



The Central Maine Area Agency on Aging

## MUSKIE & SOMERSET CENTER HAPPENINGS

### Community Champions Week

Invite your town manager, selectperson or legislator to join you for lunch at the Muskie Center during our annual March for Meals celebration week, March 20 - March 24. Ask them to show their support for all our communities' seniors!

### It's All About The Core!

Core Exercises are a crucial part of any exercise regimen. By working the core muscles, you flatten and strengthen your abdominals, improve balance and coordination, stabilize the lower back, and promote better breathing among other benefits without doing any crunches. Join Robin Maginn, Advanced Senior Personal Trainer and Group Exercise Instructor, for a discussion and demonstration of the core exercises and learn the importance of how to work the abdominal muscles effectively for a strong core, on Tuesday, March 14 from 2:00 - 3:00 p.m. at the Muskie Center, 38 Gold Street, Waterville. Cost: \$10.00. Please pre-register by visiting Spectrum Generations Muskie Center or by calling 873-4745.

### Family Caregiver Support Group

Are you a Caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? Come and talk with others who share your journey, to support one another and learn about resources and information that may help you. Join us on Wednesday, March 15, 12:00 - 1:30 p.m. Our Caregiver Support Group is here to listen, to care, and to help. For more information, please call Mary at (207)660-9268.

## March 2017

### March For Meals So No Senior Goes Hungry

Community Champions Week  
March 20 - March 24.  
Join us for our annual "Mayors for Meals" campaign as we partner with the Meals on Wheels Association of America to end Senior Hunger. Maine ranks 9th in the nation and 1st in New England in terms of food insecurity. This month we are recognizing our Meals on Wheels program for keeping our homebound older and disabled neighbors happy, healthy and connected.



Spectrum Generations volunteers deliver a nutritious meal, a safety check and a warm smile. We will be inviting town leaders and other Community Champions to show their support by helping us in our kitchens preparing Meals on Wheels. Please visit and support us by dining at our centers, volunteering or giving a donation to feed a homebound adult. Call the Muskie Center at 873-4745 for specific events!

Muskie Community Center  
38 Gold Street  
Waterville, ME 04901  
Weekdays 7:30 a.m. - 4:00 p.m.  
(207) 873-4745

Helpline: 1.800.639.1553  
[TTY] 1.800.464.8703  
www.spectrumgenerations.org

### Jillson's Farm and Sugarhouse

Bring a friend and join us on Thursday, March 23 for a day of fun as we travel to Jillson's Farm and Sugarhouse in Sabattus. Once there, we will be having breakfast on the farm. We will then tour the farm and enjoy free samples of Maple syrup. Maple ice cream will be available for \$2.00 per person. Other products will also be available for purchase. Our van drivers Roger & Mary Derosier will be leaving from the Muskie Center at 9:00 a.m. Cost is \$26.00 which includes Transportation and a hearty Breakfast. Pre-registration is required by calling 873-4745 or stop by the reception desk.



### Easter Bunny Cake Contest

Love Easter? Love to bake? If so, please consider entering our Easter Bunny Cake Contest coming in April and show off your amazing talents! More information is coming soon!



### March Madness Calendar Raffle

Want a chance to win some really great prizes? Purchase a raffle ticket for \$10.00 and have a chance to win one of 23 exciting prizes with each prize having a value of \$25.00 or more in the month of March. Weekday drawings will be at lunchtime here at the Muskie Center. All proceeds benefit Spectrum Generations Muskie Center's many programs.



## MUSKIE CENTER HAPPENINGS & WEEKLY EVENTS

### Remember Me Spiritual Readings

Want to experience a Spiritual Reading? Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. *Spiritual Readings* have brought comfort and healing to those who are grieving. Francine will be at the Muskie Center on **Friday, March 17** from **12:30–2:45 p.m.** Cost is \$25.00 for each 1/2 hour. Call 873-4745 to schedule an appointment for your reading.

### Speak French Social Hour

\$3 Includes coffee and muffins Wednesdays, 9:30 – 10:30 a.m. Was French your first language? Do you speak French but only have a few people to converse with? Are you learning French and wish for more opportunities to practice? If yes, then come join our Speak French Social Hour. Call 873-4745 to join in the fun!

### Bridge

Waterville Non-Sanctioned Duplicate Bridge meets every Thursday from 11:00 a.m. – 3:45 p.m. Cost \$2. Please bring your own partner. Call 872-5932 for more information.

**Cribbage** (\$1) Wednesdays, 12:30 – 3:00 p.m.

**Hand & Foot Card Game** (\$1) Tuesdays, 1:00 – 3:30 p.m.

**"63" Card Game** (\$1) Fridays, 1:00 – 3:30 p.m.

**Quilters & Crafts** (\$1) Tuesdays, 9:00 – 11:00 a.m.

### Yoga

Join Kim Nashed, a Yoga Alliance Certified instructor on Tuesdays & Thursdays from 8:30 – 9:30 a.m. Cost is \$5.00 per class. Please call 873-4745 to sign up.

