



*Living*

## MUSKIE CENTER HAPPENINGS

*Learning*

Join us in each week in May for our **Lunch & Learn Series**. Enjoy a special lunch followed by an educational, informational or fascinating topic brought to you by local experts. Cost is just \$8 per event, with proceeds benefitting the Muskie Community Center. **Please call ahead to reserve your seat 873-4745.**

### Monday, May 3rd—11:30-1:00

Join **Geneologist** Thelma Brooks as she discusses practical tips to help you research and document your family history. **You won't want to forget a pen and notebook for this one, as well as the names of your Great Grandparents.** Bring those questions **you've always wanted to ask and get started on the path to tracing your family's roots.**

### Monday, May 10th—11:30-1:00

Have you always wanted to know what the **Science Fiction** genre of books was all about? Join local authors Sharon Lee and Steve Miller as they discuss their books, the genre, and how to get started on your own writing career.

### Monday, May 17th—11:30-1:00

Join renowned **Animal Communicator** Teri Scherer as she discusses this fascinating field. From help finding lost animals to help with behavioral issues, **you'll learn about non-traditional methods you may not have considered.**

## May 2010



### Happy Anniversary!

Thank you for a great first year!

Join us as we celebrate on May 28th from 11:00-1:00 with a **Birthday Bash BBQ**

Tickets \$10.00 and available in advance

... **Café Plus is a place to meet** new friends & renew yourself with classes, workshops, travel, fitness, good food & socialization

When you dine at Café Plus you help to support the great programs here at our Center!

Join us every Friday for our **All-You-Can-Eat Breakfast Buffet** for just \$5.00!

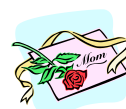
**Muskie Community Center**  
38 Gold Street  
Waterville, ME 04901  
207-873-4745  
**Consumer Helpline:**  
1-800-639-1553

[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

### **Lunch & Learn Series Con't...**

### Wednesday, May 26th—11:30-1:00

*How well do your grandchildren know you?* A recent survey found that many **adults don't know much about their grandparents.** Will your grandchildren be different? Join us for a discussion on how **Facebook** can make a difference in sharing your past with your future. Are you a veteran? Were you in a band? Was your mother a teacher? Join us as we discuss how this popular social-networking site can help keep you connected to the people you know and love.



Treat your Mom this year to an **Old Fashioned Mother's Day Luncheon.** With special tasty treats from an age gone

**by, you'll dine in our beautiful solarium** as you celebrate the woman who made you who you are today. **Friday, May 7th at 12:00.** Tickets just \$10.00. Reservations strongly suggested.

Do you just love those Hints from **Heloise?** Well you won't want to miss **Before and After Hints with Lee.** Come to learn new household hints or come to share what you know. You just **never know when you'll learn the next best tip!!** **Wednesday, May 12th—10:00-11:00.** Cost is \$1

*Activities & Events continued on the back page....*



WEEKLY EVENTS:

Fitness

Exercise w/ Wendy (\$2) - Mon. & Fri 8:45-9:30 am

Richard Simmons Workout Tape (\$1) -

Mon & Fri 9:30-10:30, Wed. 8:30-9:30

Bone Builders - FREE- Mon. & Thurs. 9:30-10:30

(Exercise w/Wendy and Bone Builders are now waiting list only.)

Card Games

Cribbage (\$1) Mon. 1:00-3:00

Hand & Foot (\$1) Tues. 1:00-4:00

Bridge (\$2) Thurs. 11:00-4:00

"63" (\$1) Fri. 1:00-4:00

Other

Beauty Shop w/ Claire—Every Tuesday—Call for appointment

Quilting & Handcrafts (\$1) Tuesdays 9:00-11:00

Blood Pressure Screening—Please Call

*May is Better Speech and Hearing Month*

Join us for one of our workshops this month and stay informed!

*Beltone—Presentation and Hearing Screening*

Join us on May 24th at 10:00 am for a presentation to learn more about hearing loss, the effects it has socially and emotionally, how to recognize it, how to test for it, and how to get help. Video ear scans and hearing Screenings to follow from 11:00am—3:00pm. Complimentary hearing aid cleanings and batteries. Please call 873-4745 to RSVP for the presentation and to schedule your screening time slot.

