



MUSKIE CENTER HAPPENINGS



Never a dull moment at Spectrum Generations Art of Aging Lifestyle Conference

Be prepared to be motivated to re-evaluate your life and wellness goals when you attend the Lifestyle Conference on October 24 at Point Lookout.

Spectrum Generations has lined up an outstanding variety of fun and educational workshops and vendors covering many dimensions of wellness with a focus on healthy alternatives for better living and chronic disease prevention.

Just \$15 per person for the day includes the continental breakfast, wellness workshops, health screenings, healthy eating and cooking demos, interactive fitness demos, a wine tasting, art show, free massages and other health services, and Nordic walks on **Point Lookout's scenic walking trails.**

Located on Route 1 between Belfast and Camden. Gather your friends for a field trip, or take advantage of a package trip put together by Cyr Northstar Tours that includes a comfortable bus trip, admission, and dinner at the Weathervane. You will leave inspired to achieve health, balance and success in all areas of your lives

October 2009

FLU SHOTS
at Muskie Center
October 21st, 10am—3pm

The cold and flu season is almost **upon us. It's time to start thinking about your vaccinations.** The Muskie Community Center will be hosting a flu shot clinic on Wednesday, October 21st, from 10-3. Flu vaccinations just \$30. Pneumonia vaccinations \$45. Medicare Part B, Aetna, Anthem Blue Cross, Harvard Pilgrim and First Seniority accepted.

The Muskie Community Center will be closed on Monday, October 12th in observance of Columbus Day

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

www.spectrumgenerations.org

3rd Annual Sukeforth BingSol PIG ROAST and AUCTION



One view off BingSol location

The site is awe inspiring and the company could not be better. Doug and Rita Sukeforth, with help from their daughter Annette Marin and dozens of volunteers, are putting on the final touches to their annual Pig Roast and Auction taking place Saturday, October 10th. The gates open at 10am and the BBQ buffet starts at noon.

This popular event benefits Spectrum Generations Meals on Wheels and Hospice Volunteers of the Waterville area. **You'll find no prettier spot to enjoy good food, and both a live and silent auction.**

Ticket fees: \$15.00 per person or \$25.00 for the whole family. Bring your own lawn chairs and beverages. Tickets at Café Plus, Gold Street Waterville or HVWA 304 Main Street, both here in Waterville. Call 872-0117 for more info.

PLEASE NOTIFY US IF YOU REQUIRE SPECIAL ACCOMMODATIONS



Remember When? "Old Waterville Days"
with John Nale

Wednesday, October 14th—3:30-5:00
A photo history of old Waterville with photos of old Main Street, Haines Theatre, Elmwood Hotel, Head of Falls and more. Presented by John Nale—bring your old memories and join the fun! Refreshments will be provided. Please RSVP to 873-4745.

Weekly Event Calendar

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
9:30 Fitness w/ Richard Simmons Cost: \$1	Beauty Shop with Claire Call 873-4745 For an appt.	8:30 Fitness w/ Richard Simmons Cost: \$1	9:00-10:00 Bone Builders	9:30 Fitness w/ Richard Simmons Cost: \$1
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 Fitness on Oct. 21		1:00-4:00 "63" Cards

Monthly Event Calendar

- October 6, 9:30-10:30—Blood Pressure Clinic
- October 8, 9:00-2:00—AARP Driver Safety Program
- October 10—Sukeforth BingSol Pig Roast & Auction
- October 12—Center Closed for Columbus Day
- October 13, 9:00—Medicare Part D Assistance—Call 873-4745 to Schedule
- October 14, 1:00—Pumpkin Carving with Denver Brown
- October 14, 3:30-5:00—**John Nale "Remembering Waterville"**
- October 20, 9:00-3:00—FREE Benefits Check-up
- October 21, 10:00-3:00—Flu Shots
- October 21, 12:00-1:30—Family Caregiver Support Group
- October 24—Art of Aging Lifestyle Conference
- October 29, 6:30pm—**Alzheimer's Support Group**

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!

Thursday, October 3



Step aboard the **Katahdin** for a leisurely fall cruise to enjoy the natural beauty and history of Moosehead Lake. Travel with Stagecoach Tours, departing from the Holiday Inn, Waterville, at 9:15 am, returning at approximately 8:00 pm. \$60 p/p (Meals not included.)

Monday, October 5th

Enjoy a day of shopping in popular Freeport. Beat the holiday rush with driver Ed Tansey. Departing at 9am. \$19.50 p/p

Thursday, October 15th

Fall foliage drive to northern Maine. Enjoy spectacular scenery a few laughs and, perhaps, a surprise or two with Bill Richards. Departing at 9:30 am. \$16.00 p/p

Looking for Extended Trip Opportunities? See the back page!

