



COHEN CENTER HAPPENINGS



January 2010

Windows, Internet & eMail Instruction (WIMI)



Make using your computer easy and fun! Classes will run for 3 days: **Jan. 12, 19, and 25** for 4 hours each day from **9:30AM to 2:30PM** with 1 hour for lunch. Les LeBlanc will be your instructor. *Capital Computers, located at 151 Water Street in Augusta, is providing the computers and classroom for this training.* Classes are limited to 10 students. **Pre-registration is required by Jan 4** by calling 626-7777. Cost is \$15.00 for the entire program.

Cancellations and Delays

In the event of inclement weather, please call us at 626-7777 before heading out. If there is no answer please call 1-800-639-1553 to see if there is a recorded message pertaining to inclement weather closings. Cohen Center closings or delays are posted on TV channel 6 & 8 and on WABK 104.3FM & 92 Moose Radio Stations.

H1N1 Flu Shot Clinic at Cohen

We will host a H1N1 clinic on **Thurs., Jan. 7, from 10:00 AM to 2:00 PM.** Please call for full details at 626-7777.

Free Strength Screening

Do you exercise but wonder if you could fine tune your routine for better results? Find out which muscle groups are your strong points and how to safely use them to build up your not-so-strong areas.

Laurie LaBonte, a physical therapist from MaineGeneral Medical Center will be here on **Wed., Jan 20, from 9:00 to 11:00** with a 15 minute introduction followed by individual screenings in 10 minute time slots. Your general strength will be assessed and suggestions will be offered to help you improve your fitness and tolerance to the activities you enjoy doing.

Snowdate will be Jan. 27.

Please call 626-7777 to register.

Spectrum Generations will be closed Jan. 1 for New Years & Jan 18 for M. L. King Day

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

Glaucoma Seminar & Screening

January is Glaucoma Awareness Month, an important time to spread the word about **this sight-stealing disease.** Glaucoma is the leading cause of preventable blindness, and in the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost. Over 3 million Americans have glaucoma and experts estimate that half of them don't know they have it. **Join Lyn Desjardins of Smart Eye Care on Tues., Jan. 12 at 9:30AM** for this informative seminar and glaucoma screening. **Please register. FREE**

Cell Phone 101 Basics Class



Are you frustrated trying to figure out how to use your cell phone? If so, join Teresa Zardus & Jen Karkos of U. S. Cellular's Augusta office on **Tues., Jan.**

26, at 12:30 at the Cohen Center for this instructional course. Aspects of the cell phone course will also include using the camera on your phone, sending and receiving text messages, going on line, sending and receiving emails, listening to the radio, using the GPS navigational tool and more! **Cost is \$2.00 per person.**

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

Reminiscing Group

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

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

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 *Family Folk Festival: The Gawlers' and the Boardmans'* on **Sun.**, Jan. 10, at 2 pm - (Snow date: Friday, Jan.17).

Caring

Caregiver Support Group

The Family Caregiver Support Group will meet on **Tues.**, Jan 12, 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.

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

Friday, Jan. 1

Center Closed - New Years Day

Monday, Jan. 4

Good Shepherd Challenge

Baked Ham

Lunch is \$5.00 & \$6.00

Entertainment: TBA

Tuesday, Jan. 5

BBQ Chicken

Wednesday, Jan. 6

Vegetable Lasagna

Entertainment: TBA

Thursday, Jan. 7

Spaghetti w/ Meat Sauce

Entertainment: Conrad & Conrad

Friday, Jan. 8

Fish

Entertainment: TBA

Monday, Jan. 11

American Chop Suey

Tuesday, Jan. 12

Meatloaf

Wednesday, Jan. 13

Crispy Chicken Breasts

Entertainment: Betty Grant

Thursday, Jan. 14

Pork Chops

Entertainment: Conrad & Conrad

Friday, Jan. 15

Baked Fish

Entertainment: Old Tymers Band

Monday, Jan. 18

Center Closed - Holiday

Answers

Lunch Menu Continued

Tuesday, Jan. 19

Chicken Stir Fry

Wednesday, Jan. 20

Meat Lasagna

Entertainment: Joyce Fessenden

Thursday, Jan. 21

Turkey

Entertainment: Conrad & Conrad

Friday, Jan. 22

Good Shepherd Challenge

Pot Roast

Lunch is \$5.00 & \$6.00

50/50 Cash Raffle

Entertainment: Swingtime Band

Monday, Jan. 25

Sirloin Tips

Tuesday, Jan. 26

Shepherds Pie

Wednesday, Jan. 27

Stuffed Peppers

Entertainment: Elaine & Norm

Thursday, Jan. 28

Chef's Choice

Entertainment: Conrad & Conrad

Friday, Jan. 29

Fish Chowder

Entertainment: TBA

Menu subject to change

Good Shepherd Food Bank Challenge Fundraisers

Between Jan. 1, and Apr. 30, we will try to raise \$1,000.00 for the Good Shepherd Challenge Matching Grant. We will hold special fundraisers for this event including special lunches where we ask for an extra \$1.00 per person. 100% of funds raised will be matched by the Good Shepherd Grant. Personal donations are also greatly appreciated!

