



spectrum generations

KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

Living Options in Knox County for those 50+ Friday, April 23, 9:00-2:00, Penobscot Bay YMCA, 116 Union St., Rockport

Are you or a loved one confused about local housing services and options for those 50 plus? Considering retrofitting your home to meet your changing needs, or maybe selling your home and moving to a service-enriched age-specific community? If so, then this program is for you. Experts representing several Knox County-based organizations will come together to untangle the web of options, services, and programs available to: help you safely stay at home; prepare your home for sale in today's market; take advantage of legal and financial services (including reverse mortgages) of special interest to older adults; assess your current situation and needs and much more. The program is free and includes light breakfast and buffet lunch. Please call 596-0339 to register.

Brought to you by: Jaret & Cohn Real Estate; Kno-Wal-Lin Homecare & Hospice; Knox County Community Health Coalition; Maine State Housing Authority; Penobscot Bay YMCA; Penquis; Spectrum Generations; Quarry Hill



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' page on Facebook to become a fan. 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!

April 2010

Monthly Educational Lunch

Michael Shell will be speaking on Authentic Communication Thursday, April 15.
Lunch at 11:30, speaker at 12:00
Cost is \$8.00

A Tisket, A Tasket, Come Create a May Basket!

Thursday, April 29, 11:00
\$10.00 materials fee

Downsizing as a Legacy

April 12, 10:00-11:30am
The Vaughn's, who founded Legacy Years Transitions Services, have created this interactive workshop to get people thinking about ways of downsizing to create a legacy.
Cost is \$5.00

Get that Garden Going

Seed Starting Class
Thursday, April 22
11:00-12:00
Call 596-0339 to register for above programs!

**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

Healing with the Senses: Lose your mind and come to your senses; Learn simple and fun techniques for health and well-being

April 6—Color Health (sight)

This interactive & fun class incorporates Aura-Soma, color testing and other fun "color" tools.

April 13—Aromatherapy for Everyone (smell)

This hands-on workshop explores the realm of scent and the healing power of therapeutic grade essential oil "recipes" for home and personal use.

April 20—BodyWorks (touch)

Come and learn simple self-care techniques and hands-on ways from various disciplines to help yourself and your loved ones feel great.

April 27—Power of the Spoken Word (speaking/hearing)

This fun and interactive class may transform the way you think about your voice as a tool for healing. Through storytelling you will get to listen to stories that explore your 6th sense; intuition.

May 4—Drinks for Health (taste)

Learn and taste drinks that may boost your health and increase your immune function that are easy to make and deliciously healthy to partake. This last class includes a potluck option for attendees to participate if they desire.

This series is offered by Cynthia Swan, M.Ed., LMT. Each session runs from 11:00 -12:30. Cost is \$15.00 per session. Please call 596-0339 to register.

Caring

Family Caregiver Support Group meets this month on Wednesday, 4/14, from 12-1. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

Living



Come Live it Up with Wii Bowling—grab a few friends and call for open times!

Book Group —Monday, April 5th at 9:00. April's selection Plainsong By Kent Haruf.

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. Spaces still available. Call 596-0339.

Spectrum Adventures



Join Spectrum Generations October 14-19, 2010 at For the Epcot Food & Wine Festival

Accommodations at the Port Orleans Riverside, 6 day hopper pass to Epcot, Magic Kingdom, Animal Kingdom, MGM studios, and Disney's Plus Dining Plan, roundtrip Magical Express airport transfers, taxes, and admission to the World Showcase Pavilion at the food and wine festival (at Epcot) on Saturday evening. Prices start at \$1128 p/p; airfare, other event venues and costs not included; deposit is \$200 at time of signing; final payment due September 1, 2010.



To Contact AAA:
1-800-222-3760



For more adventures call 596-0339

Learning

Medicare for Everyone!

Monthly seminars that cover the following topics: what is Medicare; when and where to sign up; what services are covered; what is the new Prescription Drug benefit; how much does Medicare pay; what is Medicare Supplemental Insurance? We provide you with information and materials needed so you can make the best choice about your medical coverage.

April 16, 9:30-11:00

April 27, 12:30-2:00

Interested in learning computer basics? Come for a free one hour lesson by appointment only, Tuesdays between 9:00-12:00. Use one of our many cyber café computers or bring your own laptop, Wi-Fi is available.

Please call 596-0339 to sign up.

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 **April 8 & 22, 9:00-1:00** Call 596-0339 to schedule your appointment, home visits are available if needed.