



1.800.639.1553
spectrumgenerations.org



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. Join us in honoring older adults' contributions, exploring the many opportunities for staying engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging. To learn more about the Administration for Community Living (ACL), visit acl.gov.

May is for Moving More:

Boost Your Health This Spring!
Empowering Older Adults and Caregivers to Take Charge of Health

As the weather warms up, there's no better time to take a step toward feeling stronger and more independent. This May, Spectrum Generations' Health and Wellness Department invites you to join our **Living Well with Chronic Conditions** workshop—a supportive class designed for older adults and caregivers managing ongoing health concerns like arthritis, diabetes, or heart disease.

In this 6-week program, you'll learn how to:

- Reduce fatigue and manage pain
- Improve communication with healthcare providers
- Stay active and eat well
- Set achievable goals and stick to them

This is a friendly, small-group class where you'll gain practical tools—and a boost of confidence!

ALL SPECTRUM GENERATIONS LOCATIONS WILL BE CLOSED MONDAY, MAY 26, IN OBSERVANCE OF

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

Monthly Update

May 2025

A collage of images for the May update. The top left shows a horse-drawn carriage with people in the background. The top right shows a barbecue grill with flames. The center features a large barbecue grill with various meats cooking. The bottom left shows a logo for "Maine Pine Catering CELEBRATING WITH spectrum generations". The bottom right shows a QR code. Text overlays include "LOOKING FORWARD", "SUMMER BBQ", "May 22 | 4 - 7 p.m. | Cohen Deck 22 Town Farm Road | Hallowell", "Kick off the summer with a free, family-friendly community BBQ celebration with Spectrum Generations, presented by Maine Pine Catering!", "Looking Forward - Summer BBQ will feature delicious food, cash bars with complimentary drink tokens provided to the first 200 guests, live music, and plenty of merriment outside on the Cohen Deck. Stop in any time between 4 - 7 p.m.", "Don't miss out - come as you are - the party will not be the same without you!", and "SAVE THE DATE: MAY 22 | 4 - 7 P.M. | 22 TOWN FARM ROAD | HALLOWELL Scan the QR code to RSVP and claim your free drink token!".



To learn more or register for an upcoming workshop, call us at 1-800-639-1553 or visit spectrumgenerations.org.

Other upcoming workshops that provide exercise with health education, and caregiver support.

Bingocize®

Location: **Richmond Area Senior Center**
Dates: Mondays and Thursdays
6/2 – 8/11/2025
No Class June 19
Time: 11 a.m. – Noon

Bingocize®

Location: **Cohen Community Center**

Dates: Mondays and Fridays
6/1 – 8/11/2025
No class July 4
Time: 1 p.m. – 2 p.m.

Bingocize® combines the game of bingo, exercise, and/or health education. Groups of participants play *Bingocize®* twice per week, with each 45–60-minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and health education questions. Registration is encouraged as space is limited.

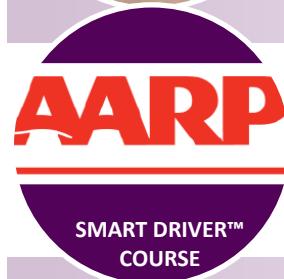
Dealing with Dementia

Location: **Belgrade Regional Health Center**
Date: Wednesday
6/25/2025
Time: 11 a.m. – 3 p.m.

Dealing with Dementia is a four-hour workshop designed to provide essential information to caregivers. It covers essential insights and practical strategies to help caregivers navigate the challenges associated with caregiving. Registration required as space is limited.



Activities & Workshops at our Community Centers



FREE NUTRITION CLASS & COOKING DEMO: The Mediterranean Diet

Cohen Community Center - Thursday, May 1 | 10 - 11 a.m.

Muskie Community Center - Wednesday, May 14 | 10 - 11 a.m.

