



Living

MUSKIE CENTER HAPPENINGS

Learning

Spectrum Generations Presents:

“Love Your Heart”

mini health expo at the Muskie Center
Friday, Feb. 12th 9-11am

February is American Heart Month.

Better lifestyle habits can help reduce your risk for heart attack. Learn more about what you can do to help prevent heart disease and stroke.

Featuring:

- Inland Hospital*
- Alfond Youth Center*
- Bonnie Stronach Yoga Instructor*
- Barrels Community Market*
- Wii Demonstrations*
- Blood Pressure Clinic*
- Center Fitness Programs*
- Café Plus*

Join us for this free community event

Door prizes, Giveaways & Free Samples Sponsored by:

- Barrels Community Market*
- Café Plus*
- Champions Fitness*
- Curves, Main Street*
- Inland Hospital*
- Planet Fitness*
- The Weight Room*

Show your support of Heart Health by wearing Red this day!!

For more information call 873-4745

February 2010



It's Fishing Derby Time!!

12th Annual Gene & Lucille Letourneau Meals on Wheels Ice Fishing Derby. Sunday, Feb. 21st, 2010. Join us for this fun event for the whole family! Purchase your Raffle Ticket then fish on any Maine Lake for your prize winning fish. When you catch the **“Big One”**, bring it to the Muskie Community Center between 2:00-5:00 pm for Weigh in. Raffle Tickets \$2 each or 3 for \$5, available at the Muskie Center. Prizes and categories for children and adults. Plus grand prize ticket drawing for \$500 CASH! Proceeds benefit the Meals on Wheels Program. Good Luck!

We will be closed on Feb. 15th for President's Day

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

www.spectrumgenerations.org



American Red Cross

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.*



Everyone loves a movie!

Join us on Friday, February 26th beginning at 1:00 for a classic movie and popcorn. Bring your friends for a fun afternoon! \$2 per person. Please call to register.

Internet 101 Everyone these days is on the internet... how about you? Have you been wanting to learn how to use the internet and just aren't sure how to get started? Join us on Thursday, February 25 from 9-11 am to learn the basics of navigating the internet. **Space is very limited for this class so please register early.** \$7 per person.



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:

Strength Screening - Wednesday, February 10th from 9-10:30 am.

Are you considering an exercise program or wondering if you could fine tune your existing one? Learn more about your muscle groups and how to safely build your not-so-strong areas. Join Laurie Labonte, from MaineGeneral Medical for a FREE strength assessment and suggestions offered to improve your fitness and tolerance to the activities you enjoy. Ask questions and learn about services that might be right for you!.



First Annual Move-A-Thon Fundraiser, in celebration of Heart Health **Walk, Run, Hop, Skip, Dance, Jump... Move your way to a healthier heart!**

Here's how it works—collect pledges, sponsorships, and/or donations (yours count too) from your family & Friends. Collect \$25 or **more and you will receive the "official"**

Move-A-Thon T-shirt telling everyone that you support heart health and your favorite community center... Collect \$50 or more and you'll receive a special thank you in our April Newsletter.... Collect \$100 or more and we'll even feature your picture in our April newsletter!

Then join us on March 5th, from 9-11am, along with the music of Mike Theriault, and move your way to a healthier heart!!

Call, stop in, or email to get your pledge sheet and start collecting today!

Make a difference at YOUR Community Center!

873-4745 or cmilligan@spectrumgenerations.org

All proceeds benefit the Muskie Center Activities Program.

Pledges must be turned in by February 19th to receive T-Shirt at Move-A-Thon 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 - February 9th 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.



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— Feb. 25th, 6:30pm, Caregiver's Support Group—Feb. 17th, 12:00-1:30



Don't forget your Quilt Raffle ticket! Stop by the Muskie Center today to support a good cause and for your chance at this gorgeous quilt. Tickets \$2 each or 3 for \$5. Drawing to be held Feb. 10. Stop by the receptionist desk to get your tickets TODAY!

Calling all CRIBBAGE Players..... We have recently had a number of inquiries in starting a weekly cribbage group. Please call 873-4745 if interested, so we can determine if there are enough people willing to come in and play!!

Did you know.... That we have computers available for public use???

AARP TAX-AIDE We are now taking appointments for AARP Tax-Aide. This is free income tax assistance to all middle and low income tax payers with special attention to those that are 55 and older. Trained volunteers will be available to complete federal and state income tax forms and answer questions. Appointments will continue on Tuesdays and Wednesdays through the first week in April. Please call 873-4745 or stop by to schedule your appointment. You will need to fill out an informational form, that you can pick up ahead of time, or come 30 minutes early for your appointment to fill out. Please bring a photo ID, Social Security Card, a copy of your 2008 tax return and all 2009 tax related documents—a full list is available when you call to schedule your appointment.

ANNOUNCEMENTS:

Changes to the Fitness w/ Wendy Program. Suggested donation increases to \$2 per session. Sign in's and payment will now be taken at the reception desk

New Fitness Equipment is coming... Stay tuned for new hand weights, resistance bands and balls and yoga mats!!

STORM WATCH to confirm hours of operation during inclement weather or for Meals on Wheels cancellations, please tune to television channels 5 and 6 and radio broadcasts on 92 Moose and B98.5. Or call 800-639-1553



**Fabulous Friday's
Breakfast Buffet**

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

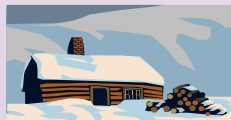
February Daily Special



**Corn Chowder in a Bread Bowl
\$4.00**

Café Plus "To Go" ... 680-2587

Cabin Fever Buffet



Are you sick and tired of cold weather and snow?

Join us on Wednesday, February 24th for another one of Chef

**Gary's Scrumptious
All-You-Can-Eat Buffet's!**

Look at all you get for just **\$10.95!**

- Prime Rib
- Baked Haddock
- Roasted Red Potatoes
- Green Bean/Carrot Medley
- Fresh Biscuits
- Cream Puff Dessert
- Iced Tea

Noon-2:00

Tickets available in advance and strongly encouraged.

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 workshop planners. 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.

Check out www.volunteermaine.org to see a complete list of our volunteer opportunities.

Coming in March:

- The Move-A-Thon event
- Digital Camera Training
- Cell Phone Basics Workshop
- Cremation Workshop
- ... and more