



Living

MUSKIE CENTER HAPPENINGS

Learning

Introducing new weekly programs at everyone's favorite community center!

The Muskie Walking Club

Join us each Tuesday at 8:30 sharp for our brand new Walking Club. Fresh air and fitness are a combination that can't be beat!! Each week will feature a different local track, trail or venue. Check in each Tuesday morning to find out that week's location. \$2.00 participation fee includes a bottle of water, a volunteer guide, and transportation from the Muskie Center to the walking site if needed. Get fit with your friends.

Just for the Spell of It...

Come for lunch on Tuesdays and stay for an entertaining game of Scrabble. Join us on Tuesdays at 1:00 for an afternoon of fun and spelling! Cost is just \$1.00

Book Discussion Group

Join us each Wednesday, beginning June 16th from 10:00 to 11:30 to discuss and share your favorite authors and books. Cost is \$2.00 and includes a snack and coffee. Stay after, and join us for our new buffet!



Join us on Friday, June 18th from 11:00-1:00 for our

FATHER'S DAY BUFFET

Great Food, good friends, and live music! Tickets just \$10 and available in advance by calling 873-4745

Stay Up to Date on the Latest Muskie Center News. Join our email list by sending a request to muskiecenter@spectrumgenerations.org

June 2010



8th Annual Golf Tournament for Meals on Wheels Monday, June 14th

Meals on Wheels continues to provide hot nutritious meals to our homebound community members. You can help those individuals by enjoying a day of golf at Natanis Golf Course in Vassalboro, ME. If you do not golf, but would like to support the Meals on Wheels program, you may make a financial contribution to Spectrum Generations by sponsoring a team, a hole, or a golf cart.

For those who wish to test their skill, check in begins at 11:00 and start time begins at 12:00. Compete for



awards for the longest drive, closest to the pin, and many more. Sink a "Hole in One" on the designated hole and you will win a new car sponsored by O'Connor Motors! If you would like more information on how to enter, and the various ways you can contribute, please contact Ryan at 873-4745.

Thank you for supporting the Meals on Wheels Program.

History is fun! Introducing a new series:

Join Waterville Native and member of the Waterville Historical Society, ART RAY for a special history series, including slide show presentations and discussions. Participation fee of \$2 each, includes coffee and snack. Please RSVP to 873-4745. Stay after, and join us for our new lunch buffet.

June 15, 10-11:30am

"The Trolleys of the Waterville Area"

June 29, 10-11:30am

"The Portland-Lewiston Interurban and the 'Flying Yankee'"

July 13, 10-11:30am

"The Post Cards and Pictures of Old Waterville"

July 27, 10-11:30am

"The History of Colby College"

Workshop: Learn to use your cell phone

Grab your lunch at our new buffet and join Pine Tree Cellular on June 17 from 11:45-12:45 in our Kennebec room to learn how to use all those features, how to make and receive phone calls, how to store phone numbers and more. \$2 Participation Fee (does not include buffet). Please RSVP to 873-4745

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



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

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

Games

Scrabble (\$1) Tues 1:00-3:00

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

Other

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

Quilting & Handcrafts—Off for the Summer

Blood Pressure Screening—FREE—Please Call

Lunch, Learn & Lose

Coming soon... a weekly support group for those dealing with weight loss issues. Create an action plan to help you set and attain your goals. Problem solving, peer support, build communication skills, and explore the barriers to healthy eating and exercise. If interested, please call 873-4745 to sign up.

Skin Cancer Awareness Workshop

Grab your lunch at the buffet and join Donna Walsh from the Maine General Alford Cancer Center on **June 15** at noon in the Kennebec Room as she discusses risk factors and early warning signs for skin cancer as well as a review of sun safety practices. Summer is coming and its time to learn more about protecting yourself from skin cancer. Cost is FREE (Does not include buffet)



GREAT NEWS!!! We are again scheduling one-on-one COMPUTER TRAINING sessions. **Don't get left behind—**

choose from basic computing, internet/email, facebook, online shopping, and creating word documents. Call today to schedule your training session 873-4745. Cost is \$7 for a 45 minute session, payable in advance. Cash, checks, Visa and Mastercard accepted. Cancellations made less than 24 hours in advance are non-refundable. *Interested in becoming a volunteer computer trainer?*

Call Casey at 873-4745 or stop by the Muskie Center.

DAY TRIP ADVENTURES

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



Maine Renaissance Faire

June 10th, departing at 9:30am. You'll travel to this fair of wonders in Manchester, where you will see artisans, merchants, vendors, re-enactments, sword swallowing, fire eating and more! Transportation \$9.00
Faire Admission \$12.00
Please call 873-4745 to reserve your seat.



Belfast Trip to Reny's

Join Bill for a ride to down to enjoy the sights and smells of spring on the coast. **June 22nd**, departing at 9:30am. Transportation cost \$15. Lunch not included. Please call 873-4745 to reserve your seat.



