a more active life. Fee: \$24 or \$5/class
Tuesdays & Thurs. at noon.

TNT WHOLE BODY FITNESS

Three mornings a week. A fitness class that offers a total body workout.

Fee: \$52 or \$5/class.
Mon., Wed., Fri., 8 AM

Your First Class is Always Free—📞
Five Classes Per Week—\$60

ON BALANCE

Getting Stronger, Living Longer

Gentle exercises for strength, flexibility and balance.

Fee: \$6/2 weeks or \$4/class
Wednesday, August 12 and 19, 10:30 AM 📞

PERSONAL TRAINING

Are you ready to start an exercise program but do not know where to start? Make an appointment with Robin, Advanced Certified Senior Personal Trainer and Senior Exercise Instructor, for a free consultation. Her safe, whole-body approach will help you meet your fitness goals.

6 one-hour sessions \$150 (or 12 half-hour sessions).
One-on-One consultations. \$30 per hour. ☑

Answers



Fitness at the Center

TAI CHI: Yang Style

Gentle rhythmic movements to improve balance and calm with Jody Telfair. **Thursdays, 10:30 at Bubbling Brook Studio** ☎

MORNING YOGA

with Carol Krajnik

For your whole being, gentle movements calm the mind & relax the body. Fee: \$40/4-sessions. \$15/class.

Wednesday, 9 AM ☎

TAI CHI FOR BALANCE

Gentle rhythmic movements to improve balance with Sue Lewis. Fee: \$10.

Wednesdays, 5 PM. ☎

TANG SOO DO

An introduction to Tang Soo Do Karate training for all ages, Developing flexibility, self confidence, and mental focus.

Fee: \$100 for two classes/week. One class \$65. **Thurs., Aug. 6, 13, 20, & 27, 5:30 PM**
Saturdays, August 1, 8, 15, 22, & 29, 9:30 AM ☎

SHAPE UP CLASSES

With Dianne Daniels

Mon., August 3, 10, 17, 24 & 31.

Feldenkrais: Explore easy movement patterns that will help you overcome pain or restriction in your neck, shoulders, back, hips, and knees. Bring a mat and two thick towels to class.

4:00 PM—4:45 PM

Step Class: Fun, easy to follow aerobic class interspersed with weight training. If you have one please bring your own 4 inch or higher step.

5:00 PM—5:45 PM.

Yoga. Using the Hatha Yoga style, easy to follow and suitable for all levels of fitness, must be able to get down and up from the floor. Bring a mat.

6:00 PM—6:45 PM

\$15 per class for a monthly series or walk-in \$20/class. ☎

VETERANS' ADVOCATE CONSULTS Veterans, widows and widowers of veterans, learn about the benefits, recognition and services to which you are entitled. **By appointment** free consultations with Veterans' Advocate Matthew Haley, 822-2391. **Tuesday, August 4, 9 AM - 1 PM**

MEDICARE FOR EVERYONE: Cutting through the Red Tape

Find out about all four parts of Medicare coverage (A,B,C & D); how to choose a drug plan that is best for you; how and when to enroll; how Advantage plans and supplemental plans differ from HMO or PPO plans, and much more! Aging and Disability Resource Counselors Joshua Rich will provide answers to your questions. Suggested donation \$15.

Wednesday, August 5, 9:30 AM—11:00 AM at the CCC or Monday, August 17, 2:30 - 4:00 PM in the Wellness Conference Room, LincolnHealth—St. Andrews Campus, Boothbay Harbor ☎

ASK THE INVESTMENT ADVISOR: Financial or Investment

Questions? Get the answer to the financial planning question you were afraid to ask. Make your free 15 minute appointment with an Investment Advisor Representative of Maine Center for Wealth Management, LLC.

Tuesday, August 18, 9:00 AM-10:00 AM ☑

ASK THE ATTORNEY: Legal Questions?

Estate planning and elder law attorney Craig Stevens, Esq., will answer questions about powers of attorney, last wills & testaments and how to protect assets from nursing home costs. 15-minute consultations. **August 18, 10:00 AM-11:00 AM** ☑

AGING & DISABILITY RESOURCE CENTER

Spectrum Generations ADRC specialists are available **by appointment** to help you obtain information on home services, insurance, prescription drugs, energy assistance, Medicare, and other programs. For more information or to schedule **an appointment**, please call 563-1363. A suggested donation of **\$15** is greatly appreciated. ☑

Please let us know two weeks prior to your appointment if you require special accommodations by calling 563-1363.

