



Living

MUSKIE CENTER HAPPENINGS

Learning

Computer Training is finally here!! For just \$5 you will receive one-on-one training for 45 minutes specifically for your questions. Choose from Basic Computing, Internet & Email, Word Processing, Facebook, and On-line Shopping. Classes begin March 1st and this will be an on-going weekly opportunity. The calendar for this is already filling up so **call today to schedule your personalized training 873-4745**

Do you have questions about how to use a cellphone? Join us on Wednesday, March 10th from 2:00-4:00 to learn some basic tips and how-to knowledge about using a cell phone. **Please call to reserve your seat 873-4745—cost is just \$5.00.**

Gallant Funeral Home will be here on Friday, March 12th from 1:00-2:00, to answer your questions on cremation. This is a free event. **Please call ahead to reserve your seat—873-4745.**

Natural Care for Cats & Dogs Pets are an important part of our families and their care is important. Learn how to keep your pet healthy using natural care such as massage, herbal remedies and nutrition. Join us on Monday, March 15th from 1:00-2:00. Cost is just \$8.00 per person. **Please call 873-4745 to reserve your seat.** Participants are welcome to bring a picture of their pets to share.

March 2010

May the luck of the Irish be with you!



March is Irish-American Heritage month. More than 44 million Americans will proudly celebrate their ancestry on **St. Patrick's day, March 17th.**

Whether you can claim to be Irish or not, join us on March 17th beginning at noon, for an all-you-can-eat buffet of traditional Irish cuisine!

- Corned Beef & Cabbage
- Potatoes, Carrots & Turnip
- Fresh Baked Roll
- Beverage
- Plus a very special **"Green" Cream Puff dessert**

Plus LIVE Irish Music by Archie Archibald

Tickets are just \$10. Available now or at the door.

Shopping Healthy on a Budget— Tuesday, March 16th at Noon, Elm Plaza Hannaford. Join Nutritionist Mary Lavanway as she teaches you how to buy healthier food while staying within your grocery budget. Learn how to read shelf labels and more. **Please RSVP to 873-4745 by March 12th.** This a free event.

Old Waterville Days. Join John Nale for a photo history of old Waterville. Bring photos and memories to share! March 19th beginning at 2:00pm. This a FREE event. **Please call 873-4745 to reserve your seat.**

Sleep Disorders De-Mystified. Join Inland Hospital's Sleep Diagnostics Center to learn more about what's keeping us awake at night, identifying causes through sleep study, and treatment options. March 29th, 1:00-2:00. This is a FREE workshop. **Call 873-4745 to reserve your seat.**

Digital Camera Workshop with Elm City Photo. Learn the ins and outs of using your digital camera and what to do with those pictures after you've taken them. March 25th from 1:00-2:00. Cost is \$5.00. **Please call 873-4745 to reserve your seat.**

It's movie time! Join us on Friday, March 26th from 1:00-3:00 for "Pride & Prejudice" and popcorn. Cost is a suggested \$2 donation.

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

www.spectrumgenerations.org



WEEKLY EVENTS:

Fitness

Exercise w/ Wendy (\$2 suggested donation) - Mon. & Fri 8:45-9:30 am
Richard Simmons Workout Tape (\$1 suggested donation) -
Mon & Fri 9:30-10:30, Wed. 8:30-9:30
Bone Builders - FREE- Mon. & Thurs. 9:30-10:30
(Exercise w/Wendy and Bone Builders are now waiting list only.)

Are you interested in attending a weekly Yoga class?

Please give us a call or stop by the front desk so we can add you to the list.
We are very close to getting this started. 873-4745

Card Games

Hand & Foot (\$1 suggested donation) Tues. 1:00-4:00
Bridge (\$2 suggested donation) Thurs. 11:00-4:00
"63" (\$1 suggested donation) Fri. 1:00-4:00

Calling all Cribbage Players— We are compiling a list of people interested in starting a weekly Cribbage group. We are still working out the details, but if interested, please call so we can add your name to the list.