### Tai Chi

Mondays & Wednesdays, March 13 - May 3 from 8:00 - 9:00 a.m. To register or for more information, contact Lyn at (207)930-8082.

### Richard Simmons Workout

\$1 Mondays, Wednesdays & Fridays  
9:00 – 10:00 a.m.



### Nintendo Wii Gaming Console

Have you ever played Wii? If not, would you like to try? We have a Nintendo Wii gaming console set up and available for the public to use in our front dining room area. The Wii has many games including bowling, tennis, golf, baseball and boxing that you can play for a donation. If you are interested in playing, then please check in at the reception desk or call 873-4745 to schedule a time to play!

## Save These Dates!

**Tuesday, April 11th**

### It's All About the Legs!

Exercise class with Robin Maginn.  
Class time: 2:00 p.m. - 3:00 p.m.  
Cost: \$10.00. More information coming soon.

**Thursday, April 27th**

AARP Safe Drivers Course from 10:00 a.m. - 4:00 p.m. at Spectrum Generations Muskie Center. Cost for Members is \$18.00, Non-Members is \$23.00. Pre-registration is required by stopping at reception desk or by calling 873-4745.

**Tuesday, May 9th**

### It's All About the Arms!

Exercise class with Robin Maginn.  
Class time: 2:00 p.m. - 3:00 p.m.  
Cost: \$10.00.

More information coming soon.

## Costume Jewelry Needed!

We are once again looking for costume jewelry donations. Do you have some you would like to donate for an upcoming spring fundraising sale at the Muskie Center? If so, please drop it off at the reception desk. We appreciate all your support!

## Notary Services at Muskie

By Donation, Tuesdays 1:00 p.m.  
Please pre-register at the reception desk or by calling 873-4745 to set up an appointment.

## Blood Pressure Screening

Please call the Muskie Center at 873-4745 to set up a free appointment.

## New to Medicare?

Attendance is required before an individual appointment can be made.

### *Medicare 101 Clinic*

Medicare has four parts: A, B, C & D. *Part A* is hospital insurance. *Part B* is medical insurance. *Part C* is Medicare Advantage Plans & *Part D* is for prescription drugs.

Do you know the difference between a *Medigap Plan* and a *Medicare Advantage Plan*? This is where you can find the answers to questions you may have about Medicare such as:

- How do you enroll in Medicare?
- What services are covered by Medicare?
- What is the cost for Medicare?
- And more.....

Upcoming session will be at the Muskie Center on Tuesday, March 21, from 1:00 - 3:00 p.m. Donations are accepted and appreciated.

Pre-registration is required by calling 873-4745. *Please note:* If you require a translator notify us at least 2 weeks before the event so we can make arrangements for accommodations.



### *A Special Thank You!*

Spectrum Generations Muskie Center would like to thank everyone who helped make our Ice Fishing Derby a huge success by donating their time, auction items and for sponsoring our event. Also, a huge thank you to Courtney's Hotdogs! All proceeds from the derby will benefit all of the Muskie Center's programs!

## Bridges Home Services & Adult Day and Community Support Services



At *Bridges Home Services* we are here to do one thing; *make life better for you*. With over **20 years' experience** we have been helping loved ones stay at home, where they truly want to be. Alongside home care we also provide caregiver and respite services. Our *Adult Day and Community Support Services* program helps provide a home away from home for loved ones, enabling elderly or disabled family members to continue living at home longer, and provides caregivers with respite and peace of mind. FMI contact Bridges Home Services today, (207) 623-0761.

### **You May Qualify for a Tax Credit!**

Recently, the Maine State Housing Authority published a new rule allowing a homeowner or renter who makes less than \$55,000 eligible for up to \$9,000 in a tax credit for certain home modifications. The total amount is based on a sliding scale and the modifications must make the dwelling accessible for a disabled person who lives there currently or will be moving there in the future. Visit [mainehousing.org](http://mainehousing.org) for more information or call 1.800.639.1553 to speak with one of Spectrum Generation's Aging and Disability Resource Center counselors.



### **Karen Wiswell talks about Cohen on the Meadows to the LAC**



*Cohen on the Meadows* catering is offered at two of our agency locations, here at Muskie and at the Cohen Community Center in Hallowell. Chef Gary oversees catering at the Muskie Center. If you know anyone needing onsite catering or a delivery in the area, be sure to pass one of Gary's cards along to them. Chef Gary provides customized menu options and can plan an event around any budget. *Cohen on the Meadows* catered our recent MLK Breakfast, does private party events and has a few businesses using our Muskie location; however, we want to grow! All proceeds help end senior hunger by going back into our *Meals on Wheels* program. Spread the word...We want to Cater to you!

### **Spectrum Generations is active with AmazonSmile!**



is the same Amazon you know– same products, same prices and the same service. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Please help support your favorite local charitable organization, Central Maine Area Agency on Aging, by doing your shopping at [smile.amazon.com](http://smile.amazon.com). Thank you for your support!

