



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

Keep Moving now offered Tuesday & Thursday mornings at 9:00 & 9:45.



Openings are available. Cost is \$20.00 for 6 weeks. New session begins Dec 8th. Please call 596-0339 to register.

Portland Day Trip offered by the Rockland Recreation Department and Spectrum Generations. Friday, Dec. 11, board the bus at the Rockland Recreation Center at 8:00am. Spend the morning at the Maine Mall, lunch on your own, reconvene for visits to the Longfellow House at Maine Historical Society,



followed by Victoria Mansion, and dinner at the Taste of Maine. Cost to be determined. Call 596-0339 to sign up.

<http://library24.library.cornell.edu/collections/adw/74402-10040026.html>

We will be closed Friday
December 25 for Christmas.



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December 2009

Canadian Rockies by Train Slide Show and Presentation with Christian Leibl-Cote of Collette Vacations. Thursday, Dec. 10 @ 10:30



Explore the spectacular Canadian Rockies aboard VIA Rail's *The Canadian*®. Experience beautiful Vancouver before boarding the train and heading east, passing vast coastal forests, rushing rivers and the Monashee Mountains. See amazing glaciers during an excursion at the Columbia Icefields and enjoy an overnight stay at the magnificent Fairmont Banff Springs Hotel, properly nicknamed the "Castle in the Mountains.

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

Monday Morning Yoga continues, with certified instructor Michael Shell.



Class starts at 9:30.

Please call 596-0339 FMI and to register.

Gifts from the Kitchen returns. Join Nutritionist Beth Chamberlain in putting together kitchen gifts, make some to keep, and some to give away. Date to be announced, please call 596-0339 FMI.

Medicare Prescription Drug Plan Clinics Continue!

If you are interested in reviewing or changing your Medicare Prescription Drug Plan, we have several clinics scheduled to assist you. Please contact us at 596-0339 to schedule an appointment. To provide you with the best service, please bring information on your current drug plan and a list of prescriptions that you are currently taking. While you are here, pick up an envelope from **Safe Medicine Disposal of ME** and mail in your old prescriptions that are out of date or no longer being used.

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Caring

Family Caregiver Support Group meets this month on Wednesday, December 9 from 12:00-1:00. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

Living

Book Group — Monday, December 7 at 9:00am.
December's selection is Long Days Journey Into Night
By Eugene O'Neill.

Art Club—meets 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.

Something New!
Certified Yoga Instructor Michael Shell will be here Monday mornings at 9:30 for a one hour seated Yoga class. This is a full hour of yoga including some light weight work and meditation. What a great way to start your week.

Spectrum Adventures

Canadian Rockies & Glacier National Park
June 19-26, 2010



\$2,499 p/p double occupancy
\$3,199 single
\$2,469 triple occupancy

Highlights include: Waterton Lakes National Park ~ Glacier National Park ~ "Going to the Sun Road", Banff~ Columbia IceFields ~ Athabasca Falls ~ Jasper ~ Calgary
Tour offered through Collette Vacations



10 Night Panama Canal Cruise



Visit Aruba; Cartagena, Columbia; Panama Canal, Panama; Colon (Cristobal), Panama; Limon, Coasta Rica and Ocho Rios, Jamaica
Departs November 5, 2010

Staterooms start at only \$1,293 p/p based on double occupancy not including airfare. For More Details Call Toll Free: 877-473-2386



Learning

65th Birthday Clinic

Topics include: 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.

Tuesday, Dec. 8, 12:30-2:00
Monday, Dec. 28, 10:00-11:30

Do you have a skill or knowledge in a particular area you wish to share? Become a volunteer. In November, one volunteer chose to lead 2 wreath making classes sharing her skill and sending people home with beautifully crafted wreathes for the holidays. Might you have a skill to share? Call 596-0339 and ask for Suzanne.



Answers

SCSEP representative Patrick Korte will be at the center on **Thursdays from 10:00-12:00.**

VA Representative, Conrad Edwards, will be in Rockland **December 10, 9:00-1:00** Call 596-0339 to schedule your appointment, home visits are available if needed.