Learn more about the diet everyone is talking about! 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. There will also be a food demonstration and tasting of a Mediterranean style mezze board with a cooking demo of whipped feta dip! Donations are accepted and appreciated but not required. To register for the Cohen workshop, call (207) 626-7777, or for the Muskie workshop, call (207) 873-4745.



BINGOCIZE®: Fun, engaging program fusing bingo with exercise and health education

Mondays and Fridays, starting June 2 | 1 - 2 p.m. @ Cohen Community Center

An evidence-based group program designed for older adults of all ability levels, this workshop improves physical health, cognitive function, and social engagement. Groups of participants play Bingocize® twice per week, with each 45-60 minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and health education questions. Contact Monica Hawk, (207) 621-1642 or email, mhawk@spectrumgenerations.org.

MOTIVATE: Education on Oral Wellness

Cohen Community Center - Thursday, May 8 | 10 - 11 a.m.

Muskie Community Center - Thursday, May 8 | 11:45 a.m. - 12:45 p.m.

Join us on Thursday, May 8, as we welcome Tara Wilson, Health Education Implementation Specialist from Lunder-Dineen Health Education Alliance of Maine. Tara will be available to answer questions about the Motivate at Home informational booth and help guide people on using the provided laptop. The free virtual informational session provides people with information on basic oral health hygiene and the importance of oral health for older adults.

FREE HEARING TESTS: Provided by Always Listening Hearing Aid Center

Friday, May 9 | 9 a.m. - 2 p.m. @ Muskie Community Center

Join us on Friday, May 9 from 9 a.m.- 2 p.m. as we welcome *Always Listening Hearing Aid Center* at Spectrum Generations' Muskie Community Center in Waterville. Hearing Care Practitioner, Felicia Curtis, will be performing free hearing tests, ear wax checks, and basic cleaning of your hearing aids.

Registration is required for your private appointment! Appointments book quickly so don't hesitate! To register, visit the front desk receptionist at the Muskie Community Center or call (207) 873-4745.

FOOT CARE FOR SENIORS | Wednesday, May 14 | 8 a.m. - 3 p.m. @ Cohen Community Center

Join us at the Cohen Center with Lisa Nelson, RN, BSN, CFCN, of Central Maine Foot Care, while she provides expert foot and nail care with a compassionate touch. Services include trimming, filing, and nail reduction; callus and corn reduction; removal of ingrown or incurvated nails; foot care education and diabetes management; shoe inspections; and nail restoration. Lisa will also provide foot and nail evaluations with personalized recommendations and referrals. Take the next step toward healthier feet! To register, visit the Cohen reception desk to sign up for a 30-minute appointment or call (207) 626-7777. Appointments are \$55 and are due at the time of your visit.

AARP SMART DRIVER COURSE | Thursday, May 15 | 9 a.m. - 1:30 p.m. @ Muskie Center

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! Please arrive before 9 a.m. to complete paperwork with instructor Penny Kern. Price is \$25 for AARP members or \$30 for non-members. Lunch is available for purchase at the center or bring your own. Registration is required at the Muskie Community Center reception desk or by calling (207) 873-4745.

ACADIA NATIONAL PARK | Thursday, May 15 | 9 a.m. - 1:30 p.m. @ Muskie Center

Please join us Thursday, May, 22, from 10:30 - 11 a.m. as we journey through Acadia National Park from the comfort of the Muskie Community Center. Spend a half hour soaking up the beautiful scenes, mountainous trails, and breathtaking sunrises at Acadia National Park. Your guide will bring you through the town of Bar Harbor to explore the picturesque storefronts, travel into Southwest Harbor to voyage on a whale watching cruise in the Atlantic, then journey into Jordan Pond to discover the Park Loop Road. For more information on this free event, visit the front desk receptionist at the Muskie Community Center or call (207) 873-4745.

The Nosh

May 2025

ISSUE #8

spectrum
generations

KIRSTEN SOLOMON, MS, LD, RDN

Understanding The Mediterranean Diet

Ranked as the #1 diet by *U.S. News and World Report* for eight years in a row, the Mediterranean Diet is widely recommended by doctors and nutrition experts alike. Despite its popularity, many are still unsure what it really involves or how to follow it.

