



Living

MUSKIE CENTER HAPPENINGS

Learning



Ring in the New Year with Peace & Health!

Join Instructor Bonnie Stronach for a 4-Week Yoga Mini-series. Learn centering & synchronizing of body, mind & breath. Creative postures designed to stretch, strengthen & balance the body. Introductory rate of \$30 for the 4-Week Session. Join us on Wednesdays, beginning Jan. 6th from **9:30-11:00**. Please bring a mat or towel & a foldable blanket.



RESCHEDULED Join us as we host Maine Author, Neil Rolde for an author talk, book signing and book sale on Friday, January 22 at 1:00.

Mr. Rolde will be discussing his latest book *Maine in the World: Stories of Some of Those from Here Who Went Away*. Books available for purchase now at the Muskie Center, with a portion of proceeds to benefit our programs. Stop by and pick up your copy today!



Have you ever wondered about the value of those "Treasures" sitting in your jewelry box? Days Jewelers will be here on Jan. 27th from 10:30-2:30 to answer that question for you and more! Join us for a fun and informal **Jewelry Appraisal event**. \$3 per person.

January 2010



Martin Luther King Breakfast

January 18th, 7:30 - 9:00 a.m. Spectrum Generations and the Waterville Rotary Club will host its annual community breakfast honoring the life and works of Dr. Martin Luther King, Jr. at the Muskie Center. The Muskie Center is located at 38 Gold Street in Waterville and has recently been remodeled. Seating will be limited to the first 125 ticket buyers. This event fills up fast so purchase your tickets in advance at the Muskie Center or through the Waterville Rotary Club. A full country breakfast will be served. We look forward to joining you at this important event. Call to reserve your ticket today - \$6

facebook

Wondering about all the

buzz surrounding **Facebook?** Millions of older adults just like you are learning how to use this social networking tool to get in touch with **people they haven't seen in 10, 20 and even more years**, as well as stay in easy touch with out of town relatives and friends! Join us to **learn the basics of setting up and navigating your Facebook account** on January 26 at 10:00 or 11:00. Space is VERY limited for this class so sign up early. \$7 per person.



LIVE SHOW TAPING

Join us Jan. 12th (rain date Jan. 19) for a live taping of Spectrum Generations *Mature Lifestyle Show*. The *Mature Lifestyle Show* is broadcast 6 times each month on Time Warner Cable. Topics that day will be Zumba and Healthy Living. Join us from 9-11 am to be part of our live audience. Please RSVP to 873-4745 – and check the News and Events page on spectrumgenerations.org for monthly TV show information.



Everyone loves a movie!! Join us on Friday, January 15th at 1:00 for a **Classic Movie & Popcorn!** Bring your friends for a fun afternoon. \$2 per person.

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

www.spectrumgenerations.org



WEEKLY EVENTS:

Fitness

Exercise w/ Wendy - Mon. & Fri 8:45-9:30 am
Richard Simmons Workout Tape - Mon & Fri 9:30-10:30, Wed. 8:30-9:30
Bone Builders - Mon. & Thurs. 9:30-10:30

Card Games

Hand & Foot—Tues. 1:00-4:00
Bridge—Thurs. 11:00-4:00
"63" - Fri. 1:00-4:00

Other

Beauty Shop w/ Claire—Every Tuesday
Quilting & Handcrafts—Tues. 9:00-11:00
Blood Pressure Screening—first Tuesday 9:30-10:30

WELLNESS EVENTS:

January is Glaucoma Awareness Month. Glaucoma is the leading cause of preventable blindness. Everyone, from infants to seniors, is vulnerable.

Experts estimate that half of all people affected by glaucoma don't know they have it. Learn more about this sight stealing disease, including early detection and treatment options by attending our **FREE Glaucoma Workshop** on Wednesday, January 20, from 12:15-1:15. Please call to RSVP. Presented by Dr. Helen Bell-Necevski.

Protect yourself from Identity Theft. Identity theft is on the rise and can happen to anyone. Low tech methods, such as stealing mail and wallets are still the most popular methods used by identity thieves. Internet theft accounts for as little as 11% of all identity thefts. Join the Maine State Department of Consumer Protection at the Muskie Center on January 25th from 1:00-2:00 to learn more about safeguarding your identity and avoid becoming a victim. Cost to attend—\$4 Please call to RSVP

H1N1 Flu Clinic Monday, Jan. 11, 11am-3pm
FREE w/ Participating Insurance (Medicare, Medicare Part B, Anthem, Harvard Pilgrim, Etna, United Health Care, Martin's Point), \$13 for all others. No appointment's necessary. Please bring your insurance card if a participating provider.



DAY TRIP TO HOLLYWOOD SLOTS Travel w/ Randy's

Tours on Jan. 15th for a day of fun & gaming. Bus Pick-up at the Holiday Inn, Waterville at 9:00 am. Includes transportation, buffet voucher & \$10 in slot coins. Tour cost is \$25 for registrations received by Jan. 11th & \$30 for late registrations. Cost due at time of registration & is non-refundable unless cancelled by Muskie.

Why it's important to pre-register or RSVP for events & activities: Most events & activities have a minimum number of participants needed in order to run. When there aren't enough signups, the activity is cancelled. Sign up early to let us know you are interested in a particular event.