Caring

FAMILY CAREGIVER SUPPORT GROUP

A confidential group for non-professional caregivers to get together, discuss and get the support they need. FMI Family Caregiver Specialist, Elizabeth Crawford, 1-800-282-0764, ext. 1656. Free. **August 13, 1 PM** ☎

BLOOD PRESSURE CLINIC Get your numbers checked for free with Jini Lewis, MS, PNP. **Wednesdays, 11 AM—11:30 AM**

WEEDING FOR FITNESS

Get outside. Get your exercise. Spend an hour or two a week weeding the Center's garden patches. Our plants need a bit of your tender loving care. FMI contact Marianne 563-1363 ☎

BRIDGES HELP AT HOME: When Home is Where You Want to

Be! **Bridges** provides caregivers to help you stay independent at home. If everyday chores and tasks are overwhelming you, we may have the solution! We believe that every person has the right to age in their residence of choice with dignity and respect. FMI: Bridges at 623-0761.

LOCAL ADVISORY COUNCIL MEETING

Become an advocate for aging! Join the members of Coastal's LAC for a discussion about Center programs & services. Community members are always welcome to attend LAC meetings. **Monday, August 3, Noon** ☎



Center Clubs & Groups

COFFEE AND CONVERSATION

Inn Along the Way

Please join Sherrie Flint and friends as they share their stories and discuss interdependent living at "Inn Along the Way". **Monday, August 31, 2:00 PM** ☎

FMI: Sherrie, 677-3123

MAH JONGG @ COASTAL

Mah Jongg is an entertaining and fun game using tiles instead of cards. The purpose, somewhat like gin rummy, is to create a hand with a specific arrangement of suits and numbers. Join Jane Tedrow and learn the game. Fee: \$5. **Tues. August 4, 9:30 AM** ☎

Everyone from beginners to established players are invited to gather at the CCC to play the American version of Mah Jongg. Fee \$1 **Thursday afternoons, 1:00 PM - 4:00 PM** ☎

NOW YOU'RE TALKING:

Coastal's Book Group

Some books might touch your heart; others might challenge the way you think, make you laugh or might make you cry. Books are something you want to talk about with your friends. August selection "**Norwegian by Night**" by Derek Miller, Fee: \$1. **Aug. 17, 1:30 PM.**

SPECTRUM CAMERA CLUB

Educational programs, field trips. FMI call Bob Gorrill @ 563-7463 Fee: \$1. **August 18, 12:30 PM**

CENTER BRIDGE GROUP

All levels welcome! Fee: \$1. **Mondays, 1 - 3 PM** ☎

ALL THINGS STRING: Violin Lessons for Adults

Have you ever dreamed of playing the violin? Or reconnecting with the violin that you used to play? The CCC is now offering private violin lessons with classically trained and experienced teacher Athena Taylor. The focus of the lessons will be on acquiring the skills necessary for playing together with other musicians. Fee: \$30 per 40 minute class. **To schedule your first lesson call 563-1363.** ☎

Lunch and Learn Series

Wednesdays, 11:15 AM - 1 PM
Reservations Required. Call 563-1363 by Monday Noon
Suggested Donation \$5 guest over 60. All others \$6.

August 5: LUNCH & HISTORY
The Pownalborough Court House with Chuck Vaughan, Co-Chair of the Lincoln County Historical Society. Entree: Honey Mustard Chicken

August 12: LUNCH & MUSIC
Angel of Forgiveness with Songwriter Kathi Nordone plus open mic. Bring your instrument, voice, stories, and poems to share with luncheon guests. Entree: Roast Pork

August 19: LUNCH AND SEABIRDS *Project Puffin: The Impossible Quest* with Elissa Wolfson wife of author Stephen Kress
Entree: Baked Ham



August 26, 2015
On the Road to the Kennedy Learning Center At Camp Kieve, West Neck Road in Nobleboro

6th Annual Summer's End Surf and Turf Cookout
Special Pricing.
FMI and Reservations call 563-1363 by August 19

AARP SMART DRIVER COURSE

A no-tests refresher course for experienced and mature drivers designed to help them learn about defensive driving techniques, new traffic laws, rules of the road and much more. AARP members \$15. All others \$20. **Saturday, August 15, 10 AM—3 PM.** ☎



Elder Law Attorneys
Nale Law Offices, LLC

207-660-9191
www.nalelaw.com

Trusted ~ Caring ~ Experienced

Technology at Coastal

JIM'S COMPUTER ESSENTIALS ☎

DISCOVERING UBUNTU
An Alternative to Microsoft

In this two session workshop instructor Jim Skilling will introduce students to a free operating system called Ubuntu that can run comfortably with Windows and without anti-virus software.

