



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

## COASTAL COMMUNITY CENTER HAPPENINGS

### National Nutrition Month



#### **"WE SUSTAIN MAINE"** **Senior Nutrition Program**

Maine ranks 9th in the nation and 1st in New England in terms of food insecurity. This month we are recognizing our **Meals on Wheels** program for keeping our homebound older and disabled neighbors happy, healthy and connected. Please join the 2017 March for Meals **"So No Senior Goes Hungry"** campaign. Drop by the CCC to purchase your MOW consumer greetings envelop and letter decorated and written by Nobleboro Central Schools 3rd graders and the "Senior Buddies" by for just \$5.00 (the suggested donation for one nutritious meal). Dedicate the letter to a homebound senior in your community.

#### **COMMUNITY CHAMPIONS LUNCH**

Invite your town manager, select person or legislator to join you for lunch at the CCC on **Wednesday, March 22**, our annual **March for Meals** celebration during Community Champions Week. Reservation deadline: March 20. ☎

#### **IT'S ALL ABOUT EASING IN**

Be good to your body and it will be good to you. In our younger years we took everything for granted, thinking we can eat anything and do everything. As we

age, we realize our bodies are changing and requiring different nutritional needs and exercise. Come to this enlightening, interactive session with Registered Dietitian Louise Spate and Senior Fitness Instructor & Personal Trainer Robin Maginn where you'll find head-to-toe nutrition and exercise tips to help your body remain limber, strong, and healthy - and continue to get better as you age. Healthy eating and physical activity are your keys to living well. ☎

Fee: \$10. **March 24, 2:00 PM**

Center Activities & Clubs, Pages 2 - 6

### MARCH 2017



#### **TAI CHI FOR ARTHRITIS AND FALL PREVENTION**

Tai Chi is an effective way to improve health and wellbeing.

This program is specially designed for those with arthritis. Tai Chi exercises the entire body. At the same time, Tai Chi strengthens the mind. During the course of this evidence based program, participants will focus on Improving strength, balance, mental health and relieving stress. Take the first step in your journey to better health through Tai Chi for Arthritis by registering for Robin's first 8-week session:

**Wednesday and Friday  
1 PM—2 PM starting  
Wednesday, March 22.  
Fee: \$80. ☎**

#### **RISE AND SHINE**

Join Robin and wake up with a refreshing and relaxing 30-minute full body stretch to energize you and get you ready for a great day! March Fee: \$32 or \$5/class

**Thursdays, 8:30 AM. ☎**

Coastal Community Center  
521 Main Street  
Damariscotta, ME 04543

Consumer Helpline  
1-800-639-1553

(TTY) 1-800-464-8703

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

☎ REGISTRATION

☑ APPOINTMENT

Call 207-563-1363

### Spectrum Living

#### **CABIN FEVER RELIEVER MINI SPA DAY Just for You**

Your friends at Spectrum Generations Coastal Community Center invite you to relax and refresh during the Center's **Break the Winter Blues, Mini Spa Day**. March is the perfect time to get back on track toward a balanced life by indulging in a little pampering and self-care. **"Pick-Me-Up"** Mini Spa treatments will include: acupuncture happy hour, mini massages, reflexology, organic skin care, hypnotherapy and guided imagery, shamanic healing & more. Join your friends, invite a neighbor to relax, refresh, rejuvenate, rejoice and rediscover the healers in your community with you! Mini Spa Day participant fee: \$15. FMI and to express your interest call 563-1363. Purchase a gift certificate for yourself and a friend (2 for \$25).

