



## KNOX COMMUNITY CENTER HAPPENINGS

### Center Activities

#### Clearing the Mind and Centering the Body with Acupuncture and Asian Bodywork Therapy (ABT)

Join Eileen Murray, Licensed Acupuncturist, for an informational session on Acupuncture and Asian Bodywork Therapy (ABT). Learn a self-help technique to relax the eyes, quiet the mind, calm the heart and slow the breath. You may also choose to experience a simple yet effective acupuncture treatment that reduces the body's response to stress. All are welcome!

Date: Tuesday September 7, 2010  
Time: 10:45am – 12 noon

#### Fall Wreath Class

We have the answer to your fall decorating needs. Create your own dried flower wreath with Mary Carver. Mary grows her own flowers, dries them and creates wreaths to sell at many local markets. Tuesday, Sept. 28 at 10:30.

Return to the center in November and create your own greenery wreath for the winter season. Stay tuned for date and time. Call 596-0339 FMI.

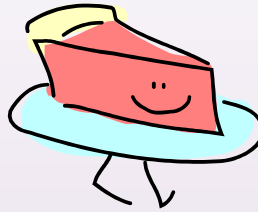
#### Guest Art Instructor Polly Steadman

brings her abstract, expressionist style filled with vivid colors and imbued with energy to the Knox Community Center.

Polly hails from Damariscotta, has a studio in Waldoboro, and has exhibited throughout the state of Maine. All are welcome to this free class—Wednesday, Sept. 8 beginning at 9:30am.

### September 2010

#### Me Oh My, I Love Pie!



A slice of tradition with a nutritional twist.  
Tuesday, Sept. 21, Noon

Beth Chamberlain of the University of ME Coop Ext. will take traditional pie and shake it up, sharing new crust recipes and ideas for savory pies. Lunch included.

Stay for dessert & sample a host of harvest pies—apple, pumpkin, et al.  
\$2.00 a slice

Quarter pies available for purchase.  
Call 596-0339 to register.

**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](http://www.spectrumgenerations.org)

### Center Activities



**Roots—a local history series!**  
How well do you know the mid coast of Maine, your community, your

neighborhood store? Join us for a step back in time and discover the roots of this piece of coast we call home.

Monday, Sept. 13 @10:00—  
Thomaston Historical Society  
Monday, Sept. 20 @ 10:00—  
Cushing Historical Society

#### Keep Moving

**New Session begins Thursday, Sept 2**



Sign up for another 6 weeks of fun and fitness provided by our friends at the Penobscot Bay YMCA. Cost is \$20.00. Please call 596-0339.

#### Did you know?

Spectrum Generations is offering a Self-Directed Home Care Support Program for Veterans—The Veterans Independence Program or VIP. For more information, please call Kristin Overton at 1-800-639-1553 x118.

**The center will be closed Monday, Sept. 6 in honor of Labor Day!**

## Caring

**Family Caregiver Support Group** meets this month on Wednesday, 9/8, from 12-1. All caregivers are welcome! FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

## Living

**Book Group** —Monday, Sept. 13 at 9:15am— Persepolis: the story of a childhood. By Marjane Satrapi.

**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 at 9:30 running Sept. 2—Oct. 12. Cost is \$20.00. Please call 596-0339.

## Answers

**VA Representative, Conrad Edwards**, will be in Rockland **Sept. 9, 9-1 & Sept. 23, 9-12.** Call 596-0339 to schedule your appointment. Home visits can be arranged if necessary.

## Medicare Minute

The first batch of one-time \$250 checks for people who enter the Part D doughnut hole were mailed June 10. A second round of checks has now been mailed. Additional checks will be mailed monthly as more people enter the coverage gap. Generally speaking, individuals should receive their checks within 45 days of entering the donut hole. There are no forms to fill out to receive this benefit. The automatic rebate checks will come from Medicare and NOT from an eligible beneficiary's prescription drug plan.

The envelope will have the US Department of Health and Human Services symbol on it and will say "Medicare Part D." Beneficiaries don't need to provide any personal information like Medicare, Social Security, or bank account numbers to get the rebate check. They are reminded not to give any personal information to anyone who calls about the \$250 rebate check. Call 1-800-633-4227 to report any suspected fraud or scams or with any questions.

Gloria Rhode offers Medicare seminars and is available for individual appointments. Call 596-0339.

## 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 answers. Call 596-0339.

**September 15, 12:30-2:00**  
**September 27, 10:30-12:00**

**Spectrum Generations' Adult DayBreak ...healthy participants, healthy families, healthy communities**

Adult Day Services is the most affordable alternative to assisted living placement and allows an elderly or disabled family member to continue living at home longer. We offer a compassionate center based program on weekdays in **Belfast, Hallowell, Skowhegan and Waterville.** Your loved one will enjoy a delicious and nutritious lunch, arts, music, crafts, bingo, exercise classes and an opportunity to meet and develop new friendships. Meanwhile, you'll have peace of mind to go to work, run errands, or just enjoy time to yourself.

### Adult Day Services Week (September 20-24, 2010)

Come and see why adult day services are a smart choice and enter to *win 10 hours of services* at one of Spectrum Generations' Adult DayBreak programs. To contact one of our centers, call the Helpline at 1-800-639-1553.