### **Weather Cancellations & Delays**

In the event of bad weather, please call 873-4745 before heading to the Muskie Center. If no answer, please call (800)639-1553 for a recorded message announcing agency closings. You can also watch or listen to TV channels 5, 6 or 8 or FM radio stations 104.3, 92.3, & 98.5.



## Muskie Community Dining

### Public Buffet Breakfast

Breakfast each Friday 8:00—10:00 a.m.  
Breakfast is \$5.50. Breakfast sandwiches are made to order Monday - Friday for \$2.00

### Public Lunch

Monday through Friday 11:30 a.m. – 1:00 p.m.  
Suggested donation for age 60+ and people with disabilities is \$5.00. Under age 60 the cost is \$6.50.

Water, soda, coffee and muffins available daily for **\$1.00+ tax**. Cash, check, credit and EBT cards are accepted.

### March Lunch Menu

- Wednesday, 3/1/17 Chicken & Gravy, Seasoned Rice
- Thursday, 3/2/17 \$6.50 Baked Ham, Sweet Potato
- Friday, 3/3/17 Lemon Herbed Haddock, Oven Fries
- Monday, 3/6/17 Swedish Meatballs, Noodles, Beets
- Tuesday, 3/7/17 Lasagna, Broccoli, Dessert
- Wednesday, 3/8/17 Meatloaf, Carrots, Dessert
- Thursday, 3/9/17 \$6.50 BBQ Ribs, Beans, Coleslaw
- Friday, 3/10/17 Salmon Pie, Chive Potatoes, Carrots
- Monday, 3/13/17 Salisbury Steak, Rice Pilaf, Dessert
- Tuesday, 3/14/17 Chicken Cordon Bleu', Squash**
- Wednesday, 3/15/17 Chicken Alfredo, Broccoli
- Thursday, 3/16/17 \$7.00 Baked Stuffed Haddock
- Friday, 3/17/17 Corned Beef & Cabbage, Potatoes
- Monday, 3/20/17 Spaghetti & Meatballs, Carrots
- Tuesday, 3/21/17 Chicken & Vegetable Stir Fry, Rice
- Wednesday, 3/22/17 Shepherds Pie, Green Beans
- Thursday, 3/23/17 \$6.50 Pot Roast, Parsnips & Carrots
- Friday, 3/24/17 Seasoned Haddock, Veggie Medley
- Monday, 3/27/17 Macaroni & Cheese, Hotdogs
- Tuesday, 3/28/17 Baked Chicken, Parsley Potatoes
- Wednesday, 3/29/17 Sweet & Sour Chicken, Rice
- Thursday, 3/30/17 Roast Pork, Green Beans, Dessert
- Friday, 3/31/17 Lemon Haddock, Rice Pilaf, Carrots

Listen to FM 93.5 True Oldies with Don Brown each weekday morning for full menu details of what is being served.

## SOMERSET COMMUNITY CENTER HAPPENINGS

30 Leavitt Street, Skowhegan ME 04976

Phone: 207.474.8552 Fax: 207.474.0866

Consumer Helpline: 1.800.639.1553

Public Hours: Mon, Wed, Fri. 9:00 a.m. – 1:00 p.m.

### Medicare 101 Clinic Offered

Need help understanding Medicare? Join us for a Medicare 101 informational clinic. Donations are accepted and appreciated. Pre-registration is required. For more information, or to register, call 474-8552. The next clinic will be on Thursday, March 23 from 1:00 – 3:00 p.m.

Please note: If you require a translator, please notify us at least 2 weeks before the event/appointment so we can make arrangements for accommodations.



### AniMeals Program

It's a tough decision to choose between feeding yourself or your pet. Homebound seniors face these challenges every day. Volunteers deliver donated pet food to homebound seniors in need to help them care for their beloved companions. We are accepting unopened dog/cat food and treats at the Somerset Community Center, 30 Leavitt St. in Skowhegan. You can also mail a donation to the center if you wish. Please indicate that your donation is for AniMeals. Thank you for your generosity!

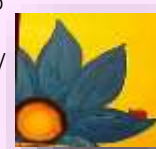


### Meals on Wheels Volunteers Needed!

A Meals on Wheels back-up driver is needed at our Somerset Community Center. A Meals on Wheels driver is also needed in Bingham and Madison. Please contact Holly for more information at 612-5123 or [hhannon@spectrumgenerations.org](mailto:hhannon@spectrumgenerations.org)

### An Evening of Painting

Come join us at Spectrum Generations Somerset Community Center on Thursday, April 6 at 5:00 p.m. for a fun-filled evening of painting. Our artist will lead you step by step in creating this beautiful painting! Ticket price is \$25 and includes light fare food and coffee. Limited number of tickets available, so get yours early!



**Cohen**  
on the  
**Meadows**  
BANQUETS | CATERING  
All proceeds help end senior hunger

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for details