



Central Maine Area Agency on Aging  
Southern Midcoast Aging and Disability Resource Center

# Monthly Update

## September 2025

All Spectrum Generations locations will be closed Monday, September 1, in observance of Labor Day.



**spectrum**  
generations

Maine Pine Catering

  
13<sup>th</sup> ANNUAL  
**Celebrity Chef Challenge**  
A FUNDRAISER FOR  
SPECTRUM GENERATIONS

**October 6 | 5 p.m.**

**Augusta Civic Center**  
76 Community Drive | Augusta

**Tickets are still available!**

**3 Courses + Dessert + Cash Bar  
Hors d'oeuvres | Music | Auction**



To purchase tickets or become an event sponsor, scan the QR code or visit, [www.spectrumgenerations.org/celebrity-chef-challenge](http://www.spectrumgenerations.org/celebrity-chef-challenge).

## Get Ready for OPEN ENROLLMENT! October 15 – December 7!

Are you looking forward to changing your Medicare plan or looking for nonbiased counseling about Medicare. If so, contact Spectrum Generations for an appointment today with our State Health Insurance Assistance Program! There are appointments available at our Cohen and Muskie center, along with other centers in your community!

**Remember open enrollment only happens once a year so do not miss out!**



## Make a Social Security Account TODAY!

About a month prior to filling out the Medicare Part A and B application, you will need to create an online account on the Social Security Administration website.

Once an account is established, you can then proceed with Part A and B enrollment. For any questions or assistance, please contact Spectrum Generations at:

**1 - 8 0 0 - 6 3 9 - 1 5 5 3**

# Activities & Workshops



## MONTHLY PARKINSON'S SUPPORT GROUP FEATURING ELDER LAW ATTORNEY CLAUDIA RAESSLER

Redington Fairview Hospital (Conference Rm. #4, 46 Fairview Ave., Skowhegan)

**Tuesday, September 2 | 1 - 3 p.m.**

Join us as we welcome Claudia Raessler, Founder and Managing Member of Maine Elder Law Attorneys. Whether you are seeking assistance with estate planning, longterm care, or guardianship, she is committed to helping you navigate the complexities of elder law. Contact Shirley Kershner at 1-800-639-1553 for more information.



## SOUPS AND STEWS: Fall Cooking & Nutrition Class with Chef Gary

**Cohen Community Center - Thursday, September 4 | 1 - 2 p.m.**

**Muskie Community Center - Tuesday, September 9 | 1 - 2 p.m.**

Join Spectrum Generations' Executive Chef, Gary Hurtubise, for a special fall-themed cooking class! He'll share his top tips for building, rich hearty flavors in soups and stews- just in time for the cooler fall weather. Learn how to layer ingredients, season like a professional, and make the most of your fall produce. We'll be cooking a classic beef stew- and of course, there'll be warm, delicious samples to enjoy! To register for the Cohen class, visit the front desk receptionist or call (207) 626-7777. To register for the Muskie class, visit the front desk receptionist or call (207) 873-4745. A \$5-\$10 donation is suggested, but not required.



## VIAL OF LIFE

**Muskie Community Center - Tuesday, September 16 | 10:30 - 11:30 a.m.**

Join us as we welcome Brittany Dunphy, Community Health Educator from Redington-Fairview General Hospital at Spectrum Generations' Muskie Community Center in Waterville. Brittany will present the potentially life saving Vial of Life program. The Vial of Life is a tool to help Emergency Medical Services (EMS) know your important health information when you can't speak for yourself. If you are 65+ or have a serious medical condition please attend this important presentation to receive your free Vial of Life! To register, visit the front desk receptionist or call the Muskie Community Center at (207) 873-4745.



## SMART DRIVER™ COURSE: Presented by AARP

**Muskie Community Center - Thursday, September 18 | 9 a.m. - 2 p.m.**

The AARP Smart Driver™ Course is the nation's first refresher course specifically designed for drivers aged 50 and older. Drivers may benefit from a discount on their auto insurance premium upon completing the course and you will learn something new along the way! The day of the class, please arrive before 9 a.m. to complete paperwork with instructor Penny Kern. Price is \$25 for AARP members or \$30 for non-members. Please register for this event by visiting the front desk receptionist or call the Muskie Community Center at (207) 873-4745. Lunch is available for purchase at the center or bring your own!