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.**

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., Jan 11, from 10:00 to 2:00.** Please bring your DD-214 form or other military paperwork with you.

AARP Tax Aide FREE Help

AARP is offering FREE assistance with preparation of your State and Federal income tax returns beginning **Tues., Feb. 2** and each **Tues. and Thurs.** until Thurs., April 15, from **12:30-4:00PM**, at the **Cohen Center**. This service is for taxpayers with middle and low income, with special attention to those age 60 and older. Help for the homebound is available upon request. Please call **626-7777** for an **appointment**. **Walk-in appointments are not available.**

AARP Safety Drivers' Course

The AARP Driver Safety Program is a refresher course for drivers age 55 and older and will be offered at the Cohen Center on **Feb. 11**, from **9:00AM to 2:00PM**. The cost is **\$14.00** for AARP members and **\$16.00** non-members. Lunch is \$4 for over age 60 and \$5 under age 60 or bring your lunch. A minimum of 10 people is required to run this class and **pre-registration is required**. Please stop by or call **626-7777** to register. *Snowdate will be Fri., Feb. 12 from 9:00AM to 2:00PM.*

Good Shepherd Food Bank Challenge Grant

YES! I would like to support the Cohen Center's Nutrition & Meals on Wheels Programs in the amount of \$_____, which will be matched 100% by the Good Shepherd Challenge Grant.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Thank You for Your Continued Support!

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Upcoming Trips

Hollywood Slots

Head to Hollywood Slots on **Tues, Jan. 19**. Depart the Cohen Center at **8:30AM** with *Randy's Tours*. **Cost** is **\$25**; includes \$10.00 in slot coins and a \$16.95 lunch voucher. **Sign up today** by calling **626-7777**.

"Sham Rocked" in Olde Mystic

Head to Old Mystic Village in CT, on **Sat., March 13** and return home on **March 14** with *Randy's Tours*. Your journey includes: a savory lunch at the historic Daniel Packer Inne, shopping in Olde Mystic, the play "*Sham Rocked*", lodging at the Mystic Comfort Inn, a visit to the Submarine Museum, and gaming and dining at Mohegan Sun Casino. All of this and much with "*early bird*" pricing starting at only **\$219** per person. Reserve today for these special savings by calling **626-7777**.

Tai Mahal Casino in New Jersey

April 6, 7, & 8 spend 3 nights at the Tai Mahal Casino & Hotel. **Cost** is **\$299.00** P/P with D/O and includes travel with *Randy's Tours*, lodging, casino money, some meals and more. **Registration required** by calling **626-7777**.

Canadian Rockies and Glacier National Park

Travel with Collette Vacations on **June 19, 2010** to the Canadian Rockies and Glacier Nation Park. You will return home on **June 26, 2010**. Pricing starting at \$2,499. Stop by or call **626-7777** for details.

Coming in February

Dancing Through the Decades



Elsie Viles dancing with grandson, William Lund

Celebrate the music and the dance of yesteryear with your children, grandchildren, and/or your special someone! Enjoy an afternoon of dancing with the *Swingtime Band* on **Sat., Feb. 13**, from **1:00 to 4:00**. Call **626-7777** for price and full details. **Reservations Required.**

Family Fun Ice Fishing Trip

Pack up the family for a day of ice fishing on Pleasant Pond in Richmond on **Wed, Feb. 10**, from **9:00AM to 3:00PM**. Dan Albert, a Maine Guide, will provide all the necessary equipment and a hot lunch! Call **626-7777** for pricing, full details and to register. Snowdate is Feb 17.

T'ai Chi

T'ai Chi Chuan is an ancient Chinese moving meditation, designed to benefit both body and mind. This slow moving, non-strenuous practice facilitates the concentration of the mind and complete relaxation of the body. A **FREE demo** will be offered on **Fri., Feb 12** with instructor *Judy Nielsen*, MA. 8-weeks of classes are each **Tues. & Thurs.** beginning **Feb. 16**. Cost is **\$90.00** for all 16 classes.

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Upcoming Trips

Enchanting Danube: Budapest to Passau - 9 Days

7-nights on the ship "*River Beatrice*" as you discover the best of Eastern and Western Old World Europe! Departs **Oct. 30, 2010**. Visit Budapest, Vienna, Durnstein, Linz (Salzburg), and Passau! Rates start at \$1,849. Stop by for a flyer or call **Cruise Planners at 877-473-2386** for details and to book your adventure.

Shades of Ireland

Travel with Collette Vacations on **October 26** through **November 4, 2010** and experience Dublin, Kilkenny, Blarney Castle, Cliffs of Moher, a Galway Castle Stay 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, 2010**. See Aruba, Cartagena, Panama, Costa Rica and Ocho Rios. Pricing starts at \$1,293 without airfare.. Call **Cruise Planners at 1-877-473-2386** for full details and to register.

Southern Charm, Canyon Country & 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. Stop by or call **626-7777** for full details.