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Living

COHEN CENTER HAPPENINGS

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Living

Volunteers for Free Training

A Matter of Balance

is a proven program



designed to help people manage concerns about falls and increase physical activity. Spectrum Generations is looking for volunteers to help provide this program. Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance. If you have good communication and interpersonal skills, enthusiasm, willingness to lead small groups, and the ability to lead low to moderate level exercises, please contact Vicki Foster at 623-0764, ext 126 or vfoster@spectrumgenerations.org.

Functional Fitness Classes

Functional Fitness for Older Adults is a 45 minute class that will help you build strength, maintain bone density, improve balance, coordination, mobility, reduce the risk of falling and help you maintain independence in performing activities of daily life. This **6-week program** is designed by Tufts University and will be taught by Certified Personal Trainer, Mary Tippet. Classes start **March 8**, at 9:00AM and run each Mon. & Wed. Cost is \$48 per person for 6 weeks. **Preregistration is required.** Please call 626-7777 or stop by.

March 2010

Learning

Diabetes Alert Day

Pre-diabetes and diabetes can be serious. Join Janet Sawyer from MaineGeneral's Prevention Center on **Mar. 23 at 12:30** and learn what you can do to prevent diabetes and complications by making small changes you can live with. Janet will share a DVD and resources that will help you learn more about diabetes.

Nutrition for Healthier 2010

March is National Nutrition Month, time to make plans for a healthier you. In partnership with Hannaford Supermarkets, please join Mary Lavanway at the *Whitten Road Hannaford* on **Wed., Mar. 10 at 1:00** to learn about heart healthy eating with Omega 3 fish oils, low salt foods and high fiber diets. Free food samples will be offered. **Sign up today at the Cohen Center.** Limited 20 people.

W. S. Cohen Community Center
22 Town Farm Road, P O Box 272
Hallowell, ME 04347
(207) 626-7777
Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
www.spectrumgenerations.org

Gentle & Easy Snowshoe Walk



Take an easy snowshoe walk on **Fri., Mar. 5** from 10:00 to 12:00 with Maine Guide, Daniel Albert. Dan will guide you at the State Arboretum. **Cost is \$39.00 p/p** with snowshoes and lesson included. Storm date **Mar. 8. Please pre-register.**

Challenging Snowshoe Walk

If you are the adventurous type and looking for a more challenging snowshoe trip then join Maine Guide, Dan Albert at the waterfalls and through wooded areas of South Gardiner. **Fri., March 12, 1:00 to 4:00PM. \$39.00 p/p** with shoes included. Snow date March 15.

St. Patrick's Day Luncheon

Enjoy a traditional Irish meal while listening to the sounds of old Celtic music on **Wed., Mar. 17**, from **11:00AM to 1:00**. Chef Brooke of Cohen on the Meadows will prepare Potato Leek Soup, Caramelized Beet and Macaroni Salad, Roasted Potatoes and Carrots, Corned Beef and Cabbage, Soda Bread, Irish Apple Cake and beverages. Cost is **\$10 for advance tickets** and **\$12 at the door**. Call 626-7777 today for your tickets.

Living

TOPS (Take Off Pounds Sensibly)

TOPS meets each **Mon.**, 8:00-9:00. Weekly fees are \$2.00 per person.

Wood Carving

Rene Pomerleau teaches this class **Mon.**, 12:45 to 2:45. Classes are \$2.00.

Cribbage Games

Play Partner Cribbage each **Mon.**, 1:00 to 3:45. Cost: \$2.00

Knitting/Crocheting Group

Needlecraft each **Tues.**, 1:00 to 3:00. Cost: \$2.00.

Exercise Class

Exercise each **Wed.**, 10:00 to 10:45 with Brooke Jansen. Cost: \$2.00

Foot Clinic

1st and 3rd **Wed.** of each month from 8:00 to 11:30 by appointment with Linda Thompson, RN. \$20 per person or \$35 per couple.

FREE Blood Pressure Clinic

1st and 3rd **Wed.**, 12:15 to 1:00 with Linda Thompson, RN.

Game Day

Game Day each **Wed.**, 1:00 to 4:00. Cost: \$2.00

Bridge Club

Each **Thurs.**, 1:00 to 4:00. Cost: \$2.00; Call Fran at 495-3490 FMI.

Book Discussion Group

2nd and 4th **Friday** of each month at 12:30 hosted by Wayne Curtis. March's books of the month to be discuss are "With No One as Witness" by Elizabeth George and "The Pilgrims Progress" by John Bunyan.

Register to Win Concert Tickets

UMA College and Senior College is offering the Cohen Center 8 free tickets to Will Bristol, concert pianist on Sunday, March 14, at 2:00PM. Snow date is Sunday, March 21, at 2:00PM. Sign up to win 2 tickets at the Cohen Center front desk.

