



Living

MUSKIE CENTER HAPPENINGS

Learning

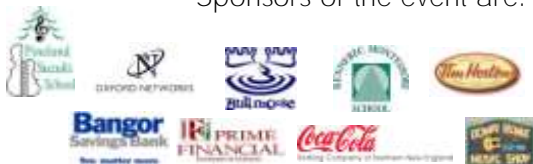
14th Annual Gene & Lucille Letourneau Ice Fishing Derby

Sunday, February 26, 2012. Weigh ins take place from 2:00-5:00pm. Adults compete for 1st and 2nd place prizes while children up to age 15 compete for their own set of 1st, 2nd and 3rd place prizes. Tickets are on sale now at all Spectrum Generations locations. Each ticket is good for one fish submission and one entry for our raffle to win an Old Town Kayak.

David Mallett Band and Steve Fotter

On Sunday, March 11th starting at 2:00PM at the Williamson Auditorium, 9 School Street in Fairfield, Steve Fotter will open for Maine folk sensation David Mallett and his band. David's songs have been recorded by various artists, such as Emmylou Harris and John Denver, and he was named as one of the most memorable "Mainers" of the 20th Century by the Bangor Daily News. Ticket cost are \$18 for adults, \$10 ages 4-16, family of 4 rate \$50, children 3 and under free. \$25 for all at the door. Tickets are available by calling 873-4745, purchasing online at www.kennebecmontessori.org, going to Bull Moose, Down Home Music or the Muskie Center. Proceeds benefit Spectrum Generations Muskie Center and the Kennebec Montessori School.

Sponsors of the event are:



February 2012

LOVE YOUR HEART EVENT

9:00AM-11:00AM



What better day to celebrate heart health than on Valentine's Day, Tuesday, February 14th. Start the day by spinning the Wheel of Wellness provided by sponsor Inland Hospital. Hear from Denise Sullivan, a Women Heart Champion, watch a healthy cooking demo from a Shaw's Representative and receive chances to win some prizes. See our flyer for more detailed information or call Cheryl at 873-4745.



Muskie Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745
Consumer Helpline:
1-800-639-1553
www.spectrumgenerations.org
(TTY) 1-800-464-8703
Hours: Monday—Friday
7:30 A.M. - 4:00 P.M.

Al Corey Combo Band and Buffet

Join us here on Saturday, March 31st for a delicious buffet and dancing. Tickets are available at the Muskie Center and are \$20 per person with proceeds benefiting our Center. A cash bar will be available. Doors open at 6:00PM. Special thank you to the Bourque-Lanigan Post #5 and the Waterville Masonic Lodge #33 for sponsoring. FMI call 873-4745.

Good Shepherd Food Challenge Matching Grant

The Good Shepherd Food Bank is Maine's largest hunger relief organization. We are now accepting donations through April 27th to reach our goal that will be matched at 100% through this grant. All proceeds go to our nutrition programs. To help with this challenge, simply fill out the form and bring it into the Muskie Center or mail it to Muskie Center by April 27th.

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: _____



WEEKLY EVENTS

Fitness

Exercise with Wendy (\$2) - Mon & Fri 8:45-9:30am
Richard Simmons Workout Tape (\$1) Monday & Friday 9:30-10:30 and
Wednesday's 9:00-10:00

Games

Hand & Foot (\$1) Tuesdays 1:00—4:00
Cribbage (\$1) Wednesdays 12:30—3:00
Bridge (\$2)Thursdays 11:00—4:00
"63" (\$1) Fridays 1:00—4:00

Quilters—Every Tuesday from 9:00-11:00am—\$1.

Beauty Shop with Claire—Every Tuesday—Call for appointment.

Blood Pressure Screening—FREE—Please call ahead.

Foot Clinic with Jeanne Otis—Monday, February 13th. Rates vary.
Sessions are also held at our Somerset Center the fourth Friday of each
month. To schedule, contact Jeanne at 660-3465.

Computer Lessons Tuesday and Wednesday classes available at 10:00am
and 11:00am. Cost is \$7. Call 873-4745 for an appointment.

