



## MUSKIE CENTER HAPPENINGS



### **Veteran's Day Presentation**

The American Legion will be here on Tuesday, November 10th at 10:30 am, in honor of our local Veterans. Stop by to catch up with old friends and a brief chat and Presentation with Commander Omer Saucier.

### **Brrrrrr.... It's getting cold out there!**

The UMaine Coop Extension will be here on Thursday, November 12th at 1:00 pm to give you inexpensive ideas to button up your home and stay warmer this winter without going broke!

### **"Putting Your Legal & Financial Affairs in Order"**

As the year is drawing to a close, it's a perfect time to start thinking about getting yourself organized. Attorney John Nale will be here on Tuesday, November 17th at 1:30 with some practical tips and advice.

*Please RSVP for all events to reserve your seat.*

*Look at all the fun we're having at the Muskie Center!!*



November 2009

### Special Events

#### Thanksgiving Centerpiece Class

**Tuesday, November 17th, 12:00**  
**Flo's Flower Cart will be here to** help you make a gorgeous Thanksgiving Centerpiece for your table!! Cost is just \$18.00 per person and includes all the **supplies you'll need to make a** one of a kind creation for your holiday table!

#### Polymer Clay Sculpting Class

**Monday, November 23rd 12:30**  
 Come make fabulous clay creations with local artist, Connie Pelkey. Connie will show you how easy it is to make a house-plant "Pot Sitter," perfect for holiday gift giving or to keep for yourself! Cost is just \$13.00 and includes all supplies.

### Art After Hours—Holiday Cards

**Monday, November 30th**  
**6:15 pm—8:15 pm**

Local artist, Kit Monroe-Myers will help bring out your creative genius as she shows you how to make homemade holiday cards using a variety of mediums from markers and paint, to collage, glitter and more! Cost is just \$25 and includes all supplies.

Class sizes are limited so call 873-4745 to sign up early!



### **Meals on Wheels Ornament Drive.**

The holidays are almost upon us and the Muskie Center is now accepting your donations of hand made holiday ornaments and/or meal sponsorships to be delivered to our Meals on Wheels recipients in December. Please mail or drop off your ornaments and donations to 38 Gold Street, Waterville, Maine 04901, or call **873-4745** for more information. We here at the Muskie Center appreciate your love and support. Together we will make it a holiday to remember.



Come help us decorate our Christmas Trees on Tuesday, Dec. 1st, 1:00-3:30

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

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



## SAVE THE DATE

## Weekly Event Calendar

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
9:30 Fitness w/ Richard Simmons	Beauty Shop with Claire Call 873-4745 For an appt.	8:30 Fitness w/ Richard Simmons	9:00-10:00 Bone Builders	9:30 Fitness w/ Richard Simmons
8:45-9:30 Fitness with Wendy	9:00-11:00 Quilting & Hand Crafts		11:00-4:00 Bridge	8:45-9:30 Fitness with Wendy
9:00-10:00 Bone Builders	1:00-4:00 Hand & Foot		No Bridge 11/19—moved to 11/16	1:00-4:00 "63" Cards

## Monthly Event Calendar

- Nov. 3, 9:30-10:30—Free Blood Pressure Screening
- Nov. 10, 10:30-11:15—Veteran's Day Presentation, American Legion
- November 11—Closed for Veteran's Day**
- Nov. 12, 1:00—Winterize Your Home Workshop
- Nov. 13, 9:00-10:00—Diabetes—Risk Factors, Signs & Symptoms, Q&A
- Nov. 17, 12:00 - Thanksgiving Floral Centerpiece
- Nov. 17, 1:30—"Putting Your Legal & Financial Affairs in Order" w/  
Attorney John Nale
- Nov. 18, 12:00-1:30—Family Caregiver Support Group
- Nov. 18, 10:00-1:00—"Reengineering Retirement: What do I do  
now?", With Golden Pond Wealth Management
- Nov. 19, 6:30pm—Alzheimer's Support Group
- Nov. 23, 12:30—Polymer Clay Sculpting Class
- Nov. 25, 9:00-11:00—Cholesterol Screening—\$13—Please call to  
schedule your time slot by November 18
- Nov. 26-27—Closed for Thanksgiving**
- Nov. 30, 6:15pm-8:15—Art After Hours—Holiday Card Making
- Medicare Part D Assistance—Call 873-4745 to Schedule  
November 17, 19, 24—9:00-3:30

### NOTICE TO MEALS ON WHEELS RECIPIENTS:

If you will be absent on your delivery day and time, you must notify your local center by calling 873-4745. Undelivered meals cannot be used or left behind.  
- Thanks -

## DAY TRIPS

We are pleased to offer a number of fall day trips this month. Spend time with friends and let us do the driving!

### Friday, November 13

Hollywood Slots or Bangor Mall Dream Big or Shop Big, your choice! Departing 10:00 am. \$19 per person (Lunch not included)

### Monday, November 23th

Time to start your holiday shopping! Come along as we travel to the Christmas Tree Shoppe in Augusta. Departing at 10:00 a.m. \$8.00 per person

Call for more info or to RSVP  
873-4745



### Holiday Get-Away Hartstone Inn, Camden

Treat yourself to a holiday get-away, Saturday Dec. 19-20. Fall under the spell of this Camden Bed & Breakfast. Rooms come with fireplace, Jacuzzi tub, feather bed and more. Visit includes a 2-hour gourmet hors d'oeuvres cooking class, a 5 course gourmet dinner and a sumptuous breakfast. \$226 per single or \$330 per couple. For more information call 873-4745.