Other

Beauty Shop w/ Claire—Every Tuesday—Call for appointment
Quilting & Handcrafts (\$1 suggested donation) Tuesdays 9:00-11:00
Blood Pressure Screening—Tuesday, March 9th - 9:30-10:30

UPDATE: Good Shepherd Food Challenge Matching Grant:

We are closing in on reaching our goal and at present are only \$300 away. All donations no matter how big or small help us reach this important goal. 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 programs. All proceeds from this grant go to our Nutrition and Meals on Wheels Programs. We are accepting donations through April 15th. To help with this challenge, simply fill out the form below and mail, or stop by the Muskie Community Center. Please make any 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: _____

DAY TRIP ADVENTURES

Day trips require a minimum number of participants. Please pre-register as soon as possible so we can guarantee the trip.

Bacon's Sugar Farm—Sidney & Lunch. Join Ken Douglas on this annual winter excursion. You'll enjoy a tour of the Sugar Farm and an opportunity to purchase local produced maple products. March 19th at 8:30am. Cost is \$8.00—lunch not included

Hollywood Slots Day Trip. Join Randy's Tours on a fun adventure to Bangor. \$25.00 includes transportation, lunch buffet and \$10 in slot coins! March 31st leaving from the Holiday Inn at 9:00 am.

Registration & Payment due by March 24th.

To register, or for more information about these or other trips or if you have suggestions for future trips, please call 873-4745.

Cash, Checks, Visa & Mastercard accepted.

Share your favorite movie...

The last Friday of each month we host a fun movie and popcorn event. If you would like to share your favorite movie, call Casey at 873-4745

Special Thanks to:
Lee—for February's Movie
Donna—for March's Movie

Answers

EXTENDED TRIPS

Hartstone Inn & Cooking Class

Pamper yourself this Easter with this delightful bed and breakfast located in beautiful Camden, Maine. Your stay includes a night in an elegant and romantic guest-room, a 2-hour Caribbean cooking class with Chef Michael, cocktail hour with complimentary hors d'oeuvres, an elegant five-course gourmet dinner and a multi-course breakfast. Rates are just \$240 for a Single and \$330 for a Couple with an upgrade to a deluxe room available for just \$30 more. To register for this fabulous romantic getaway, please call 873-4745

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 - March 18th 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.

Caring

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



CONGRATULATIONS TO THE QUILT WINNER!

Marge Ziegler

AARP SAFE DRIVING COURSE Coming in April

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. Join a representative from AARP at the Muskie Community Center on April 15th from 9:00am-2:00pm. Cost is \$15 for members and \$17 for non-members. A break for lunch will be provided. Please call 873-4745 to register.



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.

Wii are having fun!!!

Did you know that studies suggest playing the Wii can help to improve balance and prevent falls? Improve your overall fitness while having fun! There is no age limit or mobility requirement to play the Wii, only the requirement that you are young at heart!

Interested in checking it out for yourself? Stop by the Muskie Community Center and give it a whirl for FREE!!

Bring a friend and make a morning or afternoon of it!!

Explore Your Horizons with the Peacecorp in April

One of the fastest growing groups in the Peacecorp is those aged 50 and over. Have you ever wondered about or considered making a worldwide contribution to humanity? Join us on April 5th from 3:00-4:00 to learn more about the Peacecorps mission.

Please call 873-4745 to reserve your seat.



Choose to Move For a Healthy Heart

Join us, along with the music of Mike Theriault on Friday March 5th from 9-11am for our First Annual Move-A-Thon

Didn't get a pledge sheet yet? It's not too late. Stop by and pick one up today.

Collect \$25 in pledges, sponsorships and donations and receive your Move-a-Thon T-shirt

Walk, Run, Hop, Skip, Dance, Jump... just move your way to a healthier heart!!

All proceeds stay local and benefit the Muskie Center Activities Program.

For more information Please call Casey At 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.

Volunteer Opportunities

We are currently accepting volunteer applications for custodial help with floors and bathrooms on Tuesdays and/or Thursdays.

Are you computer savvy? We are looking for someone with internet know-how to enter our monthly calendar of **events on various web "bulletin boards"**.

Would you like to make a difference in **someone's life?** **The Meals on Wheels** program is accepting volunteer applications for delivery drivers and home assessors. Commitment level can be as little as just 2-4 hours each month.

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 April:

- Over 50 and the Peacecorp
- Healthy Foods for Cancer Prevention
- Kidney Screening
- AARP Safe Driving
- And more....