What defines "Mediterranean Diet"

The Mediterranean Diet is not about eating only Greek or Italian foods. It is more a way of eating rather than a strict meal plan. It's based on traditional eating patterns of countries surrounding the Mediterranean Sea, and focuses on simple, wholesome foods to enjoy. It emphasizes certain foods should be eaten with every meal and some in moderation.

The Key Themes of the Mediterranean Diet

This eating pattern allows for a varied and flexible diet plan. There is no single food or ingredient that is fully responsible for the benefits — it's about the overall pattern. Here are guidelines to follow:

- 1) Make ½ your plate veggies:** Aim to include veggies at every meal for fiber, flavor and color.
- 2) Enjoy more vegetarian meals:** Try swapping meat with plant proteins such as beans, lentils and additional vegetables a few times a week.
- 3) Eat seafood regularly:** Many fish and shellfish are rich in omega-3 fatty acids that support brain and heart health and should be enjoyed at least two times per week.
- 4) Moderate lean animal proteins:** Eggs, poultry, and cheeses can be enjoyed three-to-five times per week in moderate amounts.
- 5) Switch up your fats:** Trade butters with healthy fats such as extra virgin olive oil, nuts, seeds, olives and avocados.
- 6) Choose whole grains:** Whole grain bread, oats, brown rice, and other whole grains offer more fiber and nutrients than their refined counterparts.
- 7) Limit red meats:** Red meats should be enjoyed less often—up to two times per week—and eaten in smaller amounts or as sides.
- 8) Rethink desserts:** Enjoy fresh fruit often and leave the sweets for special treats or celebrations.

Health Benefits

This eating pattern has been linked to a variety of health benefits including reduced risk of heart disease, stroke and certain cancers. It can also help to support healthy blood sugar, blood pressure, cholesterol and brain function as we age. Plus it's satisfying, sustainable, and filled with delicious and customizable options.

The Mediterranean Diet works well in part because it's rich in fiber (great for digestion and heart health), antioxidants (which fight inflammation), and phytochemicals (plant compounds that protect our cells). It is also flexible, budget-friendly, and easy to follow at any age. Simple changes — like eating more vegetables, choosing whole grains, and using olive oil—can make a big impact.



Gambas Al Ajilla (Spanish and Garlic Shrimp)

Ingredients:

1 lb large shrimp peeled and de-veined
½ cup extra virgin olive oil
10 garlic cloves, chopped
½ cup canned or fresh fruit
1 teaspoon red pepper flakes (use less if you don't want it as spicy)
1 teaspoon paprika
2 tablespoons dry white wine
Juice from ½ a lemon
½ cup chopped parsley

*Recipe & Photo from
The Mediterranean Dish

Directions:

- Pat shrimp dry with a paper towel
- Heat olive over medium heat until simmering but not smoking. Add pepper flakes and garlic and heat for approximately one minute.
- Add shrimp and paprika, and cook until shrimp turns pink (about two-to-three minutes)
- Remove from heat and stir in wine, lemon juice, and parsley
- Serve immediately with whole grain crusty bread or over whole wheat pasta

Yields: 4 servings

Prep Time: 10 minutes

Meet our Dietitian!



Meet Kirsten Solomon, SpectrumGenerations' Registered Dietitian. Kirsten is excited to be offering nutrition counseling and educational programming through Spectrum Generations at no cost to you.

If you are interested in learning more about how diet can improve your overall health and wellbeing, feel free to call or email Kirsten to schedule your initial consult today.

Kirsten specializes in chronic disease management through a non-weight focused approach. Services can be provided at any of our centers, in your home, or via telehealth.

To schedule 1-on-1 nutrition counseling or get more info, call (207) 620-1648 or email ksolomon@spectrumgenerations.org.



Are you a caregiver for someone with Alzheimer's or Dementia?



spectrum
generations

State Respite Care Program

A reimbursement program for those caring for someone with Alzheimer's or related dementia.

