



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities



Suzanne Ward will offer a FREE introductory class to the Taiji course she will be teaching at Rocky Coast House, 124 Booker Street in Thomaston.

The free intro class is Wednesday, January 6th, from 9:30 to 11:00.

The 10 week course, designed for healthy older adults by Master Yang Yang, will help improve lower body strength and flexibility, balance, immune function and self confidence. This program integrates Qigong exercises, Meditation and Seven Movement Introductory Form that is purposely challenging yet adaptable to people of all ages and physical abilities.

The cost of the 10 week course is \$50.00 and class size is limited to 12. To sign up for the course or to register for the FREE introductory class, please contact Lisa Sambrook at 354-8952 (Rocky Coast House) or lisa.sambrook@voanne.org.

A HAPPY
NEW YEAR

The Center will be closed Friday, January 1, New Year's Day and Monday, January 18 for MLK, Jr. Day

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January 2010

Super Aging: Extending Life to the Fullest
Thursday, January 21
Light Lunch at 11:30,
Presentation begins at 12:00, Cost is \$8.00

Dave Woodbury, MA, CPT, Optimum Performance, will give a presentation on how to slow down the aging process, what not to do when trying to get fit and what to look for in an exercise program. He will also present research data, demonstrations, comic relief, questions, answers and common sense physics about the PROPER way to get fit, slow down the aging process and feel better than you have felt in a long time. If you truly want to find a way to slow down the aging process, look better, feel better, have more energy, be active, keep your balance and lower risk factors for many diseases - you need to attend!
Call 596-0339 to reserve

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

Thinking about taxes? So are we!

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

Please call 596-0339 to set up your appointment. To allow the volunteers to best serve you, it is important to come prepared with the following information:

- 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.

The Coastal Senior College Winter Course Catalog is out! Did you know some classes are offered right here at 61 Park St? Check it out on their website or drop by the center to pick up a copy. While you are here, let us know what topics interest you!

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Caring

Family Caregiver Support Group meets this month on Wednesday, 1/13, from 12-1. FMI about the Family Caregiver Program, please call Leslie at

Living

Book Group — Monday, Jan. 4, 9:00. January's selection is Inside the Kingdom: My Life in Saudi Arabia By Carmen Bin Ladin.

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.



Long time Volunteer Marion Gray was one of many honored at the December Holiday Party. Thank you to all our Volunteers!

Spectrum Adventures

10 Night Panama Canal Cruise



Departs November 5, 2010

Visit Aruba; Cartagena, Columbia; Panama Canal, Panama; Colon (Cristobal); Panama; Limon, Costa Rica and Ocho Rios, Jamaica
Experience the wonderment of the Panama Canal aboard the Coral Princess. Staterooms start at \$1,293 per person based on double occupancy.

For More Details, Call Toll Free 877-473-2386.

Spectrum Generations is proud to offer this adventure in conjunction with



Monhegan Plein Air

<http://www.cpaps.org/workshop/LussierWorkshop.html>

Take a trip to the beautiful island of Monhegan and enjoy a week of painting immersion and instruction, August 9-13, 2010. Join artist and instructor Pamela Simpson Lussier for a exclusive 5 day painting experience.

Stay at the Monhegan House; a variety of rooming options are available.

Please contact Suzanne at 596-03339

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.

Tuesday, January 12, 12:30-2

Monday, January 25, 10-11:30

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.

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 **January 14 & 28, 9:00-1:00**

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