



## KNOX COMMUNITY CENTER HAPPENINGS

### Center Activities



#### Decorate your Cake and Eat It Too!

You are invited to a cake viewing and sampling on Wednesday, May 12th. Cake Decorating Class is soon to follow, class day and time TBA. Sign up to learn the basics of various icing techniques and creating flowers. Call 596-0339 FMI.

#### Freshwater Fly Tying

Conrad Edwards, VA Representative, is both an avid fisherman and accomplished at fly tying. Join him for a freshwater fly tying class on Thursday, May 13 from 1:00-2:00. If you haven't had the good fortune of meeting Conrad, this is your chance. Class is free and open to all.

#### Food for Thought

The next educational lunch is Thursday, May 20th. This month we are happy to host Patrick Korte from the Able Network's SCSEP (Senior Community Service Employment Project). This program helps qualifying older adults learn new job skills and re-enter the work force through part-time paid employment in non-profit organizations. Come learn about this program while enjoying lunch. Cost is \$8.00. Lunch at 11:30, speaker at 12:00. Call ahead to register 596-0339.



\*The Center will be closed  
Monday, May 31\*

### May 2010

#### Changes in Medicare: What Healthcare Reform Means to You.

On 3/23/10, President Obama signed the Patient Protection and Affordable Care Act into law. Gloria Rhode, Consumer Information Specialist, is leading an informational session to review the changes to Medicare. The discussion will include Medicare Part D prescription coverage, Medicare Part B preventive care changes, and Medicare Advantage plans. All are welcome.  
May 18th, 11:00-12:00.



#### Senior Health & Fitness Day

Join us for a group walk and healthy lunch! May 26: 11:00-1:00 at the Teen Center, Camden. RSVP Pen Bay YMCA 236-3375.

**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

#### Spectrum Volunteer of the Month



Ask any of the many people that come to learn or relearn computer basics, email how to's, or internet search engines what makes Linda such a great teacher and they respond with "her humor" or "her patience" combined with her overall knowledge. Linda has been volunteering her time at Spectrum Generations for three years, working one on one with the members of the Knox Center in Rockland. Linda has been drawn to and has a natural aptitude for working with computers. Once she retired from Pen Bay, where she worked in the Transportation Department, she wanted a way to give back to her community. As a patron at the Tenants Harbor Library, Linda noticed that many of the seniors welcomed her help to gain a comfort level working with computers.

Through the Agency's newsletter, Linda then learned about the need for volunteers at Spectrum Generations and began to offer additional computer sessions in Rockland. Linda loves working with seniors because as she says "they really want to learn, enjoy learning and ask good, insightful questions". Linda's focus is to help people learn exactly what they want to know, so that lessons are individualized, based on their needs. Each session is different.

Spectrum Generations wants to thank Linda for her time and talent! Come in for a lesson and meet Linda, Tuesdays, 9-12. Call ahead, 596-0339.

## Caring

Family Caregiver Support Group meets this month on Wednesday, 5/12, from 12-1. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

## Living

Wii—available by sign up only. Grab a few friends and come have fun - bowling, boxing, baseball or tennis.

Book Group —Monday, May 3rd at 9:00. **May's selection is West with the Night** By Beryl Markham.

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.

Stay tuned for a Spring Art Show & Auction. Details to follow!

## Spectrum Adventures

# Star Spangled!



Pack your bags for **Sept. 27, 28, & 29**, and head to lovely historic Mystic, CT.

Enjoy 3 days, 2 nights, 8 meals, **live music theater "Star Spangled" by Cornerstone**

Productions, Mystic Aquarium, shopping in Olde Mystic Village and both Foxwoods and Mohegan Sun casino! Price includes all the above and starts at **\$319** per person based on double occupancy.

Motor coach transportation provided by Stage Coach Charters & Tours.

Full details are available at the Knox Community Center or by calling 596-0339.

*Early bird pricing ends Aug. 20.* Sign up now!

## 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 the answers you are seeking to make the best choice about your medical coverage. Call 596-0339.

**May 10, 10:00-11:30**

**May 21, 12:30-2:00**

### Living Well for Better Health

**Chronic Disease Self Management** Informational meeting—June 8th at 1:00pm. A schedule for the workshop will be announced at a later date. For more information contact Vicki Foster, at

(800) 282-0764 x 126

[vfoster@spectrumgenerations.org](mailto:vfoster@spectrumgenerations.org)

[www.spectrumgenerations.org/Services/HealthWellness.asp](http://www.spectrumgenerations.org/Services/HealthWellness.asp)

## 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 **May 13 & 27, 9:00-1:00**

Call 596-0339 to schedule your appointment, home visits are available if needed.