



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

The Center will be closed Monday, February 15th for Presidents' Day.



Thinking about taxes?

Volunteers will be available by appointment only Fridays beginning February 5 & running through April 9.

To allow the volunteers to best serve you, it is important to arrive a few minutes early to complete an intake form and come prepared with the following information:

- Social Security cards
- **copy of last year's tax return**
- W-2 forms from each employer
- Unemployment compensation
 - Social Security statement
- 1099 forms showing interest, dividends earned, or other forms of income
- Pensions or annuity statements
 - Social security number(s)
- Direct deposit information (bank routing and account numbers)

This is a free service open to the community. All donations directly support such programs and services.

Call 596-0339 to make your appointment today.

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February 2010

Education Lunch Series continues!

On Thursday, February 25, we will host Coastal Senior College instructor, Dr. Edward Wynne, retired Methodist minister, who will be speaking on Science and Religion.

Come learn more about the wide variety of classes offered through Coastal Senior College and enjoy a an introduction to one of their many offerings this spring.

Cost is \$8.00.
Lunch begins at 11:30, speaker at 12:00.

Call 596-0339 to reserve your space.

Coastal Senior College Course Catalogs are available at the center.

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



Calling all Caregivers to a Brown Bag Lunch, Monday, February 22 at 12:00.

Are you a caregiver of a family member, friend or neighbor? Do you need guidance and skills to help you in this often challenging situation? The Knox Community Center is hosting 2 brown bag lunches to help provide that needed guidance.

February 22— Vanessa Broga, Family Caregiver Specialist, will cover Care Giving 101.

March 22— Becca Reynolds, Family Caregiver Specialist, will speak on Alzheimers and Dementia



Wii is here!

Grab a few friends and head over to the Knox Community Center to play Wii Sports: Bowling, Boxing, Tennis and more. Stop by for a

quick tutorial on Tuesday or Thursday mornings, block out your time and start playing. \$3.00 per hour.

Come on your lunch break, come with your grandchild, come with a group - just come!

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Caring

Family Caregiver Support Group meets this month on Wednesday, 2/10, from 12-1. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106. Feb 22 at 12:00 Join us for a talk on Alzheimers & Dementia.

Living

Book Group —Monday, Feb 1, 9:00. February's selection is The House of Seven Gables By Nathaniel Hawthorne.

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. There are still a few spaces available. Call 596-0339.



David Woodbury of Optimum Performance, speaks on Super Aging

Spectrum Volunteers



Many years ago Martin Luther King Jr. Day evolved from a day of remembrance and honor to a Day of Service. It was close to this day 4 years ago that Marilyn Montano decided to give more than a day of service. She signed on to volunteer at Spectrum Generations Knox Community Center. Since that day, Marilyn has answered phones, greeted consumers, organized monthly bulletins for delivery and mail and effectively picked up slack where needed. She keeps the staff on their toes by asking questions, seeking clarification and bringing to our attention activities and services the center can add to their list of offerings. She may also win an award for word of mouth advertising, bringing in many consumers who may otherwise not have looked to Spectrum Generations as a source of information and community. If all this were not enough, she offers her service freely, with ease of manner and a sense of humor.

The staff of Spectrum Generations would like to take this opportunity to thank Marilyn for her years of service. She would probably say it is nothing, but we know that giving of your time, giving that day of service, is never "nothing" to those lucky few on the receiving end. Consider giving a day or more of your service to an organization of your choice. It will make a difference!

For more information on becoming a volunteer, call Suzanne at 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.

February 11, 11:00-12:30

February 24, 1:00-2:30

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, WiFi 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 February 11 & 25, 9:00-1:00 Call 596-0339 to schedule your appointment, home visits are available if needed.