## THE MEDITERRANEAN DIET: Eating for your Health

**People Plus Center - Thursday, September 25 | 1:30 - 2:30 p.m.**

Please join Spectrum Generations' Registered Dietitian, Kirsten Solomon MS, RDN, for an interactive nutrition class exploring this flavorful and heart-healthy way of eating. Learn its key principles, health benefits, and simple ways to incorporate Mediterranean-inspired meals into your routine. We will be making a vibrant Mediterranean salad and meatless main dish! To register call (207) 729-0757 or stop by the People Plus reception desk at 35 Union Street in Brunswick.



## MOBILE DEVICE LEARNING SESSIONS

**Muskie Community Center - 4th Tuesday of each month | 10 a.m. - 1 p.m.**

Do you have a laptop, tablet, Kindle, or smartphone, and would like to learn more ways to use it such as; accessing Facebook, email, texts or other apps? Our volunteer can help you learn how to navigate your device! You can now book a private 45-minute session at the Muskie Community Center with our volunteer instructor, Lois Harrington. Please bring your fully charged device! Cost is \$7 per session. Please note, participants should have basic computer skills. If you need assistance with email, please have the email address and password available at your appointment. This class does not assist with technical issues. To register, visit the front desk receptionist or call the Muskie Community Center at (207) 873-4745.



## BEGINNING WATERCOLOR TECHNIQUES

**Cohen Community Center - On the new deck "The Overlook" - Monday, October 6 | 1 - 3 p.m.**

We hope you join as we welcome Serena Sanborn, manager of Outreach & Community Partnerships with Waterville Creates, for an enjoyable and relaxing Beginning Watercolor Techniques art class. This gentle, beginner-friendly workshop is the perfect place to begin and will focus on painting simple, joyful leaf bouquets using watercolors. You'll learn the basics—how to mix colors, use your brush, and build soft, flowing shapes—while getting plenty of encouragement to play and explore. No experience necessary, just bring your curiosity and a willingness to have fun! To register, sign up at the Cohen Community Center reception desk or call (207) 626-7777. Cost is \$5 per person. All materials are included! In case of inclement weather the workshop will be held in the Great Room.



## PUMPKINS & PEDALS: A Floral Design Brunch!

**Muskie Community Center - Saturday, October 11 | 10 a.m. - Noon**

Come join the fun at the Muskie Community Center on as we welcome Robin Getchell, owner of The Robin's Nest. Robin will lead us through designing your very own floral arrangement (maybe even in a real pumpkin) perfect for your fall decorating! Tickets include all materials (please bring a pair of clippers if you have a pair) and a light brunch prepared by Maine Pine Catering with offerings of Frittata Bites, Mini Muffins, Fruit, and Yogurt Parfaits. A cash bar will also be on site and ready to mix up your favorite drinks. Don't miss out as limited tickets are available! Ticket sales close on Friday, Sept 26. Cost \$65 per person. Scan QR code to purchase your tickets now!



# The Nosh

September 2025

## Cozy up to Soups and Stews

spectrum  
generations

ISSUE #12

As the weather gets cooler, many of us find ourselves craving warm, comforting meals. Nothing says fall like a hearty soup or stew. Soups are not only comforting, but also a great way to nourish your body with protein, fiber, and vegetables.

### Fall Cooking Tips

Autumn is the perfect time to take advantage of seasonal produce. Aim for vegetables like butternut squash, potatoes, carrots, onions, sweet potatoes and even apples for a naturally sweet flavor. Don't shy away from canned vegetables such as tomatoes, beans or corn as these can be affordable and nutritious additions to your recipes, especially when fresh options are not readily available.

