



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

- Cohen Center Happenings -

Community Champions Luncheon

Help us celebrate Meals on Wheels during the annual March for Meals week!

This year's community champions week will be celebrated between March 20-24. During this time, local celebrities and state officials will be invited to deliver and serve meals and attend our luncheon at the Cohen Center on Wednesday, March 22 from 11-12:30, to help raise awareness for our Meals on Wheels program and show how it is so much more than just a meal.

Please join us and sign our proclamation to help end hunger for our isolated seniors and disabled adults. Enjoy a nice meal, partake in our ice cream sundae bar and meet local town officials and celebrities.

Donations are kindly accepted.

For more information about the event or to learn how you can help the cause by volunteering, contact Lynda Johnson at 626.7777.



MEALS ON WHEELS AMERICA TOGETHER, WE CAN DELIVER.

Artist of the Month

We're looking for local artists who would like to showcase their works of art to our community. If you have paintings you would like displayed contact Kelsey Saucier at 626-7777.



March 2017

Healthy Aging Expo

FRIDAY, JUNE 9 9-2

COHEN COMMUNITY CENTER

Bringing awareness to issues, resources and preventative approaches that are provided by businesses and organizations right here in our own back yard. Join us for a fun-filled, educational and informative day as we work towards achieving a healthier life for all ages.

FREE ADMISSION



For general inquiry, booth rentals and sponsorship opportunities:

ncloutier@spectrumgenerations.org (207) 626.7777

Spectrum Generations W. S. Cohen Community Center 22 Town Farm Road, Hallowell, ME 04347 Phone: (207) 626-7777 Consumer Helpline: 1-800-639-1553 (TTY) 1-800-464-8703 Web: www.spectrumgenerations.org/cohen-center Email: cohen@spectrumgenerations.org

Healthy Food for Every Age



Thanks to the Harvard Pilgrim Care Foundation, We're back again for one more 6-week session beginning Thursday, April 13 from 2-3. \$3/class.

This unique class will feature healthy tips and themed meals for those looking to maintain a healthier and balanced diet. Live cooking demonstrations and prizes. Grand prize offered at the end of series! Please pre-register by calling 626.7777



It's All About the Core!

Core exercises are a crucial part of any exercise regimen. By working the core muscles, you flatten and strengthen your abdominals, stabilize the lower back, improve balance and coordination and promote better breathing, among other benefits without doing any crunches. Join Spectrum Generations fitness instructor, Robin Maginn, for a discussion and demonstration of these exercises and learn the importance of how to work the abdominal muscles effectively or a strong core. Second Thursday of the month from 2-3. \$10/class.



Center Activities

Please register for activities/events in advance.



Wood Carving

Learn with Master Carver, Rene Pomerleau. **Mondays 12:45 - 2:45.** Cost is \$3.

Partner Cribbage Games

Mondays 1 - 4:00. Cost is \$3.

Mahjong

Mondays & Wednesdays, 12:30 - 3:00 or watch and learn how to play. Cost is \$3.

Rug Hooking

Tuesdays 9:00 - 3:00; Bring your own supplies. Cost is \$3.

Knitting/Crocheting

Tuesdays 1:00 - 3:30. Cost is \$3.

Customized Computer Lessons

Wednesdays, 10:45, 12:30 & 1:45. Bring your laptop. Private one-on-one computer lessons customized to your needs. Each lesson is 1 hour. Call to book your appointment. Cost is \$10.

Game Day

Wednesdays 1 - 4. Bridge, Cribbage, or organize your own team for other card or board games. Cost is \$3.

Book Discussion Group:

First and third Friday of each month at 12:30. \$1 donation suggested.

Table Tennis

Wednesdays at 10. \$2 a session.

Bridge Club

Thursdays 1-4. \$3. Call Fran at 495-3490

TOPS (Take Off Pounds Sensibly)

Every Friday from 9-10. Weekly fees are \$3. Yearly dues to TOPS is \$32. First TOPS visit is free.

Local Advisory Council (LAC):

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. **Next meeting is Monday, March 6 from 9:30-11 in the Lower Deck.** Led by Dave Fuller.

Spirit Readings

Would you like to connect with your loved ones who have passed on or do you just want to experience a Spirit Reading? Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed. Spirit Readings will be offered on **the second and fourth Friday of the month** and are \$25 for each 1/2 hour. **Call us at 626-7777** for your private appointment. No walk-ins.

Writing Classes

Every Monday at 1. Learn or improve your ability to write your own story with Gene Boudreau. All genres and writing styles covered. Many satisfied writers have attended! Call to make your appointment. **\$30 for 8 sessions.**

Tai Chi

Join Tai Chi instructor Robert Murphy for Tai Chi on **Mondays 9-10:30. Cost is \$5 a person.** All skill levels welcome. Sessions customized to fit your needs. **626.7777 to sign up.**

Essential Oils for Caregivers

Information, demonstrations and benefits of essential oils. Classes begin, **Fridays, April 7-28 from 1-2:30. Call 626.7777 FMI and to register.**

Theater Group

Are you interested in the performing arts? Would you like to read plays and stories of Shakespeare, Romeo & Juliet, Hamlet, The Tempest and others? We're partnering up with the Theater at Monmouth to offer these classes beginning **Thursday, March 9 from 10-11. \$2/class.** Call 626.7777 to register.

