



Living

MUSKIE CENTER HAPPENINGS

Learning

The Kennebec Trails: Local Treasure

Did you know there are beautiful walking trails right in your own back yard? Join us on **July 14th, 10:30-11:30** for a FREE presentation as Peter Garrett discusses the local treasures in your neighborhood. Please RSVP 873-4745.

Back By Popular Demand: Learn to Use Your Cell Phone

If you missed out on this popular workshop in June you're in luck!! Pine Tree Cellular will be back again on **July 15th from 12:00-1:00** to teach you how to use all those features on your cell phone, how to make and receive phone calls, how to store phone numbers and more. \$2 Participation Fee. Please RSVP 873-4745



Calling All Ladies....

The Muskie Center will be hosting a Ladies Tea Party, presented by Baxter Tea Co., of Gardiner, on **July 21st at 1:00**. Treat yourself to an afternoon of custom blended gourmet teas and scones, with clotted cream, lemon curd, and local Maine preserves. You'll be served with fine china or bring your own favorite teacup. Cost is \$9.00 per person. Advance Reservations Required as space is limited, please call to reserve your spot 873-4745

Ice Cream Social

Friendly's Ice cream will be here on **July 28th from 12:30-1:30**, with tasty samples and more! Learn interesting facts about ice cream while enjoying this summertime favorite. All those attending will be entered into a drawing for a \$20 gift card. Please RSVP 873-4745 to reserve your spot. \$1 suggested donation

July 2010



Calling all Pet Lovers



The Pet Food Pantry will be at the Muskie Center during lunch on **July 16th** with information about their wonderful service. We will be collecting donations of Pet Food for them from now until July 16th. Please see the receptionist to drop off a donation.

More Fun in The Café We'll be having fun in the Café all month long!!

Musical Mondays with Mike Theriault
Local Wildlife Slideshow
Trivia in the Café
Stained Glass Express
Spectrum Generations' Bridges
50/50's
Raffle Drawings

And more!! Be sure to stop by the center for a full listing.

Muskie Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745
Consumer Helpline:
1-800-639-1553

www.spectrumgenerations.org
(TTY) 1-800-464-8703
873-4745

Wii Bowling Tournament

Wii Bowling has grown quite a following here at the Muskie Center, so let's have a little fun! Join us on **July 29th**, to prove your skill! Registration begins at 10:30, with the Tournament to start at **11:00**. \$5 entry fee. Prizes for the top scores.

National Cheesecake Day—July 30th Let's celebrate with a Cheesecake contest!

Prepare your famous cheesecake and bring it in to the Muskie Center on **July 30th**. Judging begins at **12:30**. \$3 Entry Fee, with prizes to the winners. **Calling all volunteers—Judges needed for the cheesecake contest.**

Cribbage Lessons—Would you like to learn how to play this popular game, or could you use a refresher? We are excited to offer you a workshop to help you learn the game or just brush up on your skills. Join us on **Friday, July 16th**, from **10:00-Noon**. \$2 Participation Fee Please RSVP to 873-4745

Local History Series: Part II:

Join Waterville native and member of the Waterville Historical Society, **ART RAY** for a special history series, including slide show presentations and discussions. **July 13, 10-11:30 am** "The Post Cards and Pictures of Old Waterville", **July 27, 10-11:30 am** "The History of Colby College". Participation fee of \$2 each, includes coffee and snack. Please RSVP to 873-4745.



NOTICE: The Muskie Center will be closed on **Monday, July 5th**, in observance of Independence Day.



WEEKLY EVENTS:

Fitness

Exercise w/ Wendy (\$2) - Mon. & Fri 8:45-9:30 am

Richard Simmons Workout Tape (\$1) -

Mon & Fri 9:30-10:30, Wed. 9:00-10:00

Bone Builders - (\$1) Mondays 10:30-11:30/Thursdays 9:30-10:30

Walking Club—(\$2) Tuesdays, van leaves at 8:30 sharp

(Exercise w/Wendy and Bone Builders are now waiting list only.)

Games

Hand & Foot (\$1) Tues. 1:00-4:00

Cribbage (\$1) Wed. 1:00-3:00

Bridge (\$2) Thurs. 11:00-4:00

"63" (\$1) Fri. 1:00-4:00



We are now scheduling July Computer Lessons. \$7 for 45 minutes of

Personal instruction with a volunteer trainer. Please call 873-4745 to

schedule your class. *Notice: Payment for computer lessons is due in*

advance and is non-refundable if cancelled less than 24 hours in advance.