Hollywood Slots with Randy's Tours

June 24th, 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 **June 14th**. Non-Refundable. Please call 873-4745 to reserve your seat.

Answers



EXTENDED TRIPS

Looking for extended travel opportunities?

Stop by the Muskie Center to get your brochures outlining our extended stay trips, including a 9-night Eastern European Cruise, a 9-day Danube River Cruise, a 10-night Panama Canal Cruise, 8-Day Tour of the Canadian Rockies & Glacier National Park, 10-day Tour of Switzerland, Austria & Bavaria, and 10-day tour of Ireland.

Star Spangled in Olde Mystic, CT



Enjoy 3 days, 2 nights Sept. 27, 28, & 29, in historic Mystic, CT with 8 meals, live music theater "Star Spangled" by Cornerstone Productions, Mystic Aquarium, shopping in Olde Mystic Village and both Foxwoods and Mohegan Sun casinos! Price includes all the above and starts at \$319 per person based on double occupancy.

Motorcoach transportation provided by Stage Coach Charters & Tours. Full details are available at the Muskie Center or by calling 873-4745. *Early bird pricing ends Aug. 20.* Sign up now!

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 - June 8th 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.



Support Groups Whether you are caring for a loved one with Alzheimer's disease or a caregiver for a family member or someone else close to you, we here at Spectrum

Generations are here to support you. Join one of our support groups to discuss the issues you may be facing.

Alzheimer's Support Group—June 24th at 6:30pm



World Elder Abuse Awareness Day - June 15, 2010



Family Caregiver Education & Support Group—June 16, 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

First Annual Quilt Show Fundraiser



Join us on June 30th from 9:30am-2:30pm for our First Annual Quilt Show Fundraiser. Shop from local crafters for one-of-a-kind treasures. Admission is free.

Are you a quilter? Would you like to show off or sell your handiwork?

Table space for our Quilt Show is available for just \$25, with proceeds benefitting the Muskie Center Activities Program. Space available on a first-come first-serve basis. Applications are available from the Muskie Center Reception Desk or by emailing muskiecenter@spectrumgenerations.org

Too Many Daylilies Driving You Crazy?



Trying to weed out some of those overgrown beauties in your garden?

Join us on June 25th for our Annual Plant Swap.

Bring something to swap or share and go home with something new! PLUS... Join the UMaine Coop Extension for a workshop on container vegetable gardening. Whether you live in the country or in an apartment, container gardening fits any lifestyle. 12:00-12:30 \$3 participation fee. Please call 873-4745 to RSVP.

Check out what's happening at lunch...

Musical Mondays—enjoy the music of Mike Theriault every Monday, beginning June 7th

Acoustic Guitar Performance—June 8th—enjoy the music of Bill Lake

Ice Cream Sundae Dessert Buffet—June 16th, following the lunch Buffet

Grilling Tips with Chef Gary—Grab your buffet lunch and join us in the Kennebec Room on June 25th at 11:45 to watch a 30 minute video featuring Chef Gary as he shares the secret of great grilling! 50/50 drawings

Stay tuned... more to come!!!!



BACK BY POPULAR DEMAND... THE MUSKIE BUFFET!!!!

Café Plus is about to get a whole lot better!!!! Beginning **June 7th**:

Breakfast Buffets will be offered Mon., Wed., and Fri. Start your day off right with a home cooked breakfast, the morning news, and good friends!!

\$5.00 per person or \$4.00 donation if 60 or older 8:00-10:00 am

New Lunch Buffet, Mon. - Fri.

Hot specials just the way you like them! Entrée, beverage and dessert for the low price of \$6.00 per person or \$4.00 donation if 60 or older.

Introducing...

Café Plus a la carte In a hurry? Not in the mood for a hot meal?

We've got you covered... fresh sandwiches and wraps prepared daily so you can grab and go or have a bite while relaxing in our lounge area.

Sugar Hi Bakery Cookies, pastries, cookies, breads and special treats. All home made just for you! Beginning June 19th

Plus much, much more!

Workshops, fitness, movies, entertainment, socialization—you name it, we'll plan it! The ever so popular themed dinners will also be offered on a more regular basis!

Café Plus—a place to meet new friends, learn new things, have a laugh, and eat great food!

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:

*** Home Assessors**—Do you like people? Do you like to make a difference? We are looking for a special person (or two) to make home assessment visits for the Meals on Wheels Program.

***Entertainers**—Comedians & Musicians. We are looking for some fun and entertainment for our daily lunch buffets starting June 7th!

***4th of July Float Help!** Decorators and designers, riders and walkers needed for our 4th of July parade float. Please give us a call if you would like to be part of this fun event!

Don't see what you're looking for? Check out www.volunteermaine.org for more volunteer opportunities or stop by and speak to Angela about other ideas.

Stop by to pick up your volunteer application today!

Save the Date! We'll be at Sam's Club, Augusta on June 11th selling hot dogs! Stop by and see us.