**Saturday, March 4, 11 AM—3 PM. ☎**

#### **COMPANION PLANTING: Bringing Pollinators to Your Garden**

If you are interested in increasing what your garden produces, while creating more beauty and diversity and at the same time bringing in pollinators, then join Master Gardener Jean Vose and learn skills and strategies related to companion planting to increase yield and productivity in your garden. Jean Vose, with over 30 years experience as a gardener, will discuss how to plant different crops in proximity for pest control, pollination, provide beneficial habitat, and improve garden productivity. All will leave with a list of new plant combinations to try and other related informational handouts. Fee; \$5. **Thursday, March 9, 1:00 PM—3:00 PM**



Lunch & Learn Programs, Page 4

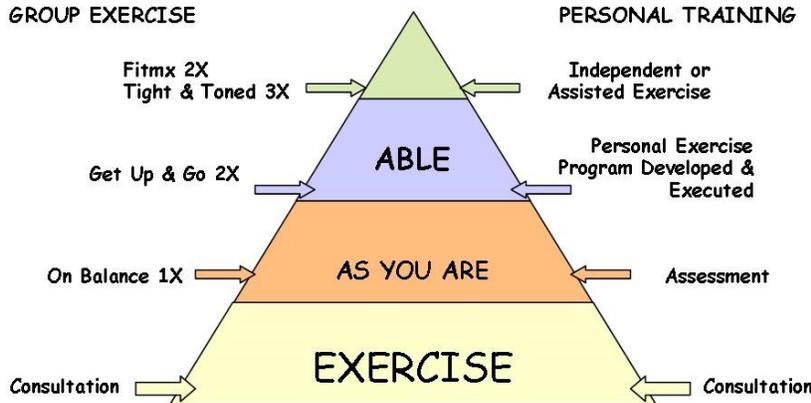


Living



Fitness  
Classes

**SENIOR FITNESS WITH ROBIN**  
Turning apathy for fitness & exercise into energy for life.



with Robin Maginn

**TNT WHOLE BODY FITNESS**

A class that offers a total body workout using free weights, kettlebells, bands and balls combining all elements of fitness—cardio, muscle conditioning, balance and flexibility—with a huge emphasis on core, form and posture! Feel good, look good and have fun! February Fee: \$48 or \$5/class.

**Mon., Wed., Fri., 8 AM**

**FitMx for ACTIVE AGERS**

A modified version of Tight & Toned that also offers a total body workout using free weights, kettlebells, bands and balls. For those who would like to sleep a little later but still get a great workout!

March Fee: \$32 or \$5/class  
**Tuesdays & Thursdays, 9 AM**

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!**



Using wrist and ankle weights, this evidence-based class helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A full hour of fun focusing on dynamic cardiovascular exercise, strength training, balance and flexibility. Modified versions of exercises are demonstrated and chairs are available for balance and lower-body exercises.

**Physical Evaluation Required**  
**Call 563-1363 to schedule**  
March Fee: \$48 or \$5 per class  
**Mon. and Fri., 10:30 AM**  
**Wednesday, 10:45 AM**

**Your First Class is Always Free**  
**Five Classes Per Week—\$75**

**No Classes March 1, 2 or 3**



**PERSONAL TRAINING WITH ROBIN**

Are you ready to start an exercise program but do not know where to start? Make an appointment with Robin, Advanced Senior Personal Trainer and Fitness Instructor, for a free consultation. No matter your age, using a whole-body approach, Robin can develop a wellness plan that's right for you! Exercise As You Are Able, in your home or at the Center.

Small-Group Personal Training is also available. Get a few friends together—great for motivation, sharing the cost and sharing the fun! 6 one-hour sessions \$150 (or 12 half-hour sessions). One-on-one consultations. \$30 per hour. In-home visits, add mileage.

**PROFESSIONAL FITNESS INSTRUCTORS: Part-time, per diem**

Spectrum has openings for certified fitness instructors, who are skilled in working with an aging population and dedicated to building rapport, educating and working with program participants within their physical and mental limitations. Bring your enthusiasm and belief in active aging to the community based group exercises classes that you will facilitate in Damariscotta, Hallowell and/or Waterville. FMI contact Robin Maginn at 563-1363 or Jennifer Fortin at 620-1657.

