



COHEN CENTER HAPPENINGS



October 2009

Art of Aging Lifestyle Conference



Never a dull moment at Spectrum Generations Lifestyle Conference

Be prepared to be motivated to re-evaluate your life and wellness goals when you attend the Lifestyle Conference on October 24, at Point Lookout. Spectrum Generations has lined up an outstanding variety of fun and educational workshops and vendors covering many dimensions of wellness with a focus on healthy alternatives for better living and chronic disease prevention.

Just \$15 per person for the day includes the continental breakfast, wellness workshops, health screenings, healthy eating and cooking demos, interactive fitness demos, wine tasting, art show, free massages and other health services, and **Nordic walks on Point Lookout's scenic walking trails.**



Lifestyle Conference Continued

Point Lookout is located on Route 1 between Belfast and Camden. Gather your friends for a field trip, or take advantage of a package trip put together by Cyr Northstar Tours that includes a comfortable bus trip, admission, as well as dinner afterwards at the Weathervane Seafood Restaurant.

You will leave inspired to achieve health, balance and success in all areas of your lives.

Visit our News/Events page at www.spectrumgenerations.org for the growing list of vendors, complete workshop descriptions, and information on how to register for the workshops of your choice.

See you there!

Cohen Center Expo

On behalf of Spectrum Generations Cohen Community Center we would like to thank Don Brown at WABK radio for announcing our Expo and our sponsors, vendors and participants for making the *Healthy Aging Living & Learning Expo* such a successful event. The winners at the event were Marv Berger, Judy Phillips, Russell Walters, George Ruman, Tillie Stevens, Karl Woodcock, John Giacullo, Eleanor Hardcastle, Janet Woodcock and Josephine Brown. Congratulations!

Public Flu Shot Clinic

A public flu shot clinic will be held at the Cohen Center on **Friday, Oct. 16, from 10:00 to 3:00** with Maxim Health Systems. Medicare Part B and some insurances will be accepted. Otherwise the cost is \$30 for the Influenza shot and \$45 for the Pneumonia shot.

Pre-register for an appointment or walk-ins are welcome.

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, and mobility and 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. Classes start Dec. 8, at 9:00. Cost is \$48 per person. **Preregister** by calling 626-7777.

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(207) 626-7777
Consumer Helpline:
1-800-639-1553
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TOPS (Take Off Pounds Sensibly)

TOPS meets each **Mon., 8:00-9:00**. Weekly fees are \$2.00 per person and yearly TOPS dues are \$26.00.

Wood Carving

Rene Pomerleau, expert wood carver, teaches this fine art each **Mon., 12:45 to 2:45**. Classes are \$2.00 each.

Cribbage Games

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

Reminiscing Group

Join Pete for some reminiscing on the **2nd Mon.** of each month at **1:00**.

Biography Classes

Each **Tues. & Thurs.** at **9:00** with instructor Katy Perry. Pre-registration only.

Knitting/Crocheting Group

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

Zumba Gold Course

Each **Tues. and Thurs., 9:30 to 10:30**. Cost \$5.00 per class.

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

Share your love of books each **Friday** at **12:30** hosted by Wayne Curtis.

Register to Win Concert Tickets

UMA College and Senior College is offering the Cohen Center 8 free tickets to a *Piano/Cello Concert* on Sun. Oct. 18, at 2:00. **Sign up** for your chance to **win 2** tickets. Winners drawn on the Wed. prior to the event.

Lunch

Lunch is open to the public **Monday through Friday** (*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

Thursday, Oct. 1

Baked Ham

Friday, Oct. 2

Fish

Entertainment: Swingtime Band

Monday, Oct. 5

Chicken Cacciatore

Entertainment: Dave Fisher

Tuesday, Oct. 6

Meatloaf

Wednesday, Oct. 7

Macaroni & Cheese

Entertainment: Betty Grant

Thursday, Oct. 8

Pork Chops

Friday, Oct. 9

Baked Fish

Entertainment: Old Tymers Band

Monday, Oct. 12

Center Closed - Columbus Day

Tuesday, Oct. 13

Chicken Stir Fry

Wednesday, Oct. 14

Lasagna

Entertainment: Elaine & Norm

Thursday, Oct. 15

Turkey w/ Gravy

Friday, Oct. 16

Chef's Choice

Entertainment: TBA

Answers

Lunch Menu Continued

Monday, Oct. 19

Cheese Manicotti

Entertainment: Barbara Murray

Tuesday, Oct. 20

Shepherd's Pie

Wednesday, Oct. 21

Stuffed Peppers

Entertainment: Joyce Fessenden

Thursday, Oct. 22

Pot Roast

Friday, Oct. 23

Fish

Entertainment: Dave McInnis

Monday, Oct. 26

Chicken Alfredo

Tuesday, Oct. 27

BBQ Chicken

Wednesday, Oct. 28

Liver & Onions

Entertainment: Ray Gaignard

Thursday, Oct. 29

Baked Ham

Friday, Oct. 30

Veal

Entertainment: TBA

Menu subject to change

Caring

Caregiver Support Group

The Family Caregiver Support Group will meet on **Tues., Oct. 10**, 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 provide 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 **Wed., and Thurs.** Please call 626-7777 for an appointment.