### Nutrition Notes

While creamy soups can be delicious, they often contain more saturated fats and calories. Unless weight gain is a goal, it is recommended to focus on broth-based or pureed vegetable soups. Fall vegetables like pumpkin, squash, parsnips and carrots are full of nutrients such as beta-carotene, fiber and potassium. Adding plant-based proteins like lentils or beans or lean animal proteins such as turkey or chicken can boost nutrition and help make your meal balanced.

### Meal Prepping Favorites

Soups and stews are ideal for meal prep. They freeze well, making them perfect for those who live alone or in two person households and want healthy meals on hand without cooking daily. Here are a few tips for freezing fall favorites:

- 1) Choose freezer friendly ingredients:** Avoid high water foods such as salad greens, raw cucumbers or boiled pasta as they become mushy when thawed. Instead use cooked vegetables or baked pastas such as lasagna noodles.
- 2) Cool before freezing:** Let your soup or stew come to room temperature before freezing. Placing hot food directly into the freezer can lead to freezer burn or cracked storage containers.
- 3) Portion it out:** Freeze in single serve containers to make reheating quick and reduce food waste.
- 4) Label your containers:** While frozen food is safe indefinitely, the USDA recommends consuming soups and stews within two-to-three months after cooking for best quality and flavor.

### Fall inspired recipes ideas

Now that you know the health benefits and cooking tips, its time to get inspired. Here are a few fall favorites to try at home.

- Turkey Chili-** Lean protein and fiber-rich beans in a flavorful tomato base
- Hearty Beef Stew-** Our fall cooking class feature this month. Be sure to pack it with root vegetables such as carrots, potatoes and turnips
- Carrot Apple Soup-** Sweet and savory and rich in vitamin
- A Borscht -** a vibrant beet soup popular in Eastern Europe

KIRSTEN SOLOMON, MS, LD, RDN

### In Closing

Whether you're cooking a big batch for the week or freezing portions for later, these meals can keep you nourished, warm, and ready for fall.

#### Two Bean Chili



##### Ingredients:

Makes 4 servings

½ pound 85% or greater lean ground beef, ground turkey or ground chicken

½ can (~8oz) low sodium kidney beans, drained and rinsed

½ can (~8oz) low sodium black or pinto beans

½ cup onion, diced

1 tsp chili powder

2½ cups low sodium tomato juice

¼ tsp pepper

##### Directions:

- In a medium sized heavy bottomed pan, brown ground meat over medium to high heat for eight-to-10 minutes.
- Add beans, onions, spices and tomato juice to meat
- Cover over low heat for about 40 minutes until flavors are blended
- Top with your favorite toppings and enjoy hot

\*Recipe from myplate.gov

### UPCOMING CLASSES



#### FALL SOUPS & STEWS

Thursday, Sept. 4 | 1- 2 p.m.

Cohen Center

22 Town Farm Rd., Hallowell

Tuesday, Sept. 10 | 1-2 p.m.

Muskie Community Center  
38 Gold Street, Waterville

#### THE MEDITERRANEAN DIET: EATING FOR YOUR HEALTH

Thursday, Sept. 25 | 1:30 - 2:30 p.m.

People Plus Center  
35 Union St, Brunswick

#### BALANCING BLOOD SUGARS

Thursday, Oct. 2 | 10 -11 a.m.

Cohen Community Center  
Tuesday, Oct. 7 | 10 -11 a.m.

Muskie Community Center

### MEET OUR DIETITIAN!



Kirsten Solomon, is excited to be offering 1:1 nutrition counseling through Spectrum Generations. If you are interested in learning more about how diet can improved your overall health and wellbeing, feel free to call or email. To schedule 1:1 nutritional counseling session or get more information, contact:

 (207) 620-1648

 ksolomon@spectrumgenerations.org.



## Balancing Blood Sugar

**COHEN DATE: OCTOBER 2, 2025 | MUSKIE DATE: OCTOBER 7, 2025**

Explore how blood sugar regulation works in the body. We'll break down the science and explore practical, evidence-based nutrition strategies. Includes a cooking demonstration with diabetes-friendly ingredients. Ideal for those with pre-diabetes, Type 1 or Type 2 diabetes—or anyone curious about the topic.

