

Upcoming 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 for you and all you do is go!

Twin River Casino in Providence Rhode Island



Sept. 5 & 6 you will enjoy a decadent one night stay at the beautiful downtown Marriott Hotel. The cost for this adventure is \$169.00 P/P, D/O, which includes a one night stay, coach bus travel, a \$7 food voucher and a \$10 bet voucher at the casino. You will also receive a full breakfast on Sunday morning. The Marriot offers a shuttle service to area destinations. Please call 873-4745 for more information.



Tropicana Casino & Hotel Atlantic City, New Jersey

Head to 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" all under one roof. This fabulous fall adventure is only \$319.00 P/P, D/O! Many "extras" are included. You will travel by a motor coach bus to New Jersey. Once there, you will check into your luxury accommodations. Departures are available in Hallowell, Waterville, Topsham and Portland.

Hollywood Slots

Thursday, October 22nd. \$25.00 lets you dream big! Travel, \$5.00 in tokens and a lunch buffet voucher are included in this fee. Let someone else do the driving! Gather your friends and enjoy a nice fall drive to Bangor. You will have an opportunity to go to the mall if you wish also. Call 873-4745 to RSVP.



Saturday, Oct. 3rd

Take a lovely fall drive to Moosehead Lake and cruise on the "Katahdin" in Greenville. You will travel with Stage Coach Tours and leave from the Holiday Inn in Waterville at 9:15. You will arrive back approximately 8:00 PM. The cost of this adventure \$60.00 p/p and includes round trip transportation and passage on the Katahdin. (Meals are not included)

We are developing extended travel opportunities for 2010.

We are looking at several exciting locations. If you have dreamed of travel but are uncomfortable making the arrangements with a company you do not know, join us! Start saving today, skip one coffee a day at the coffee shop and ask family and friends to think of you on gift giving occasions. You will be traveling before you know it!

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.

Family Caregiver Support Group
September 22nd from 12:00- 1:00 p.m.
This group provides a confidential setting to discuss the issues of being a caregiver for a family member, friend or neighbor. Group meetings are held at Tewksbury Hall which is behind the Federated Church on Island

Spectrum Generations Adult Day Break program is celebrating 30 years of service.

Adult Day Break (ADB) is celebrating 30 years of community Adult Day Services this September. Hard to believe that amount of time has passed, and the impact that ADB had and continues to have on consumers & families today. ADB will be celebrating the appreciation the Caregivers, Consumers & Families the week of September 21st – September 27th, this being the same week as National Adult Services Celebration, nationwide. The Adult Day Service's program aims to maintain an active mind, body & soul. With the variety of activities offered from the all popular bingo to music and pet therapy and outings, ADB always has an activity planned to fit anyone's interests and most importantly their needs. These services continue to be available for those in need, this is offered to caregivers needing respite.



MUSKIE CENTER HAPPENINGS

Spectrum Generations
The Art of Aging Lifestyle Conference
Turning the tides of health
<< new location >>
Gather your friends for a field trip to the Art of Aging Lifestyle Conference being held at Point Lookout Conference Center on October 24th from 9:00 to 4:00.

Just \$15 per person for the day includes a continental breakfast, a fun-filled day of wellness workshops, healthy eating and cooking demos, interactive fitness demos, health screenings, massages and other health services, fitness walks on Point Lookout's scenic walking trails, and the chance to enter our Grand Prize drawing.

You can get there from here! Point Lookout is located at 67 Atlantic Highway in Northport between Belfast and Camden. You can find it on the map, Google directions, or take advantage of a package trip put together by Cyr Northstar Tours that includes a comfortable bus trip, admission, as well as dinner afterwards at the Weathervane Seafood Restaurant. Visit our News/Events page at www.spectrumgenerations.org for the growing list of vendors, complete workshop descriptions, and information on how to register for the workshops of your choice. *See you there!*

September 2009



Sock Hop— Fifties Day
Friday, Sept. 25th at Café Plus

50's drive in style food & nifty-fifty's music .
All this fun for \$6.00!
A certificate for a free lunch will be given to the Best Dressed 50's outfit.

~
Café Plus will not open until 10:00 a.m. on September 3rd.

~
The Muskie Community Center will be closed on September 1st. Spectrum Generations is having its annual employee training day.

~
We will also be closed on September 7th in honor of Labor Day.

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



3rd Annual Sukeforth BingSol Pig Roast & Auction to benefit

Hospice Volunteers of the Waterville Area and Spectrum Generations/ Meals on Wheels.

Saturday, October 10, 2009
The gates will open at 10:00 and the BBQ buffet will start at 12:00.

Entrance fee to this fun filled day in a beautiful setting is:
\$15.00 Individuals
\$20.00 couple
\$25.00 Family
Bring your own lawn chairs and beverages.

You will enjoy a delicious BBQ, games, 50/50 raffle, GIANT bon-fire, and a live auction that has hundreds of items! A new addition this year is a silent auction that will feature "Theme Baskets." To purchase your tickets you may call Annette at 872-0117 or go online to www.hvwa.org/BingSol/index.shtml.

Thank you for supporting Meals On Wheels.

