



spectrum generations

KNOX COMMUNITY CENTER HAPPENINGS

February 2012

Center Activities



AARP Tax Preparation Assistance

is available Fridays, Feb. 3—April 13; Appointments are required. Please call 596-0339 or stop by the center. Come prepared with all necessary paperwork (see list below) and arrive a few minutes early in order to complete an information sheet.

- ◆ Last year's tax return
- ◆ W2s, other forms of income, 1099s (interest or dividend income)
 - ◆ SSNs for all persons on return
 - ◆ Direct deposit information if applicable (bank account number & bank routing number)
- ◆ If you bought a new car, bring in paperwork
- ◆ If you bought a new house, bring the settlement statement

“What do they do there anyway?”

Have you driven by a business here in the community and wondered what they do there? Here is your chance to find out with our new series getting to know your local community. First up, come hear about **Lonza**, located on Thomaston Street in Rockland. Monday, February 27th at 9:30am. Light breakfast served.

To register for any program call 596-0339 or email knox@spectrumgenerations.org



Kitchen Warming Party & Cooking Classes coming up. Stay tuned!

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

The Great Chocolate Exchange

Valentine's Day is not just for sweethearts... it's also for Chocolate. Bring your favorite form of chocolate to share and be ready to try someone else's favorite. Tuesday, February 14th, 11-12.



Monthly Foot Clinics

Monday, February 27th, 9:00-4:00
Jeanne Otis, RN CFCN provides professional and regular foot care. Please call Jeanne directly at 660-3465 to set up your appointment.



Volunteers help unload monthly food shares

Knox has several openings available in the **USDA Commodity Supplemental Food Program**. This free food bank program is for adults 60+ meeting certain income guidelines. Please call for an application or stop by the center and pick one up.

Snowing?

Please call the center before you head out to check for closures or delays at 596-0339—or find us at <http://knox.villagesoup.com/bulletins/>
Center Closures: Monday, February 20th for Presidents' Day.

Caring

Family Caregiver Support Group meets this month on Wednesday, 2/8 from 12-1.

Living

Engage your Brain!

Book Group — Monday, February 6, 9:00am . Come discuss reading choices for 2012. If you have always wanted to join a Book Club, here is your chance!

Bridge—Tuesdays at 1:00; Beginner ? no problem. Bring a friend and come learn something new.

Scrabble—Fridays at 10:00

1:1 Computer Lessons— Monday and Tuesday mornings. Call 596-0339 to sign up.

We now have a MAC instructor; call for lesson times!

Be Social & Creative!

Art Club—every Wednesday from 9:30-11:30.

Coffee Café—\$1.50 for coffee, donut, & conversation, Fridays at 9:00

Engage your Body!

Keep Moving—Tues.& Thurs. 9:30, offered in connection with the Penobscot Bay YMCA. Cost is \$25.00 for 6 week session.



Medicare Minute

New to Medicare?

Sit in on one of our Medicare for Everyone Seminars. This is the best way to learn about various programs, coverage, supplemental insurance and prescription drug plans. Call 596-0339 today to sign up and bring your questions!

Monday, February 13, 9:30-11:00
Tuesday, February 28, 1:00-2:30



What kinds of expenses are not covered by Medicare Part A or Part B?

- Any care that is not considered "reasonable and necessary"
- "Custodial care," such as help with bathing or walking
- Personal comfort items, such as TV or phone in a hospital room
- Routine dental care
- Check-ups
- Immunizations
- Prescription drugs (unless you are an inpatient in a hospital or skilled nursing center) You might want to supplement your Medicare coverage by enrolling in some other form of healthcare insurance — Medigap insurance, Medicaid, or group health insurance may be options you want to look at.

For questions about Medicare or other programs, call 596-0339 and set up an appointment with Consumer Information Specialist, Gloria Rhode.

Learning

Computer/Digital Camera Lessons

Have you been thinking it's time to buy a computer? Or, learn to use the one you have? We can help! We offer one-on-one computer lessons at the center on Monday and Tuesday mornings with 2 fabulous, fun and informative instructors. Bring your questions and get ready to learn!



By appointment only:
Call 596-0339

There is no fee for these lessons; donations to the center are always welcome and help to keep programs like this running. Our Cyber Café is open and available Mon-Fri, 9:00-2:00.

Answers

VA Representative

Conrad Edwards, VA Benefits Representative, is available to help answer questions and sort out benefit concerns.

Thursdays, February 9 & 23, 9-1
Please call 596-0339 for an appointment; home visits are available, please ask.