**IT'S ALL ABOUT WALKING**

Walking may be the simplest way to work out and to boost your outlook on life. There are many great reasons to walk. Your heart will get stronger, you'll lower your blood pressure, and your bones will get stronger. Spring is the perfect time to join Robin for a walking adventure!

FitMix students & friends gather at the Damariscotta Mills Fish Ladder Fish House in Nobleboro. **Tuesday, March 28, 8:30 AM.**

# Learning



## Fitness at the Center

### **SOUNDS OF TAPPING FEET**

Calling all men and women!  
Tap is back in full swing! Tap dance is a great way to exercise your entire body. Have fun, learn to tap with HEY Artistic Director, Carol Teel.  
Fee: \$10/class  
**Intermediate—Mondays, 12 Noon** 📞



H.E.Y. Spring Performance  
Tap Troupe Practice  
**Mondays, 1:00 PM**

### **MORNING YOGA**

with Carol Krajnik

For your whole being, gentle movements calm the mind and relax the body. Yoga can help reduce health challenges.  
Fee: \$50/5-Wed. sessions, \$20/2-Friday Sessions or \$15/class.

**Wednesdays, 9:15 AM and Fridays, 11:30 AM.** 📞

### **TAI CHI: Yang Style**

Gentle rhythmic movements improve balance and calm.  
12-week, session two, introductory series with Jody Telfair. Participation Fee: \$120.  
**Thursdays, 10:30 AM**

Began on January 5, 2017 📞

### **TANG SOO DO**

An introduction to Tang Soo Do karate training for all ages, developing flexibility, self confidence, and mental focus.  
Fee: \$15 per class. Pay for an entire month of classes on Saturday, March 4 or Thursday, March 2 and receive a 10% discount. **Thursdays at 5:30 PM Saturdays at 9:30 AM** 📞

### **“GETTING THINGS DONE WHEN YOU ARE OVER 60”?**

Join Harriet Vaughan, owner, Legacy Years as she demonstrates and discusses “How to create a system you can trust more than your short-term memory so that you can put things away and find them again”. Fee: \$10.  
**Thursday, March 9, 10:30 AM.** 📞

### **SPRING IN A WRAP—SEA GLASS STYLE**

Beautiful pieces of natural sea glass are turned into wearable art. Under the guidance of the Sea Glass Lass Lynne Thompson, explore the basics of jewelry design by wrapping sea glass with wire as you create one of a kind earrings and pendants. Sea glass and wire provided by the instructor. Please bring a pair of small needle nose pliers. Participant fee of \$30 includes materials. **Thursday, March 23, 1:30 PM** 📞

## Health, Wellness and Alternative Therapies

### **THE NEW FACES OF PROBLEM GAMBLING**

Problem gambling is a condition that affects many of us, either directly or indirectly, including the social and economic costs of gambling addiction.

Marjorie Averill's Gambling Awareness Month workshop will focus on raising awareness of how gambling activities may become problematic for older adults. Through discussing how to follow responsible gaming practices and increasing awareness of potential warning signs of problem gambling, individuals, friends and family members will learn how to offer help themselves or assistance by utilizing available resources.

Fee: \$5. **Thursday, March 30, 10:00 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: one hour appointments, Seniors \$50. Others \$65. **By Appointment. Days & Times Vary.** ☑

### **RELAXATION NATURALLY: Hypnotherapy & Guided Imagery**

Are you having issues with smoking cessation, anxiety, self confidence or stress? Certified hypnotherapist Derrick Hyatt uses hypnotherapy, guided imagery and meditation to build the imagination, motivate, and inspire his clients. SG CCC private rate: 1-hour appointments, Seniors \$50. Others \$65, **Mondays & Tuesdays, 5 PM—7 PM , Saturdays, 11 AM—1 PM**

### **SHAMANIC HEALING**

Feeling Stuck in Your Life? Suffering from chronic pain, illness or perhaps past trauma? Shamanic Healer, Tina D'Amore, offers private shamanic healing sessions that "unstuck" you from the glue that is not serving you in your life. As a Reiki Master Teacher and Certified Sound Healer, Tina utilizes various healing modalities that helps propel the healing process. Tina has learned advanced shamanic healing from those who practice in various cultures and provides a safe, non-judgement environment for you. **Mondays by Appointment.** Seniors \$55/hour. All Others, \$70/hour.