What Types of Activities and Events Would You Like Us To Offer?

At Spectrum Generations, you have a friend to help you age well and live a better, healthier life. We offer easy-to-understand information and support for all ages and abilities. We can connect you to new friends and adventures—or to life supporting help so you can live your best life in a way that is right for you! Stop by the Cohen Center and tell us what events/activities you would like us to offer. We look forward to hearing from you.

Lunch

Public Lunch is **Mon. - Fri.** (unless otherwise posted) 11:00AM to 12:30PM. The suggested donation for **age 60+** and people with disabilities is **\$4.00** Under **age 60** the **cost** is **\$5.00** *unless otherwise stated*. Age 3 and under is free; age 4 to 12 is \$4.00.

Lunch Menu

Monday, March 1
Macaroni & Cheese

Tuesday, March 2
BBQ Chicken

Wednesday, March 3
Pork Chops

Entertainment: TBD

Thursday, March 4
Baked Ham

Entertainment: Conrad & Conrad

Friday, March 5
Fish

Entertainment: Dave Fisher

Monday, March 8
Meatloaf

Tuesday, March 9
No Lunch Today

Wednesday, March 10
Lasagna

Entertainment: Betty Grant

Thursday, March 11
Chicken Stir Fry

Entertainment: Conrad & Conrad

Friday, March 12
Baked Fish

Entertainment: Swingtime Band

Monday, March 15
Shepherd's Pie

Tuesday, March 16
Spaghetti w/ Meat Sauce

Wednesday, March 17
NO REGULAR LUNCH

*Cohen on the Meadows St.
Patrick's Day Meal-see page 1*

Answers

Lunch Menu Continued

Thursday, March 18

Turkey

Entertainment: Conrad & Conrad

Friday, March 19

Pot Roast

Entertainment: Old Tymers Band

Monday, March 22

Stuffed Peppers

Tuesday, March 23

Chef's Choice

Wednesday, March 24

Chicken

Entertainment: Norm & Elaine

Thursday, March 25

Chop Suey

Entertainment: Conrad & Conrad

Friday, March 26

Fish Chowder

Entertainment: Dave McInnis

Monday, March 29

Stuffed Flank Steak

Tuesday, March 30

Ravioli w/ Meat Sauce

Wednesday, March 31

Meatballs w/ Sauce

Entertainment: Joyce Fessenden

Menu subject to change

Caring

Caregiver Support Group

The Family Caregiver Support Group will meet on **Tues., March 9**, from 12:00 to 1:30PM. *All are welcome.* Call Becca at 1-800-282-0764 Ext 127 if you would like additional information. Bring your lunch; we offer beverage and dessert.

Consumer Information Specialist

Consumer Information Specialist, **Brooke Jansen** is available to help you obtain information on health insurance, prescription drugs, energy assistance, Medicare and other state, local and federal programs. Brooke will be available at the **Cohen Center** each **Tues., Wed., and Thurs.**

Veteran's Advocate Services

If you have questions pertaining to veteran's services and benefits, call 626-7777 to schedule your **appointment** with Conrad Edwards, Veteran's Advocate on **Mon., March 8, from 10:00 to 2:00.** Please bring your DD-214 form or other military paperwork with you.

Easter Brunch



Join Cohen on the Meadows for a special Easter Brunch on **Sunday, April 4, from 11:30AM to 1:30PM.** The menu includes scrambled eggs, sautéed potatoes, stuffed French toast, baked ham, fresh fruit, and specialty fruit smoothies.

Please call 626-7777 to **reserve your seats.** Adults \$10.00 and children age 12 and under \$6.00. **Sign up today!**

Maine Savvy Caregiver Training

Are you caring for a family member with dementia? Could you use some help? We are offering two upcoming classes for caregivers of people with dementia both in Richmond and Augusta. Both six-week trainings are free. Richmond classes: Tues., Mar. 23, 30, Apr. 6, 13, 20 & 27 from 10:00AM to 12:00 at the Litchfield Senior Center, 466 Academy Road in Litchfield. Augusta classes: Wed., May 5, 12, 19, 26, June 2 and 9 from 12:00 to 2:00 at DHHS building located at 442 Civic Center Drive in Augusta. To register, please call 1-800-282-0764 Ext. 139 or Ext. 127. Please bring your lunch. Objectives: 1. Attitude - Develop a sense of mastery in the caregiving role and how to care for yourself. 2. Skills - How to effectively interact with your loved one and manage challenging behaviors. 3. Knowledge - Learn what dementia is and how it affects personality and behavior. Sponsored by: Office of Elder Services, DHHS, with funding from the U.S. Administration on Aging, Alzheimer's Disease Supportive Services Program (ADSSP) grant.