## Healthy Holiday Sides with Root Veggies

**COHEN DATE: NOVEMBER 6, 2025 | MUSKIE DATE: NOVEMBER 18, 2025**

Celebrate the season with flavorful, nourishing holiday side dishes featuring root vegetables. Learn how to prepare these nutrient-packed veggies in delicious ways that support overall health—without sacrificing taste or tradition. Includes a cooking demonstration and samples.

## No Bake Holiday Treats

**COHEN DATE: DECEMBER 4, 2025 | MUSKIE DATE: DECEMBER 9, 2025**

Wow your family and friends with festive, no-bake holiday treats that are both delicious and nourishing. In this class, you'll learn how to make simple, wholesome sweets using feel-good ingredients—no oven required! Perfect for holiday gatherings or cozy nights at home.

## The MIND diet and Cognitive Health

**COHEN DATE: JANUARY 22, 2026 | MUSKIE DATE: JANUARY 20, 2026**

The class explores the MIND diet, short for Mediterranean-Dash intervention for neurogenerative delay. Promising new research shows that even moderate adherence to this eating pattern may reduce Alzheimer's risk by 35–52%. Learn practical tips and recipes to help support long-term brain health through food.

Classes begin at 10 am. Register by calling the community center.

Classes are free with a suggested donation of \$5-\$10.



### COHEN COMMUNITY CENTER

22 Town Farm Road  
Hallowell | (207) 626-7777

### MUSKIE COMMUNITY CENTER

38 Gold Street  
Waterville | (207) 873-4745

### Spectrum Generations

(800) 639-1553  
[SpectrumGenerations.org](http://SpectrumGenerations.org)



# SURF'S UP at the Waldo County Community Center



The Waldo County Community Center in Belfast celebrated individuals in the Bridges Adult Day program, with a beach-themed BBQ on Thursday, August 21. Bridges Home & Community Services Director Tarsha Rewa said attendance at this year's annual event was great, with several people coming from the Muskie Center program. Attendees had a host of summery foods to choose from including hamburgers and red snapper hot dogs.

At the grill on this day at the Waldo Center was In-Home Supports Coordinator Henry Dyer, flipping burgers with a flick of his wrist. Several events are planned for this fall at the Waldo Center Henry said, including a **fire safety presentation from the Belfast Fire Department on Wednesday, October 8, starting at 11 a.m.**; and a **police dog presentation from the Belfast Police Department on Monday, September 8, starting at 11 a.m.**



The Bridges team is planning a carnival-inspired event at the **Cohen Center in Hallowell on September 5** for individuals in the program and is open to staff and community members as well. **Activities will start around 11 a.m.** and all are welcome. The Muskie Community Center celebration date is still in the works and will be announced once it is determined.

Henry explained he made a connection with the Belfast Police K9 unit when his father went missing recently. His father, a 45-year veteran of the Belfast Fire Department, was located about a mile away by "Pulse," the department's police dog. Belfast Police Sergeant Jonathan Guba offered to bring Pulse along with a couple of police cruisers to the Waldo Center for a presentation. Henry said, "we are lucky" to have emergency personnel that go the extra mile for our community.



**COHEN CENTER**  
Carnival-themed BBQ  
Friday, September 5 @ 11 a.m.

**WALDO CENTER**  
Fire Safety Presentation with the Belfast Fire Department  
Wednesday, October 8 @ 11 a.m.

Police Dog Presentation with the Belfast Police Department  
Monday, September 8 @ 11 a.m.

# EVENTS

## August Harvest of the Month:

This past month the Cohen Center celebrated cucumbers as their featured Harvest of the Month! People learned about the many health benefits cucumbers provide, from hydration to essential nutrients, and discovered new recipes and creative ways to enjoy them. We were thrilled with the wonderful turnout and the enthusiasm around trying something fresh and healthy. Looking ahead, we're excited to highlight **tomatoes** next month, offering fun facts, tasty recipes, and a chance to sample some delicious caprese skewers!