*Maine General Audiologist & Speech Therapist Presentation*

Did you know that one in every 10 Americans has some sort of hearing loss and that 60 percent of those with hearing loss are between the ages of 21 and 65? A MaineGeneral audiologist and speech therapist will present information on hearing loss, hearing aids and speech therapy as well as answer questions about hearing and speech. **Tuesday, May 18th from 9:30-10:30.** Please call 873-4745 to reserve your seat.

*Healthy Aging Talk: Living with Rheumatoid Arthritis*

Join us on Monday, May 24th from 5:30-6:30 pm for a free, interactive workshop to help you learn more about Rheumatoid Arthritis, the many ways it can affect you, and how to better manage it. A professional RA educator will review practical suggestions to help you take a more active role in your healthcare and maintain an active life. Refreshments provided.

Please call 873-4745 to reserve your seat.

*Sponsored by Inland Hospital and Amgen/Pfizer*

DAY TRIP ADVENTURES

Day trips require a minimum number of participants. Please pre-register as soon as possible so we can guarantee the trip.



Maine Wildlife Park & Cole Farms Restaurant

Lions and moose and bears, oh my! Join us on May 20th as we visit Maine's very own wildlife park in Gray, followed by a visit to Cole Farms Restaurant, serving home cooked food for more than 50 years. \$24 transportation fee due by May 15th. Lunch and Park admission (\$5 for 61+ and \$7 for all others) not included. Van will depart the Muskie Center at 10:00am.



Day Trip to Hollywood Slots

Travel in style on a Motor coach with Randy's Tours, May 12th for a day of fun and gaming. Bus Pick-up at the Holiday Inn, Waterville at 9:00 am. Cost includes transportation, buffet voucher and \$10 in slot coins. Tour cost is \$25, payable no later than May 5th.

Cash, Checks, Visa & Mastercard accepted for all trips & activities.

# Answers



## EXTENDED TRIPS

Looking for extended travel opportunities?

Stop by the Muskie Center to get your brochures outlining our extended stay trips, including a 9-night Eastern European Cruise, a 9-day Danube River Cruise, a 10-night Panama Canal Cruise, 8-Day Tour of the Canadian Rockies & Glacier National Park, 10-day Tour of Switzerland, Austria & Bavaria, and 10-day tour of Ireland.

### Star Spangled in Olde Mystic, CT



Enjoy 3 days, 2 nights **Sept. 27, 28, & 29**, in historic Mystic, CT with 8 meals, live music theater **"Star Spangled"** by *Cornerstone Productions*, Mystic Aquarium, shopping in Olde Mystic Village and both Foxwoods and Mohegan Sun casinos! Price includes all the above and starts at **\$319** per person based on double occupancy.

Motorcoach transportation provided by *Stage Coach Charters & Tours*. Full details are available at the Muskie Center or by calling 873-4745. *Early bird pricing ends Aug. 20.* Sign up now!

**Consumer Information Specialist** Do you have questions about services available? A Consumer Information Specialist can assist you with questions about Medicare, as well as other benefits and services. To schedule your appointment please call 873-4745.

**Free Benefits Check-up & Medicare Information Clinic** - May 11th from 9:00 am—3:30 pm. Benefits Specialists will be available to discuss various money-saving programs and services, including: the Supplemental Nutritional Assistance Program, the Medicare Savings Program, Maine Care, Supplemental Security Income, Home Energy Assistance Program, and the Tax and Rent Rebate Program. Medicare Information will also be available.

***Did you know:** Many Mainers who qualify for the Medicare Savings Program (sometimes called Medicare Buy-In), are not receiving it. The Medicare Savings Program is available to those who receive Medicare and have income at or below \$1745 for a single person household or \$2683 for a two-person household. This benefit can save more than \$100 per month for each eligible individual. Assets are not considered for this program, and depending on circumstances, some income limits are even higher). This is only one of the many benefits to be reviewed with our benefits specialists.*

To find out if you qualify for benefits or for questions about these or other programs, please call 873-4745 to schedule an appointment.