Session one will focus on the programs installation and basic features. During **session two** the many nooks and crannies as well as the huge number of programs that Ubuntu offers will be explored.

Fee: \$10. **Thursdays, August 13 and 20, 11:00 AM** ☎

DIGITAL PHOTOGRAPHY
UNDERSTANDING YOUR CAMERA

This workshop by retired photographer, Bob Gorrill, will focus on ways to improve your photography. This workshop does require that your camera has multiple selections for taking pictures, a function dial that has various settings (P, AV, TV) and settings shown as symbols, to choose from. Your camera should have a zoom or interchangeable lenses. This workshop is not for smart phone cameras nor for cameras without controls. Please bring your fully charged camera to the workshop.

Friday, August 21, 2:30 PM ☎

TAME YOUR COMPUTER ☑

Individualized computer classes (Windows 7, file management, Internet and e-mail, free programs, security) with Jim Skilling. Fee:\$10.

TAME YOUR i-PAD ☑

Learn how to get the most out of your iPad, a user friendly, portable multimedia device with endless capabilities. Individualized i-Pad classes with Ben Thompson, Fee \$10/hour.

WHY FAMILY HISTORY IS IMPORTANT

Representatives from The Church of Jesus Christ of Latter-day Saints will demonstrate how to use familysearch.org as a starting point in finding a wealth of information about your ancestors. Bring any family history information you have (names, birth dates and places). Fee: \$5.

Wednesdays, August 5 and 19, 4 PM

WHAT DOES "HEALTHY EATING" MEAN?

According to the Dietary Guidelines for Americans, a healthy diet:

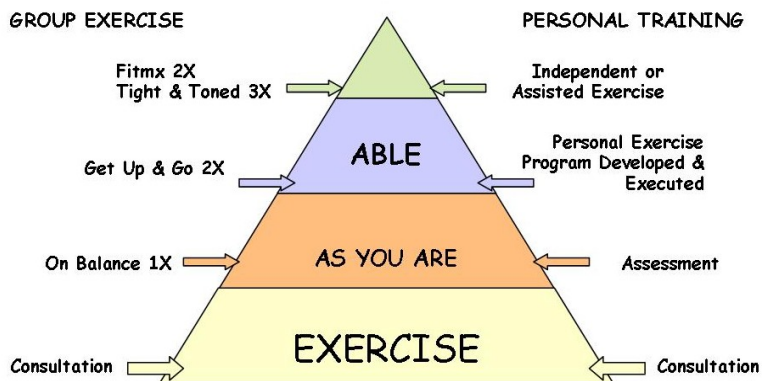
- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight.

Here are some tips to help you meet the guidelines:

- Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.
- Include foods that contain fiber such as fruits, vegetables, beans, and whole-grains.
- Eat lean cuts of meat and poultry. Trim away excess fat and remove skin from poultry before cooking.
- Pay attention to portion sizes, especially at restaurants. Smaller portions equal fewer calories.
- Season your food with lemon juice, herbs, and spices, rather than using butter and salt.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled, rather than fried.
- When eating out, select a dish from the menu, rather than getting your money's worth at the all-you-can-eat buffet.

SENIOR FITNESS WITH ROBIN

Turning apathy for fitness & exercise into energy for life.



Active aging is the new buzz word. Instead of focusing on anti-aging, people are focusing on active aging, also known as pro-aging. And guess what? Aging begins the moment we are born with visible signs beginning as early as our mid-30s. One of the most effective, inexpensive and pain-free ways to look and feel years younger is right in front of us: It is **EXERCISE!**

SPECTRUM ADVENTURES

RECREATIONAL KAYAKING

Stuff to know before you go

GET WET—SELF RESCUES

Whether a rookie paddler or experienced lake and sea tourer, there's something for everyone in this self rescues and safety preparedness workshop. Instructors from Mid-Coast Kayak will demonstrate and coach both guided and independent practice of capsizing recovery, wet exits, braces, paired rescues and techniques for towing another kayak.