*Being a caregiver is not only emotionally and physically challenging but can also be financially taxing. If you find yourself facing this challenge, we might be able to provide some relief with our **State Respite Care Program**. The program aims to provide financial assistance to family caregivers of individuals with Alzheimer's Disease or related dementia.*

What does this program cover?

STATE RESPITE CARE PROGRAM

- ★ Allows family caregivers to submit up to \$5,303 in respite expenses per fiscal year (depending on eligibility some could qualify for a co-pay waiver)
- ★ Can help with the cost of temporary overnight care at an assisted living or nursing facility
- ★ Can reimburse for home modifications needed to promote independent living (up to \$2,000)
- ★ Can reimburse for assistive devices and technology including generators, shower grab bars, iPads, doorbell cameras, medical alert systems, wheelchairs, electric lift recliners, and new this year to the program, stand-alone air conditioners

Do you qualify?

- ★ Are you an unpaid caregiver providing care to an individual 60 years of age or older with Alzheimer's Disease or related dementia?
- ★ Care recipients' liquid assets (bank accounts, CD's, money market accounts, IRA, etc.) do not exceed \$50,000 for one person, or \$75,000 for a couple (home, land, or vehicles are not included in liquid assets)
- ★ Must not be receiving assistance from other state-subsidized programs

Contact our Family Caregiver Specialists today to see if you qualify.

1-800-639-1553 | TTY 1-800-464-8703
FCGRespite@spectrumgenerations.org
SpectrumGenerations.org

Spring is here!

Help your loved ones with Alzheimer's or dementia enjoy the outdoors safely and comfortably. Mobility aids can make a world of difference in enhancing their independence and quality of life. From walkers and rollators to mobility scooters and personal alarms, there are various options available to support their outdoor activities.

Top Mobility Aids:

1. **Walkers and Rollators:** Stability and support for easier walking.
2. **Wheelchairs:** Safe and comfortable outdoor mobility.
3. **Mobility Scooters:** Ideal for longer distances without physical strain.
4. **Gait Belts:** Secure grip to reduce fall risks.
5. **Transfer Benches:** Safe transfers from wheelchair to car.
6. **Canes:** Extra balance support.
7. **Personal Alarms:** Alerts in case of falls or emergencies.

Utilize **State Respite Care** funding to help cover the cost of these essential tools.

Invest in their well-being and let them enjoy the fresh air safely!

**Please contact one of our Family Caregiver Specialists at
1-800-639-1553.**

We are here to support you every step of the way.

Attention Caregivers!

Urgent: There are still funds available through the **State Respite Care Program**, but they won't last long! If you're caring for a loved one with Alzheimer's or dementia and need a break, act now to secure the support you need.

Don't wait! Contact us to see if you qualify for respite care funding. This program reimburses you for covered services such as respite care, adult day care, and assistive technology. Give yourself the chance to recharge while ensuring your loved ones receive quality care.

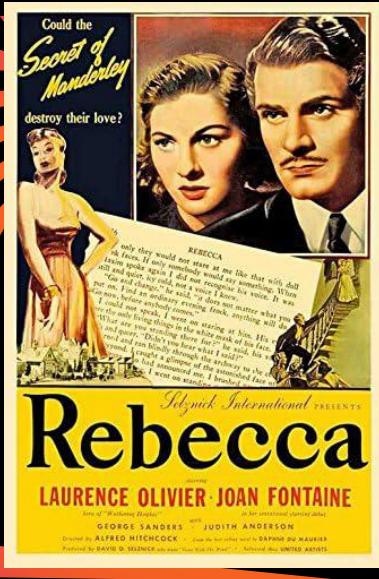
Call us at **1.800.639.1553** or visit our website at **www.spectrumgenerations.org** to learn more. We're here to help!