### **PAMPER YOUR FEET**

45-minute therapeutic pedicures with Patsy Cunningham. Fee: \$22  
**Fridays, March 24 and 31, 9 AM - 2:30 PM** ☑

### **LAYING ON HANDS: THE LIFE FORCE ENERGY HEALING OF REIKI**

Are you stressed, rundown, have pain? Refresh and renew yourself with Reiki Healing, the gentle healing art, with Sylvia Tavares, RTM. "an hour of Reiki is like a mini vacation". Seniors \$50. Others \$65.

**By Appointment Friday, March 10, 9 AM - 3 PM**



## Center Activities

### **GREEN THUMB NOT REQUIRED:**

#### **Creating a Daylily Garden**

If ever there was a competition for the "perfect perennial," daylilies would be at the top of the list. Nearly carefree, pest and disease resistant, tough and adaptable, drought tolerant, and gorgeous, daylilies are perfect for any garden.

During this workshop, Tina White owner of Tina's Daylilies in Jefferson, will offer tips for selecting, planting, and caring for daylilies. Fee: \$5

**March 1, 10:00 AM**

#### **TABLE TENNIS AT THE Y**

Reconnect with the game you used to play in the basement with friends or at camp. Meet Joyce Polyniak in the lobby of the CLC-YMCA for a morning of spirited play and fun.

**Friday, March 3, 9:00 AM** ☎

#### **ALL THINGS STRING:**

##### **Violin Lessons for Adults**

The CCC is now offering private violin lessons with classically trained & 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.** ☎



#### **SENIOR BUDDIES**

This month at the seventh school year gathering of

Nobleboro Central School's 3rd graders and their Spectrum Buddies they are joining with

Spectrum Generations and Coastal team for our annual "Mayors for Meals" campaign as we partner with the *Meals on Wheels Association of America* to end Senior Hunger. To put a special smile on homebound

older and disabled adult's faces the students and their buddies are writing

welcome spring letters Lincoln County's MOW consumers.

**Friday, March 3, 12:45 AM.**



**Meals on Wheels**  
*We deliver smiles™*

## Lunch and Learn Series

### **COMMUNITY DINING UPDATE**

**Wednesdays, 11:15 AM - 1 PM**  
**Reservations Required. Call 563-1363 by Monday Noon**

**Suggested Donation \$5 guests over 60. All others \$6.50**

**March 1 : LUNCH & HISTORY**  
***Portland's Underground Railroad and Freedom Trail*** with David Greene, historian and author.

Entree: Chicken Pot Pie

**March 15: LUNCH & MUSIC**  
***Instrument Petting Zoo: Show, Tell and Play*** with Carol Preston, Preston Music Studio

Entree: New England Boiled Dinner (corned beef & cabbage)

#### **MARCH FOR MEALS COMMUNITY CHAMPIONS LUNCHEON**



**March 22: LUNCH & TRAVEL**  
***Adventures in Antarctica*** with Judy Stephen. Entrée: Traditional Turkey Dinner

**March 29: LUNCH & NUTRITION** ***Put Your Best Fork Forward***  
Entrée: Beef Chili

#### **LUNCHEON ON THE ROAD At the Kennedy Learning Center, Nobleboro**

**March 8, 2017—11:00 AM**  
**LUNCH AND WOMEN'S HISTORY MONTH**  
***Women Labor Leaders With Laura Fortman***  
**Spring Fever Buffet**  
**\$7.00 Per Person**