Cohen Community Center

# DINING MENU

## September 2025

Lunch is offered to the public 11:00 a.m. to 12:30 p.m. Monday through Friday

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Chicken Stir Fry Rice Vegetable Medley Dinner Roll	3 Meatloaf Mashed Potatoes Green Beans Dinner Roll	4 Chicken Marsala Rice Pilaf Zucchini Dinner Roll	5 Beef Franks Baked Beans Beets Dinner Roll
8 Cheesy Beef w/ Macaroni Broccoli Dinner Roll	9 Kielbasa Baked Beans Zucchini Dinner Roll <i>Paul &amp; Theresa</i>	10 Cheese Ravioli Meat Sauce Spinach Dinner Roll	11 Teriyaki Chicken Tenders Rice Carrots Dinner Roll <i>The Country Gentlemen</i>	12 Fish Filet Roasted Potatoes Green Beans Dinner Roll
15 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll	16 Chicken Parmesan Pasta Broccoli Dinner Roll	17 Shepherd's Pie Green Beans Dinner Roll	18 Sweet & Sour Pork Rice Vegetable Medley Dinner Roll	19 Chicken Alfredo Penne Pasta Zucchini Dinner Roll
22 Beef Patty w/ Gravy Rice Pilaf Vegetable Medley Dinner Roll	23 Spaghetti & Meatballs Carrots Dinner Roll <i>Paul &amp; Theresa</i>	24 Baked Stuffed Haddock Mashed Potatoes Peas Dinner Roll	25 BBQ Chicken Baked Beans Zucchini Dinner Roll <i>The Country Gentlemen</i>	26 Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll
29 Sausage & Peppers Seasoned Rice Green Beans Dinner Roll	30 Ham & Cheesy Potato Casserole Carrots Dinner Roll		All lunches are served with 1% milk, water, fruit salad, and garden salad.	Community fundraising make the following available: Coffee, tea, desserts

Monday through Friday Congregate Dining – congregate diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential; congregate diners under 60, a fee of \$7.50 is required (unless noted otherwise).



# ACTIVITIES

## September 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment		Donations Accepted
	12:30 p.m.	Notary Services	\$3 per person
	12:30 p.m.	Cribbage	\$3 per person
Tuesdays	By Appointment	Notary Services	Donations Accepted
	9 a.m.	Rug Hookers	\$3 per person
	9 a.m.	Wood Carvers	\$3 per person
	1 p.m.	Knitters	\$3 per person
Wednesdays	By Appointment	Notary Services	Donations Accepted
	12:30 p.m.	Mahjong	\$3 per person
	Sept 17, 9 a.m.	C.M.P. Power Hour	Free
	Sept 24, 10 a.m.	AARP Meeting & Lunch	Visitors Welcome
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	Sept 4, 9:30 a.m.	Medicare 101	\$20 Suggested Donation
	Sept 4, 10 a.m.	Family Caregiver Info Sessions	Free
	Sept 4, 10 a.m.	Nutrition Education Presentation	Donations Accepted
	Sept 4, 12:30 p.m.	Parkinson's Support Group	Free
	Sept 11, 10 a.m.	EqualityMaine — Network for Older Adults	Free
	Sept 18, 8 a.m.	Veteran's Services	Free
Fridays	Sept 18, 10 a.m.	Haircuts w/ Lisa	\$20 Suggested Donation
	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	Sept 26, 10 a.m.	Virtual Support Group	Free

