

17th Annual Golf Fore a Cause

What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events! Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services, will take place on Friday, June 21, at the Brunswick Golf Club. Spend the day on the course and transition into the evening with a Homestyle BBQ, and live music around the fire pit.



The cost is \$125 /individual, \$450/team and includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows), Homestyle BBQ, awards, and much more!

There are also various sponsorship levels available and 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 or 620-1677 for more information.

Maine Alzheimer's Association Community Education Program –

Understanding and Responding to Dementia Related Behaviors

Behavior is a powerful form of communication and one of the primary ways people with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

April 9, 2019, from 1:00—2:30 p.m.
Jefferson Fire Department
204 Waldoboro Road, Jefferson

To register contact Cathy Morse at
1-800-639-1553 or
morse@spectrumgenerations.org



Celebrating our Volunteers

Words are not enough to describe how grateful we are for the dedication, compassion, and generosity of the hundreds of individuals who have given of themselves to help fulfill the mission of Spectrum Generations.

Without our volunteers, we would not be able to accomplish all that we have! In

the month of April, we are recognizing the dedication and commitment of those volunteers who give their time to help their neighbors and communities.

We also want to express our gratitude for continually inspiring us to serve the older and disabled adults in central and midcoast Maine.

If you're not currently a volunteer, we have many opportunities for you to get involved! Please contact Amalia, our volunteer coordinator, at 620-1684 or apdelpulgar@spectrumgenerations.org

Spectrum Generations' Cohen Community Center presents a Murder Mystery Dinner: **"Marriage can be a Mystery"** Saturday, April 27, 2019

Reception starts at 6 p.m.

Dinner at 7 p.m.

The Wedding is back on! Come find out why the wedding was postponed.

Was it the bride?

Was it the groom?

Is it the same bride and groom?

The event, which will be modeled after a real wedding reception party, will take place at the Cohen Community Center at 22 Town Farm Road in Hallowell. You will enjoy all of the craziness that takes place at a wedding while enjoying a gourmet meal with the show. Tickets are available for purchase at the Cohen Center by stopping in or calling us at **626-7777**.

Cost is \$45 a ticket or \$240 for a table of six.



RSVP for yourself and your "plus one," soon.



HEALTHY AGING EXPO 11th Annual

Friday, June 7, 2019 from 9:00 a.m. to 2:00 p.m.
Cohen Community Center
22 Town Farm Road, Hallowell
Admission is FREE