## Technology at Coastal

### **JIM'S COMPUTER ESSENTIALS**

#### **CONFUSED BY TECHNOLOGY?** **Computer Classes with Jim Skilling**

##### **FILES AND FOLDERS** ☎

Do you have trouble organizing digital photos, documents, and downloads on your computer? Learn to use file management in the Windows 7 environment. The topics include creating and working with folders, finding files, cut, copy, paste, and more. Join Jim for this two session workshop and learn how to find and manage "stuff" on your laptop computer. How to organize all your stuff, so you can find it again. And that's just the beginning. Fee: \$10. **Thurs., March 9 and 23, 11 AM**

##### **TAME YOUR COMPUTER**

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

##### **TAME YOUR I-PAD**

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

##### **PHOTOGRAPHY: The Basics**

Do you have a new DSLR that you have no idea how to use? Have you had your camera for 6 months, a year or more and want to take better pictures?

Are you putting your camera away because you just don't see the difference between your expensive camera and your smart phone?

Learn to fully utilize your camera's potential! Harness your creative power with photography! An essential class for anyone looking to take that first giant step into the world of photography!

Instructor Bob Gorrill will cover all the basics in this hands-on class, including changing depth-of-field (controlling what's in focus in the background, stopping or blurring the action), plus other basic picture-taking techniques. Fee: \$20. **Friday, March 24, 2:30 PM** ☎

##### **SPECTRUM PHOTO GROUP**

An opportunity for amateur photographers to gather together, to share and discuss their photographs. FMI call Bob Gorrill @ 563-7463  
Fee: \$1. **Tues., March 21, 1:00 PM** ☎



Answers



### **AARP SAFE & SMART DRIVER SEMINAR**

As the snow continues to fly, take a no tests refresher course for experienced and mature drivers designed to help them learn about defensive driving techniques, new traffic laws and the rules of the road. Instructor Joyce Polyniak will offers tips to help keep older drivers independent, safe and confident while on the road. AARP members \$15. All others \$20. **Saturday, March 11, 10 AM—3 PM.**

### **MEDICARE PART D PLAN FINDER TRAINING**

If you are interested in learning how to find the right Medicare Part D plan for your needs, then this training, facilitated by Gloria Rhode from Legal Services for the Elderly is the right one for you. This free training will teach you to navigate the online Medicare Part-D Plan Finder program through Medicare.gov. To reserve a seat contact Deb McFarland at 620-1692. **Monday, March 27, 1:00 PM—3:00 PM.**

### **WELCOME AGING & DISABILITY RESOURCE COUNSELOR HANNAH TOMPKINS**



Hannah is the newest member of the ADRC team. She is currently attending the University of Maine in Farmington, is majoring in Rehabilitation Services with a minor in Psychology, and has a 4.0 GPA! Hannah has been working at Maine General since 2011 as a Customer Service Associate and Nutrition Care Partner. She started her internship at Seniors Plus this spring, and will be completing her internship at Spectrum. We are very fortunate to have Hannah on our team, and look forward to what she will bring to our community and the Coastal Center.

### **MEDICARE 101: Cutting through the Red Tape**

Are you new to Medicare or do you want to learn more about the Medicare coverage you have? The CCC offers a monthly clinic to discuss Medicare options for plan coverages, benefits, how to avoid penalties and ways to help pay for your Medicare plans. Aging and Disability Resource Counselor and certified State Health Insurance Assistance Program (SHIP) specialist Brooke Jansen will provide answers to your questions. *Registration is required.* Significant others are welcomed, Suggested donation \$15. **Wednesday, March 22, 1:30 PM—3:30 PM**



### **CONSUMER INFORMATION & REFERRAL**

Get answers to your questions and the info you need about Medicare fraud, options for aging in place or transitioning to residential care, community services and resources for aging and disabled community members from Brooke Jansen. **BY APPOINTMENT ONLY. NO WALK INS.**

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

### **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 at the Togus VA Medical Center in Augusta, or if you are not mobile a home visit may be possible. 623-8411, extension 5228.