Can Advertise Activity or Event





# Muskie Community Center

## DINING MENU

### September 2025

Lunch is offered to the public 11 a.m. to 12:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Closed in Observance of Labor Day</b>	2 Chicken Stir Fry Rice Vegetable Medley or Salad Bar Dinner Roll	3 Meatloaf Mashed Potatoes Green Beans or Salad Bar Dinner Roll	4 Chicken Marsala Rice Pilaf Zucchini or Salad Bar Dinner Roll	5 <b>Breakfast Buffet</b> Teriyaki Salmon Roasted Potatoes Peas or Salad Bar Dinner Roll
8 Cheeseburgers Oven Fries Broccoli or Salad Bar Dinner Roll	9 BBQ Ribs Baked Beans Zucchini or Salad Bar Biscuit	10 Lasagna Spinach or Salad Bar Dinner Roll	11 Teriyaki Chicken Jasmine Rice Carrots or Salad Bar Dinner Roll	12 <b>Breakfast Buffet</b> Breaded Fish Fillet w/Cheese & Bun Oven Fries Green Beans or Salad Bar
15 Swedish Meatballs Rice Pilaf Peas & Carrots or Salad Bar Dinner Roll	16 Chicken Parmesan Linguine Broccoli or Salad Bar Dinner Roll	17 Shepherds Pie Green Beans or Salad Bar Dinner Roll	18 Turkey with all the fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll <i>Suggested Donation of \$8.00</i>	19 <b>Breakfast Buffet</b> Salmon Pie Mashed Sweet Potatoes Zucchini or Salad Bar Dinner Roll
22 Beef Patty with Gravy Parsley Potatoes Corn or Salad Bar Hamburger or Dinner Roll	23 Spaghetti & Meatballs Carrots or Salad Bar Garlic Bread	24 <b>Deli Day</b> Tuna, Chicken & Egg Salad Coleslaw or Salad Bar Assorted Breads & Rolls	25 BBQ Chicken Baked Beans Zucchini or Salad Bar Cornbread	26 <b>Breakfast Buffet</b> Baked Stuffed Haddock Roasted Potatoes Spinach or Salad Bar Dinner Roll
29 Sausage & Meatball Subs with Peppers & Onions Seasoned Rice Green Beans Sub or Dinner Roll	30 Greek Chicken Penne Pasta Carrots or Salad Bar Dinner Roll	All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Coffee, Tea and Desserts.	<b>Breakfast Buffet</b> Served every Friday from 8 - 9:30 a.m. Cost: \$8 per person	

Congregate Dining – congregate diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential; congregate diners under 60, a fee of \$7.50 is required (unless noted otherwise).

We are an equal opportunity provider.



# ACTIVITIES

## September 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment 8 a.m. - 3 p.m. 9 - 10 a.m. 10 a.m. - noon 12:30 - 2:30 p.m.	★ Notary Services ★ Pool Table ~ <i>Sign up at Reception - Veterans Play Free!</i> Richard Simmons Workout ★ Wii Fit & Wii Games Mahjong- <b>beginners are welcome!</b>	Donations Accepted \$5 per hour \$2 per person \$2 per person \$2 per person
Tuesdays	By Appointment 9 - 11 a.m. Noon - 2:30 p.m. 1 - 2:30 p.m. <b>Sept 9</b> , 1 - 2 p.m. <b>Sept 16</b> , 10:30-11:30 a.m. <b>Sept 28</b> , 10 a.m. - 1 p.m.	★ Notary Services Quilts & Crafts Hand & Foot ~ <i>Canasta ~ Rummy Type Card Game</i> Muskie Music Makers ★ Fall Cooking ~ Soups & Stews w/ Chef Gary ★ Vial of Life Presentation; A Tool to help 1st Responders ★ Mobile Device Learning Sessions	Donations Accepted \$2 per person \$2 per person \$1 per person Donations Accepted Free \$7 Per Class
Wednesdays	By Appointment 9 - 10 a.m. 9:30 - 10:30 a.m. 12:30 - 2:30 p.m. 2 - 3:30 p.m. <b>Sept 17</b> , 1 - 2:30 p.m.	★ Notary Services Richard Simmons Workout French Social Hour- <b>Converse with others in French!</b> Cribbage Waterville Chess Club- <b>Beginners are welcome!</b> ★ Family Caregiver Support	Donations Accepted \$2 per person \$2 per person \$2 per person \$2 per person Free
Thursdays	By Appointment 9 - 10:30 a.m. 1 - 3 p.m. 12:30 - 2:20 p.m. <b>Sept 4</b> , 8 a.m. - 2 p.m. <b>Sept 18</b> , 9 a.m. - 1 p.m. <b>Sept 18</b> , 9 a.m. - 2 p.m.	★ Notary Services Line Dancing Scrabble Trivial Pursuit ★ Veterans Assistance- Veterans' Service Officer Power Hour with CMP Representative ★ AARP Safe Driver Course	Donations Accepted \$3 per person \$2 per person \$2 per person Free Free \$25 for members, \$30 for Non
Fridays	8:30 a.m. - 3 p.m. 9 - 10 a.m. 1 - 3 p.m. <b>Sept 26</b> , 1-2:30 p.m.	★ Pool Table- <i>Sign up at reception- Veterans play Free!</i> Richard Simmons Workout "63" Card Game- <b>Beginners Welcome!</b> ★ Medicare 101 Clinic @ Muskie	\$5 per hour \$2 per person \$2 per person Donations Accepted