Answers

Thursday, October 22nd

Dream big for just \$25!

Hollywood Slots in Bangor

Trip includes travel, \$5.00 in Tokens, and a lunch buffet. Gather your friends and hop aboard for a fabulous time! Departing from the Holiday Inn, Waterville at 10:30

Friday, October 23rd

NOT to be missed!! Driver Ken

Douglas will bring you to

Cellardoor Villa in beautiful

Rockport. Departing at 9:30 am. \$17 p/p

Tuesday, October 27th

Enjoy another great Maine shopping experience at **Reny's** in Gardiner, with Driver Ken Douglas. Departing from the Muskie Center at 9:30 am. \$12 p/p

All trips leave from Muskie Center unless otherwise noted. Day trippers pay for their own lunch and admission fees unless otherwise noted.

Reserve your spot today!!

Please call 873-4745

To R.S.V.P.



PUMPKIN CARVING

It's pumpkin carving

time! Enjoy lunch at

Café Plus and carve your

very own Jack O'Lantern. We'll

supply the pumpkins and the kits!!

October 14, carving starts at 1:00

with our very own favorite Nutrition

Administrator, **Denver Brown!!**

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 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.

Spectrum Generations will be hosting a *free* **Benefits Check-up** on October 20th from 9:00 AM to 3:00 PM. Benefits Specialists will be on hand to discuss various programs and services that could help area residents to save money in these difficult economic times. These programs/services will include, but are not limited to: the Supplemental Nutritional Assistance Program, the Medicare Savings Program, Maine Care, Supplemental Security Income, the Home Energy Assistance Program, and the Tax and Rent Rebate Program.

Did you know? Many Mainers who qualify for the Medicare Savings Program are not receiving it. This could amount to a savings of up to \$300 per month for a single person and up to \$600 per month for a couple. The Medicare Savings Program is available to those who receive Medicare and have income at or below \$1745 for a single person or \$2683 for a two person household. Assets are not considered for this program. Also, if some of the income is from a job, the income limit may even be higher. This is only one of the many benefits to be reviewed with our benefits specialists.

Advance Registration is required. If you would like to find out if you may qualify for any benefits, call 873-4745 to set up an appointment. Light refreshments and a tour of our newly renovated facility will be available.

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 are dealing with. See our Monthly Event Listing on the opposite page for exact dates and times.

EXTENDED 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 and all you do is go!



Tropicana Casino & Hotel - Atlantic City, New Jersey

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" under one roof. This fabulous fall adventure is only

\$319.00 P/P, D/O! Many "extras" included. You will travel by a motor coach bus to New Jersey.

Once there, you will check into your luxury accommodations. Departures available in Hallowell, Waterville, Topsham and Portland

AARP Driver Safety Program

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.

October 8th, from 9:00-2:00 at the Muskie Center. Cost is \$14.00 for members and \$16.00 for non-members.

You will have an opportunity to take a break for lunch from 11:00-12:00. If you do not care to leave the building for lunch, you may purchase something from our wonderful

Café Plus menu.



Fabulous Friday's Breakfast Buffet

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

October Specials

October is fair month—can't get to a fair? No problem, enjoy home cooked fair food at Café Plus.

Sausage Subs
Meatball Subs
Corn Dogs (2)
Bowl of Chili

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

Harvest Buffet Friday, October 30th

Let us serve you in style with spiral ham and raisin sauce, turkey with apple stuffing, gravy, squash, cabbage, mashed potatoes, sweet potatoes, dinner roll and apple or pumpkin pie.
\$10 per person

Our special buffets fill up quickly so arrive early and enjoy this special feast.

Café Plus "To Go" ... 680-2587

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.



Please join us in welcoming the new Muskie Center Manager, **Casey Milligan** to our team! Casey comes to us from Sidney, where she lives with her husband, Dan, and two children, Molly (8) and Dylan (5).

With a background in office management, sales, and activities coordination, she is going to be a great addition to our family. Be sure to stop by and say hello!

Annual Christmas Ornament Project

Each year we collect hundreds of homemade ornaments to share with others during the holiday season.

As the weather gets cooler we are reminded that now is the perfect time to start thinking about your contribution. We hope you'll be as generous as you have been in past years and look forward to your wonderful donations. Please drop your ornaments off at the Muskie Center at your convenience... and accept our thanks!.

