

COA sponsors a wide variety of activities that provide opportunities to meet new friends and explore new interests. The monthly activities and resource list keeps Bowdoinham residents informed about resources available to them, and about all COA sponsored activities, including:

- ⇒ Field Trips
- ⇒ Guest Speakers
- ⇒ Community Luncheons
- ⇒ Games: Bridge and Cribbage
- ⇒ Exercise: Line Dancing, Tai Chi
- ⇒ Special Events

There is no cost for participating in most COA activities. We accept donations for transportation. There may be a modest fee for some field trips.

For more information, to get the free monthly activity and resource list, or to ask about volunteer opportunities please call the Bowdoinham Town Office at 666-5531 and ask for the Committee on Aging line (extension 110) or email Patricia Oh, Coordinator of Older Adult Services, at [p.oh@bowdoinham.com](mailto:p.oh@bowdoinham.com)



**Advisory Committee on Aging**  
**Town of Bowdoinham**  
13 School Street  
Bowdoinham, Maine 04008

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# BOWDOINHAM ADVISORY COMMITTEE ON AGING





## What COA Does

The Advisory Committee on Aging (COA) advises the Bowdoinham Select Board about ways to make the community more aging friendly. COA also sponsors activities and events for older adults, including:

-  **Special Events: Wellness Fair**, featuring free health screenings and flu shots, healthy snacks, and information about maintaining a healthy lifestyle.
-  **Recreational opportunities**, such as kayaking, pickle ball and geocaching
-  **Shipmates Club** (Bowdoinham Senior Center) meets every Thursday from 10AM to 3PM in the basement of the Second Baptist Church
-  **Volunteer Opportunities:** COA is always looking for people who want to share their time and talents with others.
-  **Wellness Programming:** Classes such as Exercise Plus and Matter of Balance that promote optimal aging.

## Bowdoinham Advisory Committee on Aging:

George Christopher, Chair  
 Theresa Turgeon, Vice-Chair  
 Jeanine Beaudoin  
 Robert Curtis  
 Martha Cushing  
 Linda Jariz  
 Kathy Pszczolkowski  
 Gracia Woodward

*COA challenges residents who have reached the milestone of their 60th birthday to energize their lives by joining in any of our activities or events.*



## Contact Us

**Advisory Committee on Aging**  
 Town of Bowdoinham  
 13 School Street  
 Bowdoinham, Maine

(207) 666-5531, ext. 110  
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## Learn, Create, Serve, and Celebrate with your Friends and Neighbors in Bowdoinham

The Bowdoinham Advisory Committee on Aging sponsors events and activities that can improve our minds, enliven our body and lift our spirits. Join your friends and neighbors to:

### Learn

-  Native American History.
-  Identify edible mushrooms.
-  New games.
-  How to use computers, tablets and other “smart” technologies.

### Create

-  Sewing Projects.
-  Home-made greeting cards.
-  Cheese.
-  Other culinary delights.



### Serve

-  Advocate.
-  Volunteer as a driver or friendly visitor.
-  Share your hobby with others who want to learn about it.

### Celebrate

-  Travel throughout Maine.
-  Have fun with “old” and “new” friends!