Gather at the Biscay Pond Beach, Biscay Road, Damariscotta at 12:45 PM. Fee \$25. **Thurs., August 6, 1:00 PM** ☎

FINDING OUR WAY - NAVIGATION AND TRIP PLANNING

Learn the basics of kayak navigation to make your first trips safer and more fun. Mid-Coast Kayak's instructor will teach you how to read nautical charts, use tides to your advantage, navigate around other boat traffic and plan your first trips. You'll also learn about kayak safety equipment and making educated route decisions. A perfect class for anyone who wants to learn how to plot their next seafaring adventure. Gather at Muscongus Harbor, Route 32, Round Pond at 12:45 pm. Fee \$35.

Friday, August 21, 1:00 PM ☎

For each outing, kayaks, paddles & life vests provided. Bring water, snacks, hats, sun screen. Dress for comfort and the weather, showers or shine.

GATHER 'ROUND THE RAILROAD

An opportunity for model railroad buffs to chat and share stories while watching the trains round the tracks of the model railroad "Garden" landscape that Jack Dexter has created in the back yard of his Edgecombe home. Fee \$5.

Thursday, August 20, 3:30 PM. ☎

SALT BAY CHAMBERFEST COMMUNITY PARTNERS

On concert mornings open rehearsals at DRA's Darrow's Barn give community members an insider's view of the collaborative process of chamber music-making. **August 4, 7, 11, & 14, 10:00 AM.** Advanced reservations required. Call 563-1363 the day before your selected rehearsal date.

Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

I receive \$1,300 each month from my Social Security retirement benefits. This is my only source of income, and I have about \$10,000 in assets. Do I qualify for Extra Help?

—John

Dear John,

Yes, based on your income and assets, you will likely qualify for Extra Help. Extra Help is a federal assistance program that helps to pay Medicare prescription drug costs for people with limited incomes.

In 2015, individuals who receive less than \$1,471 in income each month and have up to \$13,640 in assets should qualify for Extra Help. Married couples who receive less than \$1,991 in income each month and up to \$27,250 in assets should qualify for Extra Help.

Know that if you have Medicaid, a Medicare Savings Program, or receive Supplemental Security Income (SSI), you should automatically receive Extra Help.

You can apply for Extra Help online by visiting www.ssa.gov. You can also apply by calling the Social Security Administration at 1-800-772-1213 or by visiting your local Social Security office.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. This information is republished with permission from the Medicare Rights Center. For more info visit www.medicarerights.org.

spectrum
generations



Celebrity Chef Challenge

All proceeds benefit Meals on Wheels

Chris Toole
The Highlands,
Topsham

Anthony St. Peter
Stirling & Mull Gastro Pub,
Freeport

David French
Kennebec Tavern,
Bath

To Be Announced



Wednesday, September 16th

5:15PM Reception

6:00PM Dinner & Program



243 Washington St. Bath, ME 04530

COST: \$75 PER PERSON | \$550 PER TABLE OF 8

Join us as celebrity chefs from central and mid coast Maine compete to test their culinary skills using locally grown Ingredients — all for a great cause!

Thank you to our Dinner Sponsor! The **DAVENPORT TRUST FUND**



FMI on Sponsorships or Ticket purchasing visit our website:
WWW.SPECTRUMGENERATIONS.ORG/CELEBRITY

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

www.spectrumgenerations.org



spectrum
generations



1950'S TELEVISION SHOW & SUMMER GALA

Wednesday Evening ♦ August 12, 2015 ♦ 5:00 PM

On the Grounds of the Historic
Pownalborough Court House
Court House Road, Dresden, Maine

SPECTRUM GENERATIONS COASTAL COMMUNITY CENTER PRESENTS

WDAM's Inaugural Television Show Featuring **Spectrum's Down Home Memory Players: Live On Stage!**

Put on your "Pretty in Pink" and "New Style" party threads, don your Mickey Mouse Club ears as we experience a day in the life of a 1950's television set. Musicians, comedians, dancers and show offs portraying television contestants and celebrities of the early 1950's will entertain you, our live studio audience.

Program adapted by Mike and Beth Rowe.

Performed by members of Hearts Ever Young, the Studio Theater of Bath and friends.

Gourmet Lawn Party Dinner Catered by Cohen on the Meadows

Tickets: Individual: \$ 60 ♦ Pair: \$100 ♦ Tables for 8 Available

Reservation Deadline: August 5, 2015 ♦ Call: (207) 563-1363

Creating a Community for all Ages: Proceeds benefit Spectrum Generations programs and services for older and disabled adults and their families in Lincoln County. Proceeds generously matched by an anonymous donor.



Spectrum Generations Your Local Area Agency on Aging and
Aging and Disability Resource Center
www.spectrumgenerations.org