*If you feel uncomfortable or have met an aggressive insurance sales person, please call the Maine State Bureau of Insurance at 1-800-300-5000.*



**Support Groups** Whether you are caring for a loved one with Alzheimer's disease or a caregiver for a family member or someone else close to you, we here at Spectrum

Generations are here to support you. Join one of our support groups to discuss the issues you may be facing. **Alzheimer's Support Group—May 27th, 6:30pm, Caregiver's Support Group—May 19th, 12:00-1:30**

### Healthcare Reform—What does it mean to you?

On March 23<sup>rd</sup>, 2010 President Obama signed the Patient Protection and Affordable Care Act into Law. How will this affect you as a Medicare recipient? Join us at a Spectrum Generations center near you as we present a brief informational on the changes coming to Medicare as a result of the new law.

**Muskie Center**, 38 Gold Street Waterville—**May 17th at 2pm**. Please call 873-4745 to reserve your seat.

**Somerset Center**, 30 Leavitt Street, Skowhegan—**May 21st at 10am**. Please call 474-8552 to reserve your seat.

**Update on Computer Classes at Muskie:** Due to the overwhelming response, our computer classes are now wait list only. Please call 873-4745 if you are interested in being added to the list. We will begin scheduling appointments on a first-come first-serve basis as soon as we line up additional trainers.

Would you love to grow your very own container garden vegetables?

Then you won't want to miss this workshop as the UMaine Cooperative Extension gives you practical how-to knowledge so you can grow your very own produce. Whether you live in the country or in town, container gardening is for you. **Thursday, May 20th—12:00-1:00** Cost is \$5. Please call 873-4745 to reserve your seat.

**The Friend Connection**

Would you like to go to the movies, out to eat, on a trip, or somewhere else but you just don't have anyone to go with? Would you like to make a new friend or two? Lots of people just like you are looking to make new friends!! Join us for coffee and a muffin on **May 27th from 8:30-9:30** for our monthly "Friend Connection" group.

You just might meet your new best friend!! Cost is just \$2, please call to RSVP 873-4745



Are you missing out on our super fun **Movie & Popcorn** events? Bring a friend or two and join us as we transform the café into a private movie theater just for you!! The \$2 cost includes the movie, a bag of popcorn and a soda!

1:00 May 14th  
*Breakfast at Tiffany's*

1:00 May 21st  
Shirley Temple in *The Little Princess*

Please RSVP so we can have your popcorn ready!!! 873-4745

To receive this newsletter & other event notifications by email send a note to muskiecenter@spectrumgenerations.org

Thank you for your suggestions!

We've had a number of requests for some new ongoing activities and events. We are putting together lists of those interested in the following:

- Local Walking Group
- Scrabble Group
- Book Discussion Group

If you are interested in helping us to get any of these off the ground, please call or email us to let us know of your interest.

873-4745

or

muskiecenter@spectrumgenerations.org

As always, your ideas are very welcome and we are always looking to include new and exciting events in our weekly and monthly calendars.



**WANTED:** Marchers for the Memorial Day Parade. This year **Spectrum Generations'**

Muskie Center will be participating in several local parades. If you would like to be part of the fun and help to support your local center, please call 873-4745 and ask for Angela.



Do you love to quilt?

We are organizing a **QUILT SHOW** to be held in June. If you would be interested in displaying your handiwork for the public, please call Janice at 873-4745.

**SOMERSET HAPPENINGS**

**Consumer Information Specialist** is available to help you with Medicare, social Security and other health care questions. Please call 474-8552 to make an appointment.

**Adult DayBreak** Somerset Center currently has openings for new participants to join the program. Free visits are available. Please call, 474-8552 to learn more.

**Volunteer Opportunities in Somerset**

Would you like to make a difference in someone's life? **The Meals on Wheels** program is accepting volunteer applications for delivery drivers and home assessors. Commitment level can be as little as just 2-4 hours each month.



We will be closed on **Monday, May 31st** in recognition of Memorial Day.

**Volunteer Opportunities at Muskie**

We are currently accepting volunteer applications for the following:

- \* **Custodial help** with floors & bathrooms on Tuesdays and/or Thursdays.
- \* **Fundraisers**—do you like to plan and organize events while making a difference? We are looking for a small team to help with fundraising activities.
- \* **Events Planners**—do you like to plan and organize fun events like dances, luncheons and more? We are looking for a team to lead some super fun community events.
- \* **Entertainers**—Comedians & Musicians

**Don't see what you're looking for?** Check out [www.volunteermaine.org](http://www.volunteermaine.org) for more volunteer opportunities or stop by and speak to Angela about other ideas.

**Stop by to pick up your volunteer application today!**