### Rummage Sale at Muskie Center Thursday, October 9, from 9 a.m. - 3 p.m.

We are accepting donations of any lightly used items for the Rummage Sale until October 8. We will gladly accept household items, games, books, puzzles, decorations, jewelry, tools, art, etc.. For more information or to donate items, please visit the Muskie Community Center reception desk or call (207) 873-4745.



Our Locations:

**Home Office:**

One Weston Court, Suite 109  
Augusta  
(800) 639-1553

**Community Centers:**

Cohen Community Center  
22 Town Farm Road | Hallowell  
(207) 626-7777

Muskie Community Center  
38 Gold Street | Waterville  
(207) 873-4745

Somerset Community Center  
30 Leavitt Street | Skowhegan  
(207) 474-8552

Waldo Community Center  
18 Merriam Road | Belfast  
(207) 338-1190

**Aging and Disability  
Resource Center:**

Midcoast Regional Center  
(co-located with People Plus)  
35 Union Street | Brunswick  
(207) 729-0475

**Distribution Center:**

Inn Along the Way - Chapman Farm  
741 Main Street | Damariscotta  
(207) 563-1363

Interested in receiving our  
monthly newsletter?

Visit:  
[spectrumgenerations.org/contact](http://spectrumgenerations.org/contact)



Our elves are planning the annual



**Nov. 21-23 & Nov. 28-30**  
**@ St. John's Community Ctr.**  
43 Pleasant St.  
Brunswick

Volunteers are needed to help with event set-up, concessions, ticket sales, greeters, kids' craft table, and other fun activities!

Sponsors & Tree Benefactors also needed.



*Stay tuned for more info and follow the MTF Facebook page. For more information scan code.*



## ATTENTION CAREGIVERS!

Don't miss out on the State Respite Care Program! Funding is still available, but time is running out. Apply now to get the support you need!

### WHY APPLY?

- *Recharge Your Energy:* Take some well-deserved time off to rest and rejuvenate.
- *Quality Care:* Ensure your loved one receives professional care while you take a break.
- *Peace of Mind:* Relax knowing your loved one is in good hands.

### WHO CAN APPLY?

- Family caregivers of individuals with special needs
- Caregivers of elder family members
- Caregivers of individuals with Alzheimer's or dementia

### HOW TO APPLY?

Visit our website [www.spectrumgenerations.com](http://www.spectrumgenerations.com) or call us at **(800) 639-1553** to learn more and start your application today!

Don't wait—take advantage of the available funding to care for yourself and your loved ones.

### Take a Break This Summer — We've Got You Covered

Caring for a loved one is rewarding, but everyone needs time to rest and recharge.

**Bridges Adult Day Services** offers a safe, compassionate space for your loved one — so you can take care of your own health and well-being.

Now open with **extended hours to better fit your schedule:**

**THURSDAYS: 7:30 a.m. - 6 p.m.**  
**SATURDAYS: 9 a.m. - 5 p.m.**

Your loved one will enjoy:

**A supportive and engaging environment | A nutritious meal and snacks  
Compassionate care from trained professionals**

You're not alone —  
**Bridges** is here to  
support you.  
Call today to learn  
more or schedule  
a free visit.  
Let's take care of  
each other this  
summer.

**1-800-876-9222**



**You can help Maine's  
older adults struggling  
with hunger and  
isolation.**