



# spectrum generations



## WALDO CENTER HAPPENINGS



### Caring

#### Adult Day Services Week (Sept 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.

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, activities such as arts and crafts, bingo, exercise class and an opportunity to meet and develop new friendships. Meanwhile, you can go to work, have some time for your errands or even time for yourself.

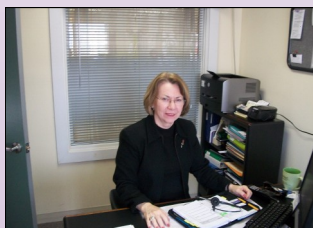
Please stop by one of our programs for more information, and if you stop by during 'Adult Day Services' week (Sept 20-24), register to win 10 hours of adult day services. Adult DayBreak program are at the following centers: Muskie Community Center, 38 Gold St. in Waterville (873-4745); Somerset Community Center, 30 Leavitt St. in Skowhegan (474-8552) Waldo Community Center, 18 Merriam Rd. in Belfast (338-1190) W. S. Cohen Center 22 Town Farm Rd. in Hallowell (626-7777).

September 2010

### Answers

#### Maine Property Tax and Rent Refund Program

Spectrum Generations will provide individual appointments to assist with the 2010 Maine Property Tax and Rent Refund application at all of our community centers. Please call for an appointment. Tax and Rent clinics will be held at the Waldo Center in Belfast on: September 9 and 22. Please call for an appointment at 338-1190.



**Waldo Community Center**  
18 Merriam Road  
Belfast, ME 04915  
**Consumer Helpline:**  
1-800-639-1553  
(TTY) 1-800-464-8703  
(Local) 207-338-1190  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

### Answers

#### Veteran's Services



#### Putting Veterans First

Are you entitled to more military services and benefits? Do you have questions about veterans pensions, small business loans, educational benefits, service connected disabilities or other benefits you maybe entitled to?

Conrad Edwards, Veteran's Advocate, will be available to help you on Wednesday, September 1, by appointment from 9:00 to 12:00 noon and from 12:30 to 2:00. Please bring your military documents with you.

#### "Never Forgotten" Memorial

Spectrum Generations has added a new feature to our website called "Never Forgotten" which is a memorial wall to honor and remember loved ones passed. For more information please visit us at [www.spectrumgenerations.org/memorial.asp](http://www.spectrumgenerations.org/memorial.asp).

## Upcoming Trips

### Southern Charm with Savannah, Jekyll Island & Beaufort



*Southern Charm* features 9 days and 8 nights lodging, 14 meals, tour Savannah and visit famous historic homes, tour the amazing Jekyll and St. Simon's Islands and see how America's early millionaires lived and played. Then off to gorgeous Beaufort, SC "Queen of the Carolina Sea Islands" and a visit to Parris Island with much more! Luxury motorcoach transportation provided by Diamond Tours with pricing starting at \$695 per person based on double occupancy. Trip departs from Rockland, Maine at 8:00 AM on March 19, 2011 and returns on March 27th. For full details and to make your reservations please contact Susanne at Spectrum Generations Knox Community Center located at 61 Park Street in Rockland. Telephone at (207) 596-0339 or email her at [sd-white@spectrumgenerations.org](mailto:sd-white@spectrumgenerations.org). Travel insurance options are available for this adventure.

*All trips require reservations. Stop by or call 338-1190 for full details.*

### Explore Wine Country

Enjoy 7 days and 6 nights beginning August 26, 2011. You'll explore California's wine country, featuring San



Francisco and Napa and Sonoma Valley's Trip includes flight, lodging, most meals, professional tour guide and admission charges where applicable. Rates start at \$2,699 per person based on double occupancy. For more details on this unique adventure of a lifetime, please call Casey at Spectrum Generations Muskie Center located at 38 Gold Street in Waterville. Telephone (207) 873-4745 or email at [cmilligan@spectrumgenerations.org](mailto:cmilligan@spectrumgenerations.org)

## Volunteer Opportunity

### Computer Instructor Needed

Share your computer skills and knowledge with people who want to learn to use computers. We have the students if you have the time! Call Karen at 338-1190 for a volunteer application. Flexible hours and schedules are available.

## Living

### Spectrum Generation's Family of Community Centers

Have you had a chance to meet some of our family members yet? In addition to the Waldo 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, Topsham, Rockland, and Damariscotta. And visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org) for a calendar of center events and directions to each location. We hope to see you soon.



Spectrum Generations is all about getting connected and getting answers. We have one more way to make this easy now – Facebook! Join us at Spectrum Generations' Facebook page and become a fan in order to join our online community for additional tips on health, wellness, care giving, activities and more. We also have recommended website links, photos, and news. Come and join this new adventure!