### **TAX PREPARATION SERVICES**

The AARP Tax Assistance program provides free federal & state tax return preparation services Tax-Aide volunteers are trained, tested and certified to prepare returns for low and moderate income taxpayers, with special focus on those over 60. Services are provided by appointment only. To schedule your 2016 tax return preparation appointment call 563-1363. **Tuesdays, March 7—April 11, 9 AM—2 PM**

## **VOLUNTEER OPPORTUNITIES**

### **AGING IN THE RIGHT PLACE STEERING COMMITTEE**

Become a part of the Coastal Community Center's Aging in the Right Place Steering Committee and be part of the team that plans the Center's 6th Annual spring 2017 "Start Talking Before a Crisis Happens" community conversation as well as the September symposium. Help us define this year's vision for purposeful aging and the programs that will offer community members the information and resources that they need to make informed decisions about aging in the right place. **Monday, March 13 and 27, Noon.**

### **COASTAL'S LOCAL ADVISORY COUNCIL (LAC): Recruiting New Members**

LAC members assist in planning events and activities, help identify unmet needs in the community, connect people with the agency programs and assist with advocacy efforts. **Monday, March 13, 1:00 PM**

### **IN SEARCH OF SOCIAL MEDIA VOLUNTEER INSTRUCTORS**

Are you good with computers, tablets and/or cellphones? Do you like to teach others? We are looking for someone who would like to teach the basics of the Facebook, Twitter, Snapchat, Pinterest, Skype and more. If you are interested and would like more information please call Kellie or Dawn at 563-1363.



**SAGE (SERVICES AND ADVOCACY FOR GLBT ELDERS) DROP IN FOR A COMMUNITY CONVERSATION**



Become a part of SAGE's bi-monthly intergenerational gatherings aimed at bringing together older GLBT adults living in the Midcoast area for sociability, learning and sharing. Participants choose topics to discuss, plan outings, play games, watch videos, or simply enjoy casual conversations and shared interests. FMI please contact SAGE Executive Director, Doug Kimmel at (207) 809-7015 or dougkimmel@tamarackplace.com. . Donation \$1.

**Wednesdays, March 1 and 15, 1:00 PM—3:00PM.** ☎

**FAMILY CAREGIVER EDUCATION & SUPPORT GROUP**



This group provides a confidential setting for those family members, friends, and neighbors who are or have been caring for someone. This is an opportunity to share worries and experiences as well as to learn how important it is to take care of yourself. Please join us at our monthly Family Caregiver Support Group.

FMI call Family Caregiver Specialist, Patricia Payson 1-800-282-0764. **Thursday, March 9, 1:00 PM.** ☎

**LEGACY CORPS**



**LEGACY CORPS**

Spectrum Generations Legacy Corps program provides volunteer-based, companionship respite support to physically disabled and/or elderly disabled veterans and their families in Central Maine. This award winning program carefully matches trained volunteers to veterans and military families. We are currently seeking members (volunteers) and clients. If you or someone you know may be interested, please contact: Katie Carlson, ADRC and Adult Day Manager at **622-9212**

**MONEY MINDERS PROGRAM**



Money Minders volunteers are here to help you with budgeting your money. Are you feeling overwhelmed paying your bills? Are you receiving late notices? Paid a bill twice? If any of the above apply to you, contact Casey Henson via e-mail at chenson@spectrumgenerations.org or by calling 607-4406 to see if you qualify for this program. Money Minders is also currently in need of volunteers. Please call Casey to find out how to volunteer in this beneficial program!