Veteran's Advocate Services

If you have questions pertaining to VA Pensions, Service Connected Disabilities and Claims, Widow's Pension or other veteran's services, call 626-7777 to schedule your appointment with **Conrad Edwards, Veteran's Advocate** on **Mon., Oct. 19**, from 10:00 to 2:00. Please bring your DD-214 form or other military paperwork with you.

Learning

Prevention is the Best Medicine

Join Julie Adley from the MaineGeneral Prevention Center on **Wednesday, October 14**, from 9:30 to 10:30 for an information opportunity to learn about two life saving programs that are free to qualifying participants. The Susan G. Korman Foundation Breast Care Program and the Colorectal Cancer Screen Grant. Julie will explain these programs and offer an opportunity after the seminar to ask questions. Pre-registration by calling 626-7777 is appreciated.

Rehabilitation Services-What's In It For You?

Stiffness, pain, limited mobility, balance problems, weakness, speech and hearing difficulties, decreased independence...

No one wants to deal with things like that. They make communicating and carrying out daily tasks challenging. But, there may be help. There are many specialties in rehabilitation that you may not have heard about, or you may not have thought they could benefit you. Laurie LaBonte, a physical therapist from Maine General Medical Center will discuss the kinds of out-patience therapy that could benefit you or someone you know. Come in and find out more on **Wednesday, October 28**, from 9:00 to 10:00 at the Cohen Center. Pre-registration by calling 626-7777 is appreciated.

Parlez-vous francais?

A "French Conversation for Everyone" is being held at UMA on Tuesdays from 3:00-4:00pm. This is a multi-level course that encourages you to build upon and maintain your French in a creative and dynamic classroom environment. For more info please call 621-3487

Upcoming Trips

Fall Foliage on Katahdin Cruises

Oct. 3 see spectacular foliage from the comfort of **Stage Coach Charters & Tours** on your way to Greenville to board **The Katahdin** for your day cruise on Moosehead Lake. For full details, please call us or stop by. **Cost is \$60 and does not include tips or meals. Registration required.**

The Tropicana in Atlantic City

Oct. 12—15 spend 3 nights at the Tropicana Casino & Hotel. **Cost is \$319 P/P with D/O and includes travel with Randy's Tours and Stage Coach Charters, lodging, one show, casino money, some meals and more included. Registration required.**

Hollywood Slots & Bangor Mall

Oct 22, travel with **Randy's Tours**. Cost is \$25.00. Call for full details.

9-Night Eastern Caribbean Cruise

Escape the mid-winter blues and set sail **San Juan,**



St. Thomas, Samana and Labadee aboard the "Explorer of the Seas" with Royal Caribbean Cruise Lines on **February 26, 2010!** Pricing starting at only \$849 per person based on double occupancy. Airfare to and from New Jersey not included. Stop by for a flyer or call **Cruise Planners at 877-473-2386** for details and to book your cruise. \$500 deposit due at registration. Final payment due Dec. 11, 2009.

Volunteer Opportunities Living Well for Better Health Chronic Disease Self-Management Program



The *Living Well* program is an Evidence based workshop given two and a half hours, once a week, for six weeks. People with different chronic health

problems attend together. Program participants demonstrate significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations.

The workshop is led by pairs of volunteer leaders who have chronic health conditions themselves, or take care of someone with a chronic condition. The leaders follow a structured workshop outline that builds the confidence of participants to manage their own health condition.

Spectrum Generations provides a thorough 4-day training and ongoing support at no cost. All course materials are provided as well.

For More Information about upcoming training, contact: Vicki Foster, Spectrum Generations at (800) 282-0764, ext. 126, or vfoster@spectrumgenerations.org.

Center Closings in October

We will be closed on **Oct. 12**, for Columbus Day.

Upcoming Trips

Enchanting Danube: Budapest to Passau - 9 Days



Imagine 7-nights on the

ship **"River Beatrice"** as you discover the best of Eastern and Western Old World Europe! Highlights include 7-night cruise in a river-view stateroom, all meals onboard, complimentary beverages, 6 hosted shore excursions, complimentary use of bicycles, onboard entertainment, **free lectures, captain's welcome & farewell dinners and more.** **Oct. 30, 2010.** Visit Budapest, Vienna, Durnstein, Linz (Salzburg), and Passau! Rates start at \$1,849. Early booking discounts available. Stop by for a flyer or call **Cruise Planners at 877-473-2386** for details and to book your adventure.

10-Night Panama Canal Cruise



Experience the excitement of the Panama Canal aboard the **"Coral Princess"** with Princess Cruise Lines. Trip departs from Ft. Lauderdale, FL on

November 5, 2010. Ports of call include Aruba, Cartagena, Panama, Costa Rica and Ocho Rios. Pricing starts at \$1,293 per person based on double occupancy. A deposit as low as \$100 due at time of registration. Final payment due August 8, 2010. Price does not include airfare. Call **Cruise Planners at 877-473-2386** for full details and to register.