### Cholesterol Screening

Wed., November 25, from 9-11 am. Cost is \$13 per person. Please call to schedule your time slot. 873-4745

## Answers

### EXTENDED TRIPS



#### 9-Night Eastern Caribbean Cruise

Visit San Juan, Puerto Rico; Charlotte Amalie, St. Thomas; Samana, Dominican Republic and Labadee, Haiti. Escape the mid-winter blues with Royal Caribbean Cruise Lines, and set sail!!! Departs February 26, 2010. Staterooms starting at just \$849 per person.



#### Enchanting Danube River Cruise

Passau to Budapest in 9 days on the "River Beatrice." Be inspired by discovering the best of Eastern and Western Old World Europe. Departing Oct. 30, 2010, rates start at just \$1,849 per person.



#### 10-Night Panama Canal Cruise

Visit Aruba; Cartagena, Colombia; Panama Canal, Panama; Colon (Cristobal), Panama; Limon, Costa Rica and Ocho Rios, Jamaica. Experience the wonderment of the Panama Canal with Princess Cruises' "Coral Princess". Departing November 5, 2010. Rates starting at just \$1,293 per person

For cruise information call 877-473-2386 and be sure to tell them you are with the Spectrum Generations Group!

## Getting Ready for Medicare Part D ... Again!

Medicare plans change every year and so may your needs. That is why it is important to do a check up on your Medicare prescription drug coverage each year to make sure that you are getting the most value for your health care dollar. Now is the time to consider the plan you are in and make sure it will continue to meet your needs for 2010.

Each year CMS offers an Annual Enrollment Period (AEP) from November 15 through December 31. During this period Medicare beneficiaries can either switch plans or join a Part D plan for the first time.

Make sure you understand your options and make the choice that is best for you. Gather the list of prescription drugs you purchase regularly and call on *Spectrum Generations*. We offer Medicare Prescription Drug Plan counseling for Medicare beneficiaries and their caregivers. Enrollment Clinics will begin in November. For assistance and a convenient appointment at one of our clinics, call the Muskie Center at 873-4745. Clinics are scheduled on the dates below. Pre-registration is required.

Tuesday, November 17<sup>th</sup> and November 24<sup>th</sup> from 9:00 am-3:30 pm  
Thursday, November 19<sup>th</sup> from 9:00 am-3:30 pm  
Tuesdays, December 8<sup>th</sup>, December 15<sup>th</sup>, and December 22<sup>nd</sup> from 9:00 am-3:30 pm



### 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. See our Monthly Event Listing on the opposite page for exact dates and times.

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### Bone Builders—What is it?

**If you're like many, you may be wondering about our new twice weekly Bone Builders program.**

Bone Builders is a FREE exercise program designed to promote healthy bones. For more information contact Kate Boyer at RSVP 861-3476 or attend the next session. See the opposite page for days and times.

Hope to see you there!

**Do you like to drive?**

Are you interested in making a positive difference to others? Then we are looking for YOU!!

We are currently interviewing for 2 Volunteer Driver positions:

- Meals on Wheels Drivers - to deliver meals Tues. & Thurs. approx. 10:30am-1pm
- Winter Day-Trip Drivers, to drive our van with fun loving passengers just one day per month.

Positions require a valid drivers license and positive personality.

If interested, please call Casey Milligan at 873-4745



**Round 'Em Up!**

The Muskie Center will once again be collecting for Maine Ending Hunger. All money collected supports our Meals on Wheels and Nutrition Programs right here at Muskie. If you know of a school, organization, church or other group that would like to help support our fundraiser, please call Carmen at 873-4745. Money needs to be turned in by December 31st. Pennies, Nickels, Dimes, Quarters and Bills are all welcome, it all counts!!

**Coming in December...**

- Muskie Tree Decorating
- Holiday Music in the Café
- Ornament & Gift Making Ideas
- **Back by popular demand...** "Old Waterville Days"
- A Magic Show for all ages



**Fabulous Friday's Breakfast Buffet**

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

**November Daily Specials**

- Turkey Dinner Sandwich or Wrap
- Sausage Subs
- Meatball Subs
- Bowl of Chili

\$5.00 each or make it a combo for an additional \$1.40 and get chips and soda.

Pumpkin Whoopie Pies

**November Lunch Specials:**

\*Friday, Nov. 20—Tourtiere Pie

\* Wednesday, Nov. 25 Thanksgiving Dinner



Café Plus "To Go" ... 680-2587



**ORDER YOUR HOLIDAY PIES!**

Let the chef at Café Plus take the stress out of your holiday baking with our delicious homemade traditional fruit, nut, and meat pies pies. Thanksgiving, Christmas, Hanukkah, Kwanza! Apple, Blueberry, Cherry, Pumpkin, Chocolate Cream, Pecan and Tourtiere, \$10-\$12.

Contact Chef Brooke Kreider at 626-7777 for more information.

**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.



**Thank You!!**

The Sukeforth Family Pig Roast Fund Raiser was a huge success! Spectrum

**Generations' Meals on Wheels** would like to thank the entire Sukeforth Family and the many volunteers who worked hard to offer a beautiful setting and food that was beyond delicious. Over two hundred businesses and members of our community supported the fund raising effort by donating merchandise for the auction, food, materials or made financial contributions. These generous acts of kindness helped raise over \$45,522 for Meals on Wheels and the Hospice Volunteers of the Waterville Area. Meals on Wheels and Hospice are grateful to all of you who made this a wonderful day. Thanks again for your support and please join us next year for the 4th annual Sukeforth Family Pig Roast.