**USDA COMMODITY SUPPLEMENTAL FOOD PROGRAM**



The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. CSFP bags can be picked up on the **Third Tuesday** of each month from **10:30 AM—12:30 PM (March 21)** at the CSFP site for Lincoln and Knox County **The Methodist Conference Home (MCH), 39 Summer Street in Rockland.** Use the front entrance. FMI and an application or to designate a proxy should you be unable to pick-up your CSFP bags please contact Nutrition Coordinator Kellie Bigos at 563-1363 or kbigos@spectrumgenerations.org

**COMMUNITY CONNECTIONS**

**LOCAL FOOD, LOCAL HUNGER**

**A Community Forum on Food Security in Lincoln County**



The forum started as a small local forum in 2015 but has since grown to encompass issues that transcend county lines. Broad topics such as SNAP education, senior and childhood hunger, nutrition education efforts and non-profit resource development are only but a few topics discussed during the forum. This year the forum's theme will revolve around the EPA's *Food Recovery Hierarchy* and how it relates to food security. Gerry Queally, Spectrum Generations CEO will be facilitating a session on senior hunger. Fee: \$25. FMI and to register go to [morrisfarm.org](http://morrisfarm.org) or call 207-882-4080

**Saturday, March 4, 9:00 AM—4:00 PM**  
**Snow date March 11, 2017**

At The Center for Environmental Education at Chewonki in Wiscasset.

**UNLEASH YOUR DOG'S POTENTIAL**



**Therapy Dog Team Training**

There are basic guidelines to follow as you and your canine friend get ready to become a therapy dog team. Join

professional dog trainer Jean Conte at the Lincoln Home to practice the 15 exercises one needs to perform in order to obtain one's TDI pet therapy certification. Fee \$80. **Thursdays, March 23—April 27, 5 PM** ☎

**Canine Good Citizen Training**

The Canine Good Citizen (CGC) program helps pet owners feel confident that their dog is trained well enough to accompany them out in public. A 6-week class at the Lincoln Home focuses on the 10 requirements for passing the



AKC CGC test. Fee \$80. **Thursdays, March 23—April 27, 6:30 PM** ☎

**EMPOWERED AGING SERIES**

*"Preventing Type 2 Diabetes for Optimal Aging and Health"* an educational talk at the Lincoln Home, 22 River Road, Newcastle.

**Monday, March 20, 3:00 PM**

FMI contact Stephen Raymond at [steve@lincoln-home.org](mailto:steve@lincoln-home.org).

JOIN US—CREATING COMMUNITY



spectrum  
generations

## COMPANION PLANTING WORKSHOP

Learn skills and strategies related to companion planting to increase yield and productivity in your garden.

**What:** Master Gardener Jean Vose, with over 30 years experience as a gardener, will lead us through this workshop. Jean will discuss her personal companion planting experiences, as well as recommendations from the books *Companion Planting for the Kitchen Gardener* and Rodale's *Successful Organic Gardening@ Companion Planting*.

**When:** Thursday, March 9 from 1:00-3:00 p.m.

**Where:** Spectrum Generations' Coastal Community Center,  
521 Main Street, Damariscotta

**Cost:** Donation of \$5 is suggested

*Spectrum Generations is the Central Maine Area Agency on Aging.*

[facebook.com/SpectrumGenerations](https://www.facebook.com/SpectrumGenerations) or [@SpectrumGen](https://twitter.com/SpectrumGen)

**FMI:**  
**207-563-1363**



Community members across all generations -  
Start your new outlook in the New Year

# Breaking the Blues

## A Cabin Fever Reliever Mini Spa Day

Join your friends, invite a neighbor;  
Relax, Refresh, Rejuvenate, Rejoice and Rediscover  
the healers in your community!

**Saturday, March 4th from 11 AM - 3 PM**

Spectrum Generations Coastal Community Center  
521 Main Street, Damariscotta

- ☯ Acupuncture Happy Hour ☯ Holistic Living
- ☯ Mini Massages ☯ Hypnotherapy ☯ Reiki
- ☯ Restorative Yoga ☯ Shamanic Healing
- ☯ Organic Hand & Foot Refresher and more....

**\$15 each or Two for \$25**  
**Gift Certificates Available**

Treat a friend, colleague or partner to a day  
of pampering and relaxation.



JOIN US—COMMUNITY EVENTS