



## KNOX COMMUNITY CENTER HAPPENINGS

### Center Activities

#### Spectrum Generations 2<sup>nd</sup> Annual Online Auction on eBay

Bidding starts August 12<sup>th</sup>!

Our showcase has grown to over 400 auction items.

As of August 1<sup>st</sup> you will be able to preview our wide variety of auction items by visiting our website at [www.spectrumgenerations.org/auction](http://www.spectrumgenerations.org/auction)

Starting August 12<sup>th</sup> there will be a direct link from our website exclusively to Spectrum Generations auction items on eBay.

Remember—100% of all proceeds from this fundraiser will be funneled right back into our communities.

#### Are You Ready to Shop?

Do you want to support our auction but are unfamiliar with eBay shopping and don't know where to start? Join Dan Ehlers on Tuesday, August 4<sup>th</sup> at 10:00am for this FREE class.

Dan will guide you through eBay shopping. Learn how to search and bid on items and the basics of buying safely through eBay and PayPal.

Sign up today, call 596-0339.

### August 2009

#### Maine Property Tax and Rent Refund Program

If you would like assistance, please call 596-0339 for an appointment.

Clinics run from 9:30-1:30  
Monday, August 10,  
Thursday, August 20,  
Tuesday, Sept. 15

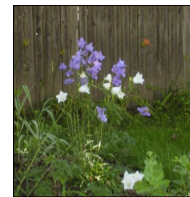
Please be sure to bring:  
The amount of either taxes or rent paid in the year 2008, your income for 2008, the name, address & phone number of your landlord (if applicable), and bank account information with routing number if you desire a direct deposit. Tax & Rent Refund Applications will be available at the center after August 1<sup>st</sup>.

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

### Center Activities



Summer is here and Spectrum Generations is ready to get outside and enjoy the warm weather!

#### Sidewalk Bingo—

8/11 @10:30am (rain date 8/18).  
Come try your luck at this twist on the classic game of chance.

Refreshments will be served!

**Backyard Picnic—** 8/21@11:30am  
Wrap up the summer in our beautiful backyard, and bring your favorite picnic food to share.

#### **!!Save the Date!!**

**Spectrum Generations**  
**The Art of Aging Lifestyle Conference**  
*Turning the Tides of Health*

**Oct. 24<sup>th</sup> 9:00am to 4:00pm at**  
**Point Lookout Resort & Conference Center**  
**in Northport**

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

#### *Wow, that's a mouthfull!*

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

◆ Fitness Demos ◆ Healthy Eating & Cooking Demos ◆ Health Screenings ◆ Massages & other pampering services ◆ Fun & Educational Workshops covering many dimensions of wellness ◆ even a Wine Tasting!

*Never a dull moment -*

*You won't want to miss it!*

## Caring

**Family Caregiver Support Group** meets the 2nd Wednesday of each month. 8/12 from 12:00-1:00. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

## Living

### Let's play cards...

Stop in for a game of cards; anything goes! Rummy, Double Solitaire, Spades or whatever the group feels like playing that day. This is a great opportunity to play cards, have a cup of coffee and enjoy the AC! Tuesdays & Thursdays at 11:00am.

**Book Group** —If you love to read, don't read alone! Meetings are held monthly, 8/3 August's Book Selection: Old Man and the Sea, By Ernest Hemingway FMI, call 596-0339

**Art Club**—meets every Wednesday from 9:30-12:00. Potluck is the first Wednesday of each month.

**Coffee Café**—a bargain of a breakfast, \$1.50 for coffee and a donut every Friday at 9:00.

**Scrabble**—Fridays at 10:00

## Spectrum Adventures

**American Folk Festival on the Bangor Waterfront**

**Sunday, August 30, 12:00-6:00**



Presenting the music and dance from the many cultures that make up America today.

5 performance stages on the Bangor Waterfront; traditional crafts, demonstrations & exhibits; ethnic & regional food vendors; folk art & crafts market place.

Go in style with Country Coach Charters. \$30 transportation fee. Free Admission. Departing the Knox Community Center at 11 am.

Advanced Registration and non-refundable payment required by 8/24.

**A Quilt Lover's Trip Adventure**  
**2 Days & 1 Night**  
**September 10 & 11, 2009**



**Pricing Starts at \$169.00 p/p**  
**Based On Double Occupancy**  
**Payment due 8/21/09.**

Pricing includes transportation by Stage Coach Charters & Tours, One Night Lodging at the Center Harbor Inn, Two Trips to Keepsake Quilting. Call Suzanne at 596-0339 FMI

## Learning

### 65th Birthday Clinic

This clinic will provide knowledge about Medicare and Medicare Supplemental Insurance. Bring your questions; topics covered will include: when and where to sign up for Medicare; what is Medicare; what services are covered by Medicare; what is the new Medicare Prescription Drug benefit; how much does Medicare pay; what is Medicare Supplemental Insurance. We will provide you with the information and materials needed so that you can make the best choice about your medical coverage. Tuesday, August 11, 9:30-11:00 Monday, August 24, 12:30-2:00

### New & Improved Cyber Café

We have updated computers, individual stations and WiFi availability. Bring in your laptop, have a cup of coffee and check your email. Not a bad way to spend the morning.

## Answers

### Spread the News!

VA Representative, Conrad Edwards, will now be visiting the Knox Community Center twice a month. Upcoming dates: August 13 & 27 September 10 & 24 Appointments available between 9:00-1:00, call 596-0339.