



MUSKIE CENTER HAPPENINGS

Spectrum Generations 2nd Annual Online Auction on eBay Bidding starts August 12th!

Our showcase of auction items has grown to over 400 items—and still growing! As of August 1st you will be able to visit our website at www.spectrumgenerations/auction to preview our wide variety of auction items.

For your convenience, on August 12th there will be a direct link exclusively to Spectrum Generations auction items on eBay.

Remember—100% of all proceeds from this fundraiser will be funneled right back into our communities.
Bid high and bid often.

August 5th at 12:00 learn how to navigate and buy on E-bay.



If buying on E-bay sounds like fun but you do not have any idea where to even find it, this is the workshop for you. Dan is the master mind behind the Spectrum Generations technology department. Join him to learn how to enter this fascinating world of global shopping. You do not need to bring a computer or own one. Computers are available to use here at the Muskie Community Center.

August 2009

Wii

A fun filled day of Strikes and high scoring!

Wii Bowling Tournament
August 13th, at 12:00

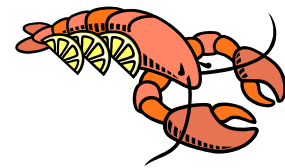
Find a partner and have fun bowling.

Only 8 teams of 2 will be competing in this a single elimination tournament. Each team will have the opportunity to have practice sessions with assistance on Monday and Fridays from 11:00 -12:00. Please call to reserve your opportunity.

The cost of the tournament is \$3.00 per team.
Come and have a ball!



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



End of the Summer Surf & Turf Fling.
August 28th

The feast will begin at 12:00 and
The Swing Time Band will
begin at 1:00

Dine on either an Omaha 10 oz Top Sirloin Steak or a Lobster.

Better yet, order both!

Also included: baked potato with sour cream, corn on the cob, coleslaw, potato salad, fresh dinner rolls, beverages and Strawberry Shortcake

Pricing

10 oz Steak \$12 Single,
\$20 Couple
Lobster \$12 Single,
\$20 Couple
Steak & Lobster
\$16 Single, \$30 Couple

Advanced tickets sales are required.



Living

~ Identity theft discussion with the Better Business Bureau August 4th at 11:00 9 million Americans have their identity stolen each year! Don't be one of them, come and learn how to protect yourself. An RSVP is requested.

~ Waterville Historical Society will host 3 programs that will look at Waterville's history. August 11th 10 -11:30 Looking at slides of "The old Waterville." August 18th 10 -11:30 "Stone Building and Schools" in the area. August 25th 10 -11:30, "Old Post Cards."

~ August 12th from 11:00 -12:00 Join Dawn from Sebecook Valley Hospital, Healthy SV Nutrition Program. She has easy and everyday advice on how we can eat well and not feel like we are giving up what we like .

~ August 19th from 11-12:00 Pat Berger will demonstrate the importance of stretching and breathing correctly to help keep your body safe and working at its peak.

~ Polarity Therapy Personal Sessions August 5th, Appointments begin at 8:00, August 19th appointments begin at noon. Polarity is a holistic approach that facilitates the level of relaxation needed to "reboot" your body. You may sign up for an introductory session to learn how this can help you relax and help you become more focused. Call for more information.

~ Fitness with Richard Simmons tape every Monday & Friday 9:30 a.m. Wednesday at 9:00. Come work out with Richard Simmons! \$1

~ Fitness with Wendy Every Monday & Friday 8:45 - 9:30 a.m. A short health questionnaire must be filled out. \$1

~ Free Blood Pressure Screening August 4th from 9:30-10:30. Take charge of your health; make it a new habit to get it checked once a month.

~ Quilting and Other Hand Crafts will resume in the fall.

~ Our Beauty Shop is open and Clair has a chair waiting for you! Clair is here every Tuesday in our newly remodeled Salon.

Call for your appoint , 873-4745

~ Bone Builders an osteoporosis prevention exercise program will be offered this fall. This is a 3 month program that will include weight training, balance training, and nutrition education. This program will help keep you healthy and active. Don't live your life from the sidelines.

Caring

Alzheimer's Support Group August 27th 6:30 p.m. Are you caring for a loved one with Alzheimer's disease? Come join others who are grappling with the same situation. This group meets the last Thursday of the month. If you would like more information please call Allison at 873-4745.

Family Caregiver Support Group August 19th, 12:00 - 1:30 p.m. This group provides a confidential setting to discuss the issues of being a caregiver for a family member or someone close to you. You are also welcome if your loved one has been placed in another setting or your caregiving days have recently ended.

Upcoming Day Trips

August 13th Cabbage Island Clambake. The Clambake and boat ride ticket



is \$56.95 which is a non-refundable ticket. The transportation cost is \$20.00.

August 18th 9:00 Cellar Door



Vineyard & Villa in Lincolnville & Rockport. The transportation cost of this event is \$19.00.

August 25th at 9:00 you will be ambling your way to Camden. A drive to enjoy the coast and a coastal lunch is a perfect August day. The transportation cost of this event is \$20.00.

August 31st at 9:00 the



Woodsman Day at the Windsor Fair signals that summer is soon coming to an end. Enjoy the day in Windsor and eat

some great fair food. The transportation cost is \$6.00. Plus fair admission.

All day trip adventures require and RSVP.