SUNSET OUTDOOR

ON THE DECK @ 22 TOWN FARM ROAD, HALLOWELL

MOVIES

MOVIE STARTS PROMPTLY
AT 7:30 P.M.
BAR AND SNACKS AVAILABLE
FROM 6 P.M.
CHILDREN OVER 12
ARE WELCOME!



FEATURING ALFRED HITCHCOCK'S PSYCHOLOGICAL THRILLER, REBECCA
FRIDAY, MAY 30 • 6 - 9 P.M.

TICKET PRICE INCLUDES BUFFET DINNER AND MOVIE | CASH BAR
(No outside food and beverage please)



Bar opens at 6 p.m. | Dinner served at 7 p.m. | Movie starts at 7:30 p.m.



Money Minders

Are you or a loved one, looking for financial assistance?

Spectrum Generations can

support you with **Money Minders**, a volunteer-based program which offers help with financial needs. The Money Minders program helps with creating a budget, balancing a checkbook, sorting and opening bills, and provides guidance with online banking. We want to help you live independently and get the financial guidance you need. For more information about Money Minders, call:

1-800-639-1553!

I'll Remember for You:

A DAUGHTER'S JOURNEY WITH
HER MOM THROUGH DEMENTIA

Join us Tuesday, May 6, at the Cohen Center from 12:30 to 2 p.m. for an inspiring book presentation that shines a light on the deeply personal and yet profoundly universal experience of caregiving, written by one of our own, Donna McGibney! Whether you're supporting a parent, partner, or friend, this book honors the emotional complexities, daily challenges, and quiet triumphs of those walking this road. Let's come together to reflect, share, and honor the caregivers among us. No one walks this path the same way—but no one walks it alone.

Reserve your spot today! Call or stop by the Cohen Center reception desk to register, or call (207) 626-7777.

I'll Remember for You

A Daughter's Journey
with her Mom
Through Dementia



Donna L. McGibney
Photographed by Joe Phillips, Kennebec Journal

You don't have to do this alone ADULT DAY CARE SERVICES EXTENDED HOURS

**Thursdays 7:30 a.m. to 6 p.m.
Saturdays 9 a.m. to 5 p.m.**

Both options include a nutritious meal and snacks

Family caregivers need a break to focus on their health and well-being while ensuring that their loved one is in capable and caring hands. We are in this with you.

Call to learn more
1-800-876-9212



Our Locations:

Home Office:

One Weston Court, Suite 109
Augusta
1-800-639-1553

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

Interested in receiving our
monthly newsletter?

Visit:

spectrumgenerations.org/contact



Maine Pine Catering
PRESENTS



Mother's Day Brunch

**Sunday, May 11
10 a.m. - 1 p.m.**

\$38/person, Children 4-12 \$18, Children under 4 are free

Brunch includes Brioche French Toast stuffed with mascarpone and berry compote
scrambled eggs | bacon | sausage | corned beef hash

Spanish tortilla — eggs, roasted vegetables, and cheese, pan fried potato crust
mixed greens with balsamic vinaigrette | house-made herbed bread w/butter and jam
yogurt, house-made granola, fresh berries | assorted breakfast pastries

orange juice | cranberry juice | coffee & tea

Classic Bloody Mary or Mimosa | Live Music | Cash Bar

22 Town Farm Road, Hallowell

RSVP at info@mainepinecatering.com OR scan the QR code at right.



Thank You Volunteers!!

On April 21-25 we celebrated our volunteers as part of National Volunteer Week. Over 80 volunteers received recognition for working over 100 hours in 2024 and in all, more than 300 volunteers worked a combined 33,810 hours! If you are interested in volunteering, please contact Alison Linscott, Spectrum Generations' Volunteer Coordinator at (207) 620-1684 or email: volunteer@spectrumgenerations.org.

You guys rock!





