



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

Summer Art Show & Auction



W. Mantooth



K. James

The Art Club has been busy painting canvases, plus beautiful step stools and plant stands made by woodworker and volunteer Arvo Salo. Their work will be on display and available for purchase beginning August 3rd. The wood pieces are to be auctioned with all proceeds supporting the services and programs of Spectrum Generations Knox Community Center. Auction date to be announced.

Bridges Home Care

Bridges, part of Spectrum Generations, offers in home services that are reliable and affordable. Specializing in home care, Bridges offers housekeeping, companionship, travel and transportation, grocery shopping and errands, overnight care as well as a broad range of personal care and age-related assistive care. Bridges staff will be visiting the center monthly to talk about their services and be available for appointments.

The first visit will feature a talk on Reverse Mortgages, Friday, August 6 at 11:00. Bridges can be contacted at 1-800-876-9212.

July 2010

Spectrum Generation's Family of Centers

Have you had a chance to meet some of our family members yet? In addition to Knox Community Center, we have six other sites conveniently located throughout our 6 county area. Each center is unique reflecting local interests and cultures yet all will help you age well and connect you to new friends and adventures. Take a road trip today and visit one of our other great centers in Waterville, Skowhegan, Hallowell, Damariscotta, Topsham, and Belfast.

You can also visit www.spectrumgenerations.org for a calendar of center events and directions.



The centers will be closed Monday, July 5 in celebration of Independence Day.

Knox Community Center
61 Park Street
Rockland, ME 04841

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(Local) (596-0339)
www.spectrumgenerations.org

Center Activities

Summer Cooking Series

How herbs
and spices can
add great flavor
to your recipes.



Come create your own salt-free herb and spice mixture and do some taste testing as well!

Tuesday, July 20, 11:30-12:30

This series offered by Beth Chamberlain of the UME Cooperative Extension.



Caning Class

Learn :

- Woven Cane
- Pressed Cane
- Splint
- Shaker Tape
- Fiber Rush

This class is a 2-3 part series depending on individual projects. Class 1, bring your chair, learn the basics of caning, and choose materials. Class 2, materials will be brought in by instructor and caning will begin. Class 3 will be scheduled if needed.

There is a materials fee, estimated at \$25.00 per chair. The class meets Friday mornings at 10:00 am starting July 9. Call 596-0339 to register.

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Caring

Family Caregiver Support Group meets this month on Wednesday, 6/9, from 12-1. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

Living

Wii—available by sign up only. Grab a few friends and come have fun!

Book Group —Monday, July 12th at 9:00. July's selection is Blink, By Malcolm Gladwell

Art Club—every Wednesday from 9:30-12:00. Potluck is the first Wednesday of each month. Paper Collage class with Doug Lane begins 7/14 at 10:00.

Coffee Café—a bargain of a breakfast, \$1.50 for coffee and a donut every Friday at 9:00.

Scrabble—Fridays at 10:00

Keep Moving—Tuesdays & Thursdays at 9:30. Call 596-0339. \$20.00 per 6 week session.

Spectrum Adventures takes you to Savannah



March 19-27, 2011
Savannah, GA—Jekyll & St. Simons Islands—and Beaufort, SC.

Pricing begins at \$695.00 p/p based on double occupancy
Includes:

- Motor coach Transportation
- 8 nights lodging, 14 meals
- Tours of Savannah, Jekyll & St. Simons Islands and Beaufort, SC.

Travel Insurance offered at additional cost.

\$75.00 due at time of registration
Deadline for registration—Nov. 18, 2010

Final payment due by Jan.11, 2011.

To receive a trip flyer with all the details, stop by the Knox Community Center or call 596-0339 to have one mailed



Learning

Medicare for Everyone!

What is Medicare; when and where do I sign up; what services are covered; what is the new Prescription Drug benefit; how much does Medicare pay; what is Medicare Supplemental Insurance? Come get the answers you are seeking.

Call 596-0339.

July 12, 9:30-11:00

July 28, 2:30-4:00

Bridges—Affordable at-home services and much more! Reverse Mortgage Counseling is one of the many services offered through Bridges.

Call Kristen Overton at 1-800-876-9212 or come to the center on Friday, August 6 at 11:00 for a Reverse Mortgage Presentation.

Answers

VA Representative, Conrad Edwards, will be in Rockland
July 8 & 22, 9:00-1:00

Call 596-0339 to schedule your appointment, home visits are available if needed.

Medicare Minute

Need prescription drug coverage, but can't afford a Medicare Part D Plan? "Extra Help" may be available to you! To see if you qualify for "Extra Help" for a Medicare Prescription Drug Plan or need more information about Medicare Part D Prescription Drug Plans, contact Spectrum Generations at 596-0339 or toll free 1-800-639-1559.