



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

Savannah, the Belle of Georgia



Once again, Spectrum Generations is working with Diamond Tours to offer a spring getaway. Several years ago, over 30 people from 4 of our centers travelled to Cape Cod for a wonderful, week long adventure. March 19-27, 2011, we will host a 9 day tour of Savannah, GA—Jekyll & St. Simons Island—and Beaufort, SC.

Pricing begins at \$695.00 per person based on double occupancy and 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, final payment due by January 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.



Plan ahead, plan early, for your spring 2011 tour through beautiful Savannah.



June 2010

Never Forgotten Memorials



"Spectrum Generations announces "Never Forgotten"—a memorial giving program where donors can now publicly remember loved ones at www.spectrumgenerations.org/memorial.asp.

Donors may make a memorial contribution by check, credit card or online. For a gift of any amount, names of the loved ones, the years of their lives and words of remembrance are added to the "Never Forgotten" online memorial so that friends and family can view it anytime from any place in the world." (Envelopes available at the Knox Community Center)

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

Use fresh local vegetables and herbs for great summer recipes.



http://www.davidsuzuki.org/naturechallenge/photo_contest/veg_garden.asp

Come to learn and come to eat!

Tuesdays, 11:30-12:30

June 15—July 20—August 17

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

Cake Decorating Class—

Thursday, June 3rd at 11:00am.

Learn the art of fancy piping and other decorative techniques to wow your friends. The only kicker is you have to bring your own cake; just a single layer will do. To register, call 596-0339. This class is offered free of charge, center donations appreciated.

Food for Thought—Michael Shell speaks



on Authentic Communication, Thursday, June 17. People who have participated in this

training have communicated the following benefits: **Fewer conflicts and better skilled at mediating conflicts that arise**

- More listening to one another
 - Improved employee morale & client satisfaction
 - Accelerated innovation
 - Mutual respect and cooperation among staff and between staff & clients
 - More engaged workers
 - Enhanced emotional intelligence
- Lunch @ 11:30, Talk @ noon, cost is \$8.00

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 - bowling, boxing, baseball or tennis.

Book Group —Monday, June 7th at 9:00. **June's selection is A Separate Country**
By Robert Hicks.

Art Club—every Wednesday from 9:30-12:00. Potluck is the first Wednesday of each month.

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, 9:00 & 9:45. Space available, call 596-0339

Spectrum Adventures

Coastal Maine Botanical Gardens
Monday, June 7
(rain date June 14)



http://www.tripadvisor.com/MemberPhotos-a_uid.1175278-w1#20849352

Hop aboard one of the great new trolleys from All Aboard Trolley and spend the morning at the Coastal Maine Botanical Gardens in Boothbay, visit the Maine Heritage Museum for lunch, then on to Edgecombe Pottery .

Cost is \$35.00 per person and includes transportation and admission to the gardens; lunch is on your own.

Call 596-0339 or stop by Spectrum Generations to reserve your spot; payment due at time of registration.



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.

June 14, 10:30-12:00

June 25, 1:00-2:30

Living Well for Better Health

Chronic Disease Self Management Informational meeting—June 8th at 1:00pm. For more information contact Vicki Foster, at (800) 282-0764 x 126

Answers

SCSEP representative Patrick Korte will be happy to arrange a meeting with you at the center. Call 800-639-1553 and ask for Patrick at ext. 134.

VA Representative, Conrad Edwards, will be in Rockland June 10 & 24, 9:00-1:00. Call 596-0339 to schedule your appointment, home visits are available if needed.

Medicare Minute

Medicare has recently increased its payments for outpatient mental health services! Currently Medicare will cover 55% of outpatient mental health services. Over the next several years, that coverage will continue to increase until it reaches 80% of costs. If you suffer from depression, talk with your health care provider about getting help.

For more information about this and other Medicare benefits, contact Spectrum Generations at 596-0339.