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## **Something's Cooking with Libby Mitchell and Chef Gary**



(Print Area – Central, Western, Eastern, and Southern Maine, June 26, 2008) “Summertime, and the living is easy. . .” so said Libby Mitchell on a day recently spent at Spectrum Generations Cohen Community Center in Hallowell barbequing with Gary Hurtubise, the Chef at Spectrum Generations Muskie Community.

On one of the hottest days in June, Spectrum Generations taped its July Mature Lifestyle cable television show on the back patio of its Cohen Community Center. “*Summer Barbequing Tips*” will be broadcast 12 times during the month of July on Time Warner Channel 9 in Central, Western, Eastern, and parts of Southern Maine. Viewing times are Tuesdays at 6:30pm, Wednesdays at 8:30am, and Thursdays at 11:00am.

On the menu was seared flank steak wraps, grilled asparagus, and grilled pineapple sundaes. Chef Gary, assisted by Mature Lifestyle host, Libby Mitchell, demonstrated just how simple it was to prepare these delicious dishes – in addition to giving viewers tips on grilling, seasoning, and serving.

Also taped that day was “*Get out and Ride*,” a show on bicycling for your health - not to mention a great way to save money on gas. This show will be broadcast in August on Time Warner Channel 9, same viewing times as July.

Spectrum Generations actively enriches the lives of families through programs and services that encourage generations of adults to age in a comfortable way that is right for them. The public is invited to call the Agency at 1-800-639-1553, or visit online at [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

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