Living

September 9th, 10:30 –11:00 Join Julie from **Maine General Hospital's Prevention Center** for an information opportunity to learn about two life saving programs that are free to qualifying participants. The Susan G. Komen Foundation Breast Care Program and the Colorectal Cancer Screening Grant. Julie will explain these programs and offer an opportunity after to ask her further questions. This is a free opportunity but an RSVP is appreciated.

Active Aging Week is Sept 21-27. i can, i should i will ,i am changing the way i age by 30 minutes a day! Join us this week and learn how to change your life!

~ **Bone Builders information session Sept. 21st, 11:00 sponsored by HealthReach.** Bone Builders is an osteoporosis prevention exercise program that teaches how you can reduce your risk of osteoporosis. This session will review what the program will cover in this falls class. This is an opportunity to find out if this program is for you. The program includes weight training, balance training, and nutrition education. This program will help keep you healthy and active. Don't live your life from the sidelines. An RSVP is appreciated.

"Move More" Sept. 22nd. 11:00 "Move More" is a community based organization that helps people be ore physically active. Learn more about this great program.

~ **Fitness with Richard Simmons tape** every Monday & Friday 9:30 a.m. Wednesday at 9:00. Come work out with Richard Simmons! \$1

~ **Fitness with Wendy** every Monday & Friday 8:45 - 9:30 a.m. A short health questionnaire must be filled out. \$1

~ **Free Blood Pressure Screening** September 8th from 9:30-10:30. Take charge of your health; make it a new habit to get it checked once a month.

~ **Quilting and Other Hand Crafts** will resume on Sept. 8th. The holidays are coming and it is time to think about those hand made gifts you wanted to make. Bring them and enjoy the support and encouragement from the other crafters. You may even get the perfect gift idea.

~ **Our newly remodeled beauty shop is open!** Claire is here every Tuesday in our newly remodeled Salon. Call for your appoint, 873-4745

Caring **Alzheimer's Support Group September 24th, 6:30 p.m.** Are you caring for a loved one with Alzheimer's disease? Come join others who are grappling with the same situation. This group meets the last Thursday of the month. If you would like more information, please call Allison at 873-4745.

Family Caregiver Support Group September 16, 12:00 - 1:30 p.m. This group provides a confidential setting to discuss the issues of being a caregiver for a family member or someone close to you. You are also welcome if your loved one has been placed in another setting or your caregiving days have recently ended.

"Putting your Plant to Bed" Workshop

Sept. 22, 12:30-1:30

Join Kathy Hebert from Sunset Flowerland & Greenhouses.

Kathy will give you tips on how to help your plants survive the winter and what you may need to do with your soil. This is a great primer for the "Plant Swap" the following day.

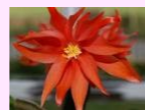
Please RSVP for this event.



Plant Swap, Share the Beauty!

September 23rd at 10:00

Fall is a great time to transplant your perennials. If you are finding that you have some that have spread a "little to much" or you would like to add something new to your garden, this day is for you! Bring a plant that has been carefully harvested and "swap" it with someone who has just what you have been looking for! If you would like to bring extras just to share and spread the beauty, please do so. Please bring them in a pot if you can to help protect the roots. Please provide the following information: what type of sunlight does it need, what color is it, how large does it become; and any other information that you feel is necessary for the new gardener. Lets have fun making our gardens spectacular!



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. This course will be offered at the Muskie Community Center on Oct.8th from 9:00-2:00. The cost for this course is Non-members \$16.00 and \$14.00 for Members. You will have an opportunity to take a break from 11:00-12:00 for lunch. If you do not care to leave the building for lunch you may purchase from our wonderful Café Plus menu.

Upcoming Day Trips

Sept. 11th 9:00 Desert of Maine Museum in Freeport. Enjoy a day in Freeport! Transportation cost for this event is \$20.00.

Sept. 15th 9:00 Cole Farms Restaurant and Maine Wildlife Park in Gray. The transportation cost for this event is \$24.00 & \$5.00 park entrance fee. Loyal customers have been coming back time and time again to Cole Farms in Gray, Maine. For 50 years, Cole Farms has kept a tradition of offering delicious foods at low, reasonable prices.

Sept. 23rd 10:00 Ken's Restaurant in Skowhegan for a mouth watering lunch. The transportation cost is \$7.00. Shopping will be included in the day also.



Confused about the economy and your investments? Join Mr. Bert Languet Wed., Sept 30th at 11:00.

Answers

Mr. Languet is from Golden Pond Wealth Company. He will try to help you make sense of what is going on and perhaps help you understand the best financial route for you. An RSVP is required for this free opportunity.

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.

Maine Property Tax and Rent Refund Program

Maine Residents can apply for a Property Tax or Rent Refund through June 1, 2010. The income limits to file for the 2009 General program are: \$61,400 for a single person and \$81,850 for a married couple. Income limits for the 2009 Senior program are: \$13,900 for a single person and \$17,200 for a married couple. Seniors are processed under both program criteria, and will receive the larger refund of the two. Refunds may be as much as \$400 for the Senior program and \$1,600 for the General program.

Spectrum Generations will provide individual appointments to assist with the Maine Property Tax and Rent Refund application at the Muskie Center on the dates below. **Advance Registration is required by calling 873-4745.**

Tuesday, September 15th and Friday, September 18th from 9AM to 12 PM
Wednesday, September 2nd and Thursday, September 17th from 1 PM to 3:30 PM

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.

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.