Cohen Community Center

DINING MENU

May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
All lunches are served with 1% milk, water, fruit salad, and garden salad.	Community fundraising make the following available: Coffee, tea, desserts		BBQ Chicken Baked Beans Zucchini Dinner Roll <i>The Country Gentlemen</i>	1 Egg & Cheese Omelet Sweet Potatoes Spinach Dinner Roll 2
Sausage with Peppers & Onions Seasoned Rice Green Beans Dinner Roll	5 Ham & Scalloped Potato Carrots Dinner Roll	6 Sweet and Sour Meatballs Egg Noodles Broccoli Dinner Roll	7 Roast Pork Sweet Potato Mixed Vegetables Dinner Roll	8 9 Fish Filet Rice Pilaf Peas Dinner Roll
BBQ Beef Patty Parsley Potatoes Corn Dinner Roll	12 Chicken Florentine Penne Pasta Spinach Dinner Roll <i>Paul & Theresa</i>	13 Pulled Pork Baked Beans Zucchini Dinner Roll	14 Turkey & Gravy Mashed Potato Peas & Carrots Dinner Roll <i>The Country Gentlemen</i>	15 16 Chicken & White Bean Skillet Roasted Potatoes Beets Dinner Roll
Chicken Cacciatore Penne Pasta Peas Dinner Roll	19 Baked Ham Sweet Potatoes Broccoli Dinner Roll	20 Baked Chicken Tenders Parsley Potatoes Broccoli Dinner Roll	21 22 Cuban Pork Rice Mixed Vegetables Dinner Roll	23 Stuffed Pepper Casserole Rice Carrots Dinner Roll
CLOSED 	26 Chicken Stir-fry Rice Mixed Vegetable Dinner Roll <i>Paul & Theresa</i>	27 Meatloaf Mashed Potato Green Beans Dinner Roll	28 29 Chicken Marsala Rice Pilaf Zucchini Dinner Roll <i>The Country Gentlemen</i>	30 Beef Franks Baked Beans Beets Dinner Roll

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

May 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	12:30 p.m.	Cribbage	\$3 per person
	12:30 p.m.	Mahjong	\$3 per person
Tuesdays	9 a.m.	Rug Hookers	\$3 per person
	9 a.m.	Wood Carvers	\$3 per person
	1 p.m.	Bridge	\$3 per person
	1 p.m.	Knitters	\$3 per person
	★ May 6 , 12:30 p.m. - 2 p.m.	I'll Remember For You (book presentation)	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	May 14 , 8 a.m. - 3 p.m.	Foot Care for Seniors	\$55
	May 21 , 9 a.m.	C.M.P. Power Hour	Free
	May 21 , 10 a.m.	AARP Government Fraud Presentation	Visitors Welcome
	May 28 , 10 a.m.	AARP Lunch & Meeting	Visitors Welcome
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	May 1 , 9:30 a.m.	Medicare 101	\$20 Suggested Donation
	May 8 , 10:30 a.m.	Equality Maine Lunch Network for Older Adults	Free
	May 22 , 8 a.m.	Veteran's Services	Free
Fridays	May 22 , 10 a.m.	Haircuts w/ Lisa	\$20 Suggested Donation
	★ 10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	★ May 9 , 10 a.m. - 12:30 p.m.	Meet the Medium	Free

Weather Cancellations & Delays

In the event of bad weather, please call 626-7777 or (800) 639-1553 for a recorded message announcing any agency closings before heading to the Cohen Community Center. Spectrum Generations will announce any delays or closings on our Facebook page as well as: **TV Channels 2, 5, 6, 8, or 13** and on **FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9, and AM Radio Station 1160**





Muskie Community Center

DINING MENU

May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
	All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Coffee, Tea and Desserts.	<u>Breakfast Buffet</u> Served every Friday From: 8 - 9:30 a.m. Cost: \$8 per person	1 BBQ Chicken Baked Beans Zucchini or Salad Bar Cornbread	2 <u>Breakfast Buffet</u> Teriyaki Salmon Scalloped Potatoes Spinach or Salad Bar Dinner Roll
5 Deli Day Chicken Salad, Tuna Salad, Potato Salad, 4 Bean Salad or Salad Bar Rolls or Bread	6 