Book Club—Thursday, February 16th from 9:00-11:00AM \$2 which
includes drinks and muffins. Krakatoe by Simon Winchester is the book
currently being read. Copies are available at the Muskie Center.

Indoor Walking Club now through April from 8:00-9:00am. No charge.

Wii Bowling League—On Wednesday and Friday's. If interested call
873-4745.

Family Caregiver Meeting—Wednesday, February 15th from
12:00-1:30PM.

Seussebration at the Waterville Public Library

"Seussebration" a day of whimsy nonsense in honor of Dr. Seuss will be
held at the Waterville Public Library on Saturday, March 3, 2012 beginning
at 10:00AM. A series of readings, performances, Seuss-inspired original
poetry, exhibits, and other events at the library and other downtown
locations. Fun for all ages. A schedule of events are available at
www.watervillelibrary.org or call 680-2604.

Breakfast

On Friday's a Public Buffet
Breakfast is served from 8:00-
10:00am. The suggested donation
for **age 60+** and people with
disabilities is **\$4.00**. **Under age
60** the **cost** is **\$5.00**. Breakfast
sandwiches and muffins are always
available for purchase Monday
through Friday.

Lunch

Public Lunch is **Monday-Friday
11:30am –1:00pm**. The suggested
donation for **age 60+** and people
with disabilities is **\$4.00**. **Under
age 60** the **cost** is **\$6.00 unless
otherwise stated**. A second entree
is offered daily. We accept cash,
check, MasterCard, Visa, Discover
and ebt snap cards.

February Lunch Entrees

- 1 Chicken Pot Pie
- 2 American Chop Suey
- 3 Salmon or Tourtiere Pie
- 6 Beef Ravioli
- 7 Ham & Potato Casserole
- 8 Turkey
- 9 Creamy Chicken over Rice
- 10 Fish Fillet
- 13 Salisbury Steak
- 14 Steamed Lemon Butter Haddock
and Pasta Primavera
- 15 Sweet & Sour Pork
- 16 Spaghetti & Meatballs
- 17 Ham & Cheese Quiche
- 20 Holiday—Off
- 21 Cheese Tortellini in cream sauce
- 22 Chicken Curry
- 23 Pot Roast
- 24 Butter Crumb Haddock
- 27 Swiss Steak
- 28 Baked Ziti
- 29 Meatloaf



*Listen to True Oldies 93.5 each
week day to hear our menu options*

Answers

MORE EVENTS AT MUSKIE!

Waterville Mayor, Karen Heck

Meet our new Mayor, Karen Heck, Friday, February 3rd from 11:00-1:00PM at the Muskie Center. Karen will be socializing and make herself available for questions during our lunch. Also, she will be bringing along the Kennebec Chordsmen who will perform at noon.

How to Pay Less for Doctors Visits

Tuesday, February 7th at 9:00AM. Free. Muffins and drinks will be offered. This session is for people who are on Medicare. Register by February 3rd by calling 873-4745.

Easy Chocolate Cheesecake

Looking for something spectacular to make for Valentine's Day? Join Assistant Chef Karen on Monday, February 13th at 1:00PM and learn how to make this easy, yet tasty, chocolate cheesecake. Also, each person will get to sample the cheesecake and will receive the recipe. Cost is \$2. Sign up by calling 873-4745 before February 10th.

Digital Reader Class

Monday, February 13th from 12:30-1:30PM. Cost is \$5 and covers the Kindle and the Kindle Fire. Call 873-4745 to register before February 10th.

Valentine Raffles

Be sure to check out our lovely raffles at our Reception desk.

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. Call 873-4745.

Money Saving Programs

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 \$1754 for a single person household or \$2705 for a two-person household. The 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. Call 873-4745 to schedule an appointment.

Free Benefits Check-up & Medicare Information Clinic

February 13 and February 28 from 9:00am to 3:30pm. Specialists will be available to discuss various money savings programs and services. Call 873-4745 for an appointment.

AARP Tax Appointments

AARP will be offering free tax preparations on Tuesday's and Thursday's through mid April. Appointments are required and are on a first come first serve basis. To schedule yours all 873-4745.