Volunteer Opportunities

Professional Photographer

If you would like to share a bit of your time and talent we have a volunteer opportunity photographing our interesting and active visitors at our 7 community centers throughout Central and Mid-Coast Maine. Short term assignment. Call Debra Silva at 1-800-282-0764 Ext. 120.

Living

Caring

Trip Adventures

All trips require reservations. Stop by or call 626-7777 for full details.

Hollywood Slots

Hollywood Slots trip departs the Cohen Center on **Tues., March 9**, at **8:30AM** with *Randy's Tours*. Cost is **\$25** and includes \$10.00 in slot coins and a lunch buffet voucher.

"Sham Rocked" in Olde Mystic

Head to Olde Mystic Village in CT on **Sat., Mar. 13** and return home on **Mar. 14** with *Randy's Tours*. Trip includes lunch at the historic Daniel Packer Inn, shopping in Olde Mystic, the musical comedy, "*Sham Rocked*", lodging at Mystic Comfort Inn, tour the Submarine Force Museum, gaming and dining at Mohegan Sun Casino and more. Pricing starting at **\$239**.

Hartstone Inn, Luxurious B & B

Treat yourself on **Sat., April 3 and 4**. at a Camden bed and breakfast. Elegant and romantic guestrooms come with a fireplace, Jacuzzi tub, feather beds, and more. Your visit includes a 2-hour gourmet Caribbean cooking class with Chef Michael; a gourmet dinner and a sumptuous breakfast. **\$226** for single; **\$330** per couple. Stop by the Cohen Center or call 626-7777 for full details.

Tropicana Casino in New Jersey

Spend 2 nights at the Tropicana Casino & Hotel **Apr. 7 to 9**. Price starting at **\$269** and includes travel with *Randy's Tours*, lodging, casino money, some meals and more.

Living

"Live & Let Live" Comedy Show

Live & Let Live is an hour-long comedy about old age, performed by older people as a staged reading with occasional songs.

The local cast of Katy Perry, Carol-Lynn Rossel, Scott Cowger, Dale Smith, Roger Pomerleau, Tom Lyford, Joyce Grondin and Frank Ober, who acts as the narrator. Musical accompaniment provided by Elaine Bender.

Written by Sybil Baker, the play is in two acts. Members of the audience will be invited to read several small parts, should they wish to. One of the purposes of this troupe of actors, who dub themselves "*The Ems*" (for Mature & Merry) is not only to explore some of the drawbacks and advantages of being elderly, but to demonstrate what fun it is to act and how refreshing it can be to slip into another person's persona for a while. The show will take place at the **Cohen Center** on **Saturday, March 20**, at **2:00** and the doors will open at **1:30**. The **cost is \$5.00** per person and refreshments will be available.

Write Your Own Memoirs

Hallowell resident and author Katy Perry can teach you how to put your life and feelings on paper in this 2-week course. Classes will be each **Tues. and Thurs. morning** from **9:30 to 11:00** **starting April 13**.

Cost is \$10.00 for the course. Prior registration required by calling **626-7777** or stop by our Center.

Trip Adventures

Disney Food & Wine Festival

Head to Florida for the Disney Food and Wine Festival **Oct. 14 through 19, 2010**. Pricing starting at \$1,128 includes lodging, 6-day park hopper pass and admission to the festival at Epcot. Does not include airfare.

Enchanting Danube River: Budapest to Passau - 9 Days

7-nights on the "River Beatrice" discovering the best of Old World Europe! Departs **Oct. 30**. Rates start at \$1,849. Stop by for a flyer or call **Cruise Planners at 877-473-2386**.

Shades of Ireland

Travel with Collette Vacations on **Oct. 26 to Nov. 4**. Experience Dublin, Kilkenny, Blarney Castle, Cliffs of Moher, Galway Castle and more. Pricing starting at \$2,499.

10-Night Panama Canal Cruise

Experience the Panama Canal aboard the "Coral Princess." Trip departs from Ft. Lauderdale, FL on **Nov. 5**. Visit Aruba, Cartagena, Panama, Costa Rica and Ocho Rios. Pricing starts at \$1,293 without airfare. Call **Cruise Planners at 1-877-473-2386**.

Southern Charm, Canyon Country or The Passion Play in Bavaria

Southern Charm features 7 days with 10 meals, starting at \$1,199. *Canyon Country* features 9 days with 12 meals, starting at \$1,799. *The Oberammergau's Passion Play* offers several options including 8 to 10 days, meals and visit Bavaria, Switzerland & Austria.