Other

Beauty Shop w/ Claire—Every Tuesday—Call for appointment

Blood Pressure Screening—FREE—Please Call

Quilting & Handcrafts—Off for the Summer

Colorectal Cancer Workshop—July 12th, 12:15-1:00pm

According to the American Cancer society, Colorectal Cancer is the second leading cancer killer in the United States, yet it is 90% treatable if found early. Join

MaineGeneral's Prevention Center for this informational session to learn more about

this treatable disease. Learn more about colorectal cancer prevention, available

screenings, and community resources, at this free presentation. You will also receive

helpful pointers on how to get this important message across to your family and

friends.

Is a Reverse Mortgage for You? July 20th, 1:00-2:00pm

Reverse mortgages are becoming popular in America. The FHA's Reverse Mortgage

Program enables you to withdraw some of the equity in your home and use it to

supplement Social Security, meet unexpected medical expenses, make home

improvements and more. Join us for this informational session to find out what it is,

the drawbacks, and if a Reverse Mortgage is for you. Please RSVP to 873-4745

Spectrum Generation's Family of Centers

Have you had a chance to meet some of our family members yet? In

addition to the Muskie 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

Skowhegan, Hallowell), Belfast, Damariscotta, Topsham, and Rockland. And visit

www.spectrumgenerations.org for a calendar of center events.

NOTE: Scrabble will take a break for the summer, reconvening on September 13th at 1:30

Lunch

Public Lunch is Mon.-Fri. *(unless otherwise posted)* 11:30am to 1:00pm. The suggested donation for age 60+ and people with disabilities is \$4.00. Under age 60 the cost is \$6.00 *unless otherwise stated.*

Thursday, July 1

Pot Roast

Friday, July 2

Public Cookout—\$6.00

See next page for menu

Monday, July 5

Closed

Tuesday, July 6

Turkey Burgers

Wednesday, July 7

Meat Lasagna

Thursday, July 8

Cheese Burgers

Friday, July 9

Swedish Meatballs

Monday, July 12

Veal w/ Gravy

Tuesday, July 13

Baked Ham

Wednesday, July 14

Happy Bastille Day!

Join us today for a special lunch

Thursday, July 15

Turkey

Friday, July 16

Baked Fish

Monday, July 19

Salisbury Steak

Tuesday, July 20

BBQ Chicken

Wednesday, July 21

Spaghetti & Meatballs

Thursday, July 22

Roast Pork

Friday, July 23

Salmon Pie

Answers

Monday, July 26

BBO Pork Riblets

Tuesday, July 27

Meatloaf

Wednesday, July 28

Chicken Parmesan

Thursday, July 29

Ham & Cheese Quiche

Friday, July 30

Baked Haddock

A second entrée option will be available each day. All lunches include coffee, tea, milk, salad and dessert.

Menu Subject to change without notice

Breakfast

Public Breakfast is served Mondays, Wednesdays and Fridays from 8:00-10:00am. The suggested donation for **age 60+** and people with disabilities is **\$4.00**. **Under age 60** the cost is **\$5.00**

Grab your friends and join us at the Muskie Center each day for lunch! With music and entertainment each week, special **fun and games, and more... you just never know what you'll find each day!**



Independence Day Cookout

Friday, July 2nd 11:30-1:00

Good Food & Live Music!

Hotdogs, Hamburgers & Chicken
Baked Beans
Potato Salad
Garden Salad
Coleslaw
Dessert & Drink
Tickets **\$6.00**

available that day or in advance

Consumer Information Specialist Do you have questions about services available? A Consumer Information Specialist can assist you with questions about Medicare, as well as other benefits and services. To schedule your appointment please call 873-4745.

Free Benefits Check-up & Medicare Information Clinic - July 13th from 9:00 am—3:30 pm. Benefits Specialists will be available to discuss various money-saving programs and services, including: the Supplemental Nutritional Assistance Program, the Medicare Savings Program, Maine Care, Supplemental Security Income, Home Energy Assistance Program, and the Tax and Rent Rebate Program. Medicare Information will also be available.

***Did you know:** Many Mainers who qualify for the Medicare Savings Program (sometimes called Medicare Buy-In), are not receiving it. The Medicare Savings Program is available to those who receive Medicare and have income at or below \$1745 for a single person household or \$2683 for a two-person household. This benefit can save more than \$100 per month for each eligible individual. Assets are not considered for this program, and depending on circumstances, some income limits are even higher). This is only one of the many benefits to be reviewed with our benefits specialists.*

To find out if you qualify for benefits or for questions about these or other programs, please call 873-4745 to schedule an appointment.