Adult DayBreak Offers Caregivers Relief

The next time you want to attend that luncheon at the Cohen Center or play cards at the Muskie Center or have an appointment with one of our consumer specialist about Medicare please consider our four wonderful Adult DayBreak Programs for your loved one. Adult DayBreak Programs can benefit both your loved one and the caregiver.

Spectrum Generations offers four wonderful Adult DayBreak Programs where you can drop your loved one off for a few hours or for the whole day so you can enjoy activities you love, run errands, or go to work. We offer a safe friendly environment for your loved one with wonderful activities planned each day such as bingo, arts and crafts, music, bible study, much more. We are open from 8:00 am to 4:30 pm Monday thru Friday and offer 3 meals a day. Our trained staff can administer medications to your love one if needed. Please call for further information 1-800-282-0764. Financial assistance is also available

Muskie eMail List

Would you like to be in the know of what's going on at the Muskie Center? If so, join our email list by emailing Cheryl at cgifford@spectrumgenerations.org.

SPECTRUM LEARNING

Managing Income in Retirement

We are delighted to have Kevin Sullivan, of Sullivan Wealth Management, for our next six week Spectrum Learning series covering the topic of managing income in retirement. This informative class will provide you with relevant information that you will need in making sound financial decisions as you approach your retirement date! Even if you are currently retired, this course will help you understand how retirement income works. By the end of this seminar, attendees will be clear on the mystery surrounding retirement income. A sample of topics/questions that will be covered are

Will you have enough?

How much money can you withdraw and still be OK throughout your retirement years?

What to do when you are 5 years away from retirement?

In what order will you withdraw your funds?

What is your spending policy?

What about Social Security?

What about Healthcare?

Classes are being held on **Monday's on the following dates:** February 13 and 27. March 5, 12, 19, 26 all from 9:30-11:30am. April 2 is scheduled as a snow date if needed. Cost is \$25 for the entire 6 weeks! This can be paid half upon registration and half at week four or pay in full at time of registration. Call 873-4745 by February 6th to register.

DAY TRIP ADVENTURES

Day trips require a minimum number of participants. Please preregister as soon as possible so we can guarantee the trip by calling 873-4745. Cash, Checks, Visa, MasterCard & Discover accepted for all trips. No refunds on cancellations made less than 48 hours.



Hollywood Slots

Monday, February 6 leaving Muskie at 9:00am, with a snow date of Monday, February 13th. Cost for transportation is \$18.00. Preregister by February 3rd by calling 873-4745.

Augusta Shopping Trip

Take a day to shop the sales at Kohl's and Dick's Sporting Goods then stop for lunch at the Olive Garden. Monday, February 27th leaving Muskie at 10:30am. Cost for transportation is \$7.00. Lunch cost is not included. Preregister by February 23rd by calling 873-4745.

Cancellations and Delays

In the event of bad weather, please call 873-4745 before heading to the Center.

Presidents Day

Spectrum Generations will be closed on Monday, February 20th.

SOMERSET HAPPENINGS

MOW Assessor Needed in Somerset

A Meals on Wheels Assessor is needed in our Somerset office. Please call Beth at 474-8552 if interested. Hours are negotiable.

MEALS ON WHEELS

Driving to Sustain Health

Did you know that just a few hours of your time, twice a week, can help a senior remain in their home? Spectrum Generations Muskie and Somerset Center's are seeking volunteer drivers to deliver Meals on Wheels to homebound seniors starting immediately. If you would like to be part of Spectrum Generations' mission of "No Senior Goes Hungry", contact Ryan at 873-4745 for the Muskie Center or Beth at 474-8552 for the Somerset Center. Drivers are reimbursed for mileage.

MOW Hotdog Fundraiser

Have you ever heard of an outside hotdog sale in the middle of winter in Maine? Now you have! Keep our dedicated staff warm by keeping them busy at Sam's Club in Augusta on Saturday, February 4th from 11:00-2:00PM.

Maine Ending Hunger

Our annual penny drive is currently taking place. If you know of a school, church or organization that would like to support us please have them contact Ryan at 873-4745 before February 14th.

AniMeals

Recipients of MOW who have cats or dogs are now receiving a minimum amount of pet food but more is needed. Please help us by donating dry dog and/or cat food to the Muskie Center. For questions, call 873-4745.