Healthy Change Starts Here

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. Robin can develop a wellness plan that's right for you! Small-Group Personal Training is also available. Get a few friends together—great for motivation, sharing the cost and sharing the fun! **Call 626.7777**

Crafting & Paper Stars

Can you fold, cut, glue and staple? Are you creative with colors and like to experience new and fun crafts? This class may be just what you're looking for. In 1 hour, you will learn how to make stunning stars for hanging on your walls, off your ceilings, in your windows or perhaps decorate for a wedding or party. All supplies will be provided and you will be able to take your finished products home with you. Please bring your own scissors. **Classes will begin Monday, April 3 from 1-2. \$3/class.**

Bridge Refresher Course

Are you a beginner to the game and looking to sharpen your skills? Join Bridge experts Jerry and Joan Sandige for a **7 week** Bridge refresher course beginning **Thursday, April 27 from 9 - 11:30. \$3 for first class** or pay in full for the entire session **\$21.**

FM: Please call us at 626.7777

Ask the Lawyer

Estate Planning and Elder Law Attorney Craig Stevens will be here to answer questions about powers of attorney, last wills & testaments and how to protect assets from nursing home costs. Call to make your free 15 minute appointment.

Second Wednesday of every month from 9-11. Appointments required.



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 at **622.9212**

Caregiver Support Group

Caregiving can be a physical and emotional challenge. Our Family Caregiver Support Program is here to listen, to care, to help. The support group meets on the **second Tuesday of each month**, from Noon to 1:00. All are welcome. For more information, call our consumer helpline at 1-800-639-1553.

Blood Pressure Clinics

A representative from Walgreens will be here on the **first Monday of every month from 12-1** for complimentary blood pressure checks. Monitoring your health can help prevent potential risks and problems in the future.



March for Meals 2017

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 45 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten.

Storm Closure Notice

In the event of a storm or bad weather, please call our helpline at 1.800.639.1553 for a recorded message announcing agency closings. Watch or listen to TV channel 6 or 8 or FM radio stations 93.5, 104.3, 92.3 or 98.5.

Parking Notice

Please make sure when visiting the center that you're parking in designated parking spots. If visitors continue to violate parking rules we may be forced to tow your vehicle at owners expense. Winters can be messy and we want to maintain a safe & functional parking lot as much as possible. Thank you!

Food Commodities Program

The Cohen Center, in collaboration with the Good Shepherd Food Bank and the State of Maine, has implemented a program that provides low income residents age 60 years and older with approx. 30 lbs. of **FREE** food each month. **Contact Lynda Johnson or Kelsey Saucier at 626-7777** for more information on eligibility requirements.

Medicare 101 Session

Are you new to Medicare or do you want to learn more about the Medicare coverage you have? We offer a monthly clinic to discuss Medicare options for plan coverages, benefits, how to avoid penalties and ways to help pay for your Medicare plans. Our certified State Health Insurance Assistance Program (SHIP) specialist will provide a 90 minute session. *Registration is required.* Significant others are welcome, but must be registered for the Medicare Clinic, too.
A \$15 donation is suggested per person.



BANQUETS | CATERING

All proceeds help end senior hunger

Community Dining

March 2017



Lunch is offered to the public from 11 - 12:30, Mon-Fri.

Mon	Tue	Wed	Thu	Fri
26 LIVE UNITED United Way	27 The United Way generously supports Spectrum Generations Nutrition Program.	1 Chicken Pot Pie ♪ Joyce Fessenden	2 Meatloaf w/ Gravy ♪ Theresa Hallowell	3 Pasta & Meat Sauce ♪ Bonnie Hendsbee
6 \$6.50 Beef Tips ♪	7 Chicken Stir Fry ♪ Deb Sandler	8 Baked Ham ♪ Bert Ayotte	9 Taco Bar ♪ Country Gentleman	10 Roast Chicken ♪ Swingtime
13 \$6.50 Baked Haddock ♪ Tuckie Marvin	14 Bacon & Onion Quiche ♪ Theresa Hallowell	15 Chicken Fricassee ♪ Dave McInnis	16 Veggie Lasagna ♪ Dave Fisher	17 Corned Beef & Cabbage Extra \$1 St. Patty's ♪ Bonnie Hendsbee
20 \$6.50 Garlic Roast Pork ♪ Joyce Fessenden	21 Homemade Mac & Cheese ♪	22 March for Meals Lunch Roast Turkey Dinner Ice Cream Social ♪ Mike Theriault	23 Chicken Parm Pasta ♪ Country Gentleman	24 Shepherds Pie ♪ Deb Sandler
27 \$6.50 Baked Chicken & Gravy ♪ Tuckie Marvin	28 Ham & Baked Beans ♪	29 Beef Chili ♪ Bert Ayotte	30 Breakfast Buffet French Toast, Sausage, Eggs, Home fries ♪ Swingtime	31 Sweet & Sour Pork ♪ Dave McInnis

**Monday's are catered by Cohen on the Meadows Catering and \$6.50 is required by all.

**Tuesday - Friday a donation of \$5.00/meal for individuals 60 and older is suggested. If under age 60, a fee of \$6.50 is required. (Unless noted otherwise)

Please note the menu is subject to change.

Cohen on the Meadows Catering

Cohen on the Meadows Catering is a division of Spectrum Generations, providing full-service catering and event planning services to the Central Maine area. Our catering team offers fully customizable menus, can accommodate large gatherings or small parties, multiple room rental spaces, flexibility and two central locations in Hallowell and Waterville.

All proceeds from Cohen on the Meadows catering are reinvested into Spectrum Generations' Nutrition programs. For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

"CLINK" For COHEN

Drop off your returnable bottles and cans in the CLYNK can in the entry. Better yet, pick up one of the pre-labeled CLYNK bags for your home. They are in the coat closet on the shelf. All funds raised support the Cohen Center!