Good Shepherd Challenge Grant

The Good Shepherd Food Bank is **Maine's largest hunger relief organization**, distributing donated and purchased food from Kittery to Fort Kent. The Muskie Center is just one of many organizations to receive support from Good Shepherd for its nutrition programs.

Once again this year, we have the opportunity to double our food dollars with a matching grant challenge. All proceeds go to our Nutrition and Meals on Wheels Programs. We will be accepting donations now through April 15th to meet this worthwhile challenge. Please help us reach our goal of raising \$1,500 by completing the form below. All donations, no matter how big or small help us to reach the goal! Please make checks payable to:

Muskie Community Center
38 Gold Street
Waterville, ME 04901

YES! I would like to support the Muskie Center's Nutrition & Meals on Wheels Programs in the amount of \$_____, which will be matched 100% by the Good Shepherd Food Bank Challenge Grant.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Answers

EXTENDED TRIPS

Sham Rocked in Olde Mistick

Journey to Mystic, Connecticut for a weekend of fun, March 13-14. Your fun filled trip will include lodging at the Mystic Comfort Inn, a visit to the Submarine Museum, **tickets to the play "Sham Rocked"** and an evening of gaming and dinner at the Monhegan Sun Casino. Shopping on Sunday in Olde Mistick Village and Lunch at the historic Daniel Packer Inn. All of **this and more with "early bird"** pricing starting at just \$219 per person. Space is limited so call for more information today.

*Starting price based on Double Occupancy
Early Bird Pricing avail. through Feb. 12th*

Atlantic City, NJ Getaway

April 6th—9th. Have the time of your life as you travel to the Taj Mahal Casino Hotel. Includes travel & lodging, \$10/day in meal vouchers and \$10/day in gaming money! Price starts at just \$299, based on double occupancy. Space is limited so book now!



Looking for travel opportunities a little more out of this world?

Stop by the Muskie Center to get your brochures outlining our other 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.

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 - January 12th 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.

Caring

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—Jan. 28, 6:30pm, Caregiver's Support Group—Jan. 20, 12:00-1:30**

***Are you caring for a family member with dementia?** Join us for our FREE 6 week Maine Savvy Caregiver training series. In this training you will develop a sense of mastery in the care giving role and how to care for yourself, learn how to effectively interact with your loved one and manage challenging behaviors, and learn what dementia is and how it affects personality and behavior. Beginning Thursday, **January 7th** from **10am-Noon**. Please register in advance by calling 800-282-0764 ext. 139 or 122.*



Quilt Raffle Created & Donated by Margaret Fardon, buy your raffle tickets to win this gorgeous 82"x90" quilt. **Tickets \$2 each or 3 for \$5.** Drawing to be held Feb. 10. Stop by the

receptionist desk to get your tickets.

Volunteers willing to sell tickets to friends & family welcome!!



Give From the Heart

The Muskie Center will once again be collecting for Maine

Ending Hunger. All money collected supports our Meals on Wheels and Nutrition Programs right here at Muskie. If you know of a school, organization, church or other group that would like to help support our fundraiser, please call Carmen at 873-4745. Money needs to be turned in by Valentines Day, Feb. 14. Pennies, Nickels, Dimes, Quarters and Bills are all welcome, it all counts!!

AARP Tax-Aide Program

Free income tax assistance to all middle and low income tax payers with special attention to those 55 and older, by volunteers who are trained to complete basic federal and state income tax forms and answer questions. The Muskie Center is pleased to be hosting this valuable service again this year. Appointments will begin February 2nd. **Please call 873-4745 to schedule your time slot.** Please bring the following on the day of your appointment: Photo ID & Social Security Card, all 2009 tax documents and a copy of your 2008 tax return.

Coming in February:

- Technology Trainings
 - CPR Training
 - AARP Tax-Aide
 - Heart Health Month
- The Annual Fishing Derby
- And watch for an extra special fundraiser!!



Fabulous Friday's Breakfast Buffet

Enjoy an all you can eat breakfast buffet for just \$5.00
Fridays, 8:00-10:00 am

January Daily Special



Beef Stew in a Bread Bowl \$5

Café Plus "To Go" ... 680-2587



Adult, Child & Infant CPR & First Aid Course

Learning to save a life makes a difference in lives. Emergency situations happen to all shapes, sizes and ages. Learn how to handle emergencies

whether it's your best friend or your grandchild. Join us on February 10th from 8-4:30 for this important course presented by the Red Cross.

Cost to attend is \$80, payable at the time of registration, and includes your training books & materials, Red Cross CPR and First Aid Certifications, morning snack and lunch. *Class size is limited so register early.*

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

We are currently accepting volunteer applications for events aides. Phone and internet skills a must. Organizational skills helpful. Will assist with the planning and coordination of upcoming "larger" scale events.

Meals on Wheels Drivers still needed to deliver meals to homebound individuals. Commitment involved is just 1-2 mornings each week. Fill-in drivers also needed.

Please stop by the Muskie Center to pick up a Volunteer Application.



To the Thorndike Press Carolers for their beautiful holiday performance in our Adult Daybreak Program!

To Mike Theriault for playing the keyboard and singing holiday music at our Volunteer Holiday Social!

To Maine-ly Harmony for their beautiful Performance!