**Bangor
Hollywood Slots
and Bangor Folk
Festival
August 30th.**

Travel by Motor Coach to Bangor to participate in the Bangor Folk Festival where you will enjoy a day of live music, crafts and food. You will be taken to the heart of the festival without the driving and parking hassles! If you are feeling lucky, you will have the option to be taken to Hollywood Slots for the day. If you chose Hollywood slots you will receive \$5.00 in tokens and a buffet voucher if you register at the casino for one of their frequent participant programs. The cost is only \$25.00 for either destination. You will depart the Muskie Center at 11:00. An RSVP is required for this event.

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**Tropicana Casino & Hotel
Atlantic City ,New Jersey**

Head to fun, food and gaming! Join Randy's Tours & Stage Coach Charters on Oct. 12-15, 2009. The Tropicana has it all, indoor and outdoor pool, fine dining to please any discriminating palette. You will have an opportunity to "have it all" all under one roof.

This fabulous fall adventure is only \$319.00 P/P, D/O! Many "extras" are included. You will travel by a motor coach bus to New Jersey. Once there, you will check into your luxury accommodations. Departures are available in Hallowell, Waterville, Topsham and Portland.



Consumer Information Specialist Do you have questions on what type of services are available for you or your loved ones? If so, we have a Consumer Information Specialist available here at the Muskie Center. She can assist

Answers

you with questions about Medicare and other benefit programs and services. Call in advance for a convenient appointment time to ensure that enough time is scheduled to best meet your needs and address your concerns. Please call 873-4745 to make an appointment.

Maine Property Tax and Rent Refund Program

August is the month that the Maine Property Tax and Rent Refund applications are available to all Maine Residents. The purpose of the Property Tax and Rent Refund program is to help Maine homeowners offset the high cost of property taxes assessed on their primary residences. It also offers similar relief to Maine residents who pay rent for occupancy of their principal place of residence. 2009 income limits to file for the General program are: \$61,400 for a single person and \$81,850 for a married couple. Income limits for the Senior program are: \$13,900 for a single person and \$17,200 for a married couple. Seniors are processed under both program criteria and will receive the larger refund of the two. Refunds may be as much as \$400 for the Senior program and \$1,600 for the General program.

If you pay property taxes or rent an apartment and are interested in whether or not you qualify for this program, please call Spectrum Generations at 1-800-639-1553. If you have filed in the past, then you should automatically receive a new application in the mail during the month of August. Spectrum Generations can also mail you an application after August 1st or help you fill one out at one of our centers.

Spectrum Generations will provide individual appointments to assist with the Maine Property Tax and Rent Refund application at the Muskie Center on the dates below. **Advance Registration is required by calling 873-4745.**

August 4th, 5th and 7th from 9AM to 12 PM

August 11th and 25th from 9 AM to 3:30 PM

August 10th , 13th, ,17th,19th, from 1 PM to 3:30 PM

A Trip of A Life Time!



Carol from the Muskie Center took the Alaskan Cruise Trip that sailed from May 27th-June 8th. The travelers went to Fairbanks, Denali National Park, Mt. McKinley, the El Dorado Gold Mine and hiked the Glaciers! Carol was one of many Spectrum Generations travelers that have enjoyed the an opportunity to travel with an organization they know and trust.



Nashville, TN November 7—15



The price includes motor coach transportation, 8 nights lodging, 14 meals and tickets. You will visit the Grand Ole Opry, Country Music Hall of Fame, Loretta Lynn's Ranch, and the Belle Meade Plantation to name just a few. Hurry, the dead line is fast approaching!

\$810 P/P with D/O.
Call 873-4745 for further trip details.

Upcoming Trips

Spectrum Generations wants you to take the trip of a life time. We are partnering with several travel agencies to offer extended stay trips. We will make the arrangements for you and all you do is go! Call us for other upcoming trips and more information, 873-4745.



Twin River Casino in Providence Rhode Island

Sept. 5 & 6 you will enjoy a decadent one night stay at the beautiful downtown Marriott Hotel. The cost for this adventure is \$169.00 P/P, D/O, which includes a one night stay, coach bus travel, a \$7 food voucher and a \$10 bet voucher at the casino. You will also receive a full breakfast on Sunday morning. The Marriot offers a shuttle service to area destinations. Please call 873-4745 for more information.



Keepsake Quilting

September 10 & 11

Bring your love of quilting to a new level while visiting this famous Keepsake Quilt store in Center Harbor, NH. You will have two opportunities to shop! Entire trip details are available by calling 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.

Family Caregiver Support Group
August 25th from 12:00- 1:00 p.m.

This group provides a confidential setting to discuss the issues of being a caregiver for a family member, friend or neighbor. Group meetings are held at Tewksbury Hall which is behind the Federated Church on Island Avenue. For additional information please contact us at 1-800-282-0764 ext. 139 or

!!Save the Date!!

Spectrum Generations
The Art of Aging Lifestyle Conference
Turning the tides of health

Oct. 24th 9:00am to 4:00pm
at Point Lookout

Resort & Conference Center in
Northport << new location >>

Join us on the beautiful coast of Maine to explore preventative approaches to wellness and chronic disease prevention.

Wow, that's a mouthful!

And too starved and stiff to describe the fun and exciting day we have in store for you—including:

- ◆ Fitness demos ◆ Healthy eating and cooking demos ◆ Health screenings ◆
- Massages and other pampering services ◆
- Fun and educational workshops covering many dimensions of wellness
- ◆ Even a wine tasting!