If you feel uncomfortable or have met an aggressive insurance sales person, please call the Maine State Bureau of Insurance at 1-800-300-5000.

Caring Support Groups

Alzheimer's Support Group—July 29th at 6:30pm

Family Caregiver Education & Support Group—July 21st, 12:00-1:30

This group provides a confidential setting for those family members, friends and neighbors who are, or have been, caring for someone. This is an opportunity to share worries and experiences, and learn how important it is to care for yourself. For more information, please call 1-800-282-0764 extension 106. TTY 1-800-464-8703



Lunch, Learn & Lose—beginning Mondays, July 12th, 12:15-1:00 Are you struggling with weight loss or weight maintenance issues? Join us for this all new weekly peer support group. Set goals, share tips, ideas and recipes. Success is easier to attain when you have others cheering you on. \$2 Suggested Donation. If interested, please call 873-4745 to sign up.

Would you like to receive our monthly newsletter and schedule of upcoming events by email? Send an email to muskiecener@spectrumgenerations.org to request we add you to the list!

EXTENDED TRIPS



Explore Wine Country

Enjoy 7 days and 6 nights, beginning **August 26, 2011**, exploring California's Wine Country, featuring San Francisco and Napa and Sonoma Valleys. **You'll stay at charming villas and "boutique" hotels as you enjoy** sightseeing in San Francisco, explore the Red Woods of Muir Woods National Monument, learn the art of wine and champagne making, how to pair food and wine, enjoy a demonstration and tasting of the making of olive oil, cheese making, and the art of chocolate truffle making. Your tour also includes a relaxing lunch on the Napa Valley Wine Train, one of the top 20 rail experiences in the world. With just 16-24 passengers **in your tour, you'll enjoy a personal** and intimate trip with plenty of opportunities for leisurely exploration. Cost includes flight, lodging, most meals, a professional tour guide, and admission charges, where applicable. Rates start at **\$2699 based on double occupancy**. For more information please call Casey at 873-4745



Looking for something else?

Stop by the Muskie Center or visit www.spectrumgenerations.org for information about other extended stay trips, including a 9 day, 8 night tour of Savannah, Jekyll Island and Beaufort, a 3 day, 2 night trip to Olde Mystic, CT, the Disney Food & Wine Festival, and more!!

DAY TRIP ADVENTURES

Day trips require a minimum number of participants. Please pre-register as soon as possible so we can guarantee the trip.



Hollywood Slots trip with Frank Gifford. Ride by motorcoach on July 13th, pickup at the Holiday Inn, Waterville at 9:00am. \$25 cost includes your transportation on a motor coach, lunch buffet and \$10 in slot coins. Deadline to register **July 6th**.

Non-Refundable. Please call 873-4745 to reserve your seat.



Yarmouth Clam Festival Join Gina for a trip to the 45th Anniversary of this wonderful village

tradition. Experience music, arts, events, competitions and of course good food! **July 17th** departing the Muskie Center at 9:00am. Transportation cost just \$21. Admission to the Festival is free. Please call to reserve your seat. 873-4745



Shaw's Lobster

Wharf Join Bill R. for a relaxing trip to the salty village of New Harbor for postcard perfect views of the working harbor and great food! **July 29th** departing the Muskie Center at 9:30 am.

Transportation cost \$20.00 Please call to reserve your seat 873-4745

Cash, Checks, Visa, Mastercard & Discover accepted for all trips

SOMERSET HAPPENINGS

Consumer Information Specialist is available to help you with Medicare, social Security and other health care questions. Please call 474-8552 to make an appointment.

Adult DayBreak Somerset Center currently has openings for new participants to join the program. Free visits are available. Please call, 474-8552 to learn more.

Volunteer Opportunities at Muskie

We are currently accepting volunteer applications for the following:

***Entertainers**—Are you a comedian, magician, musician, performer, or entertainer of some sort? Volunteer performances needed for lunchtime entertainment.

***Lunchtime**—We are currently seeking several volunteers to assist with the lunch buffet. Duties may include cash register, set up, serving food, and assisting with clean up. 2-4 hours each week.

Stop by to pick up your volunteer application today!

Senior Citizens Are American Citizens!

Watch your mail or go online (www.spectrumgenerations.org) for the "Meals On Wheels" fundraising appeal this Fourth of July! We give homebound seniors and disabled adults freedom from hunger with every donation. Money raised in Northern Kennebec County supports "Meals On Wheels" right here and helps the Muskie Community Center.

Have an idea for a trip, event, workshop, or game? We want to hear from you! Call Casey at 873-4745 or send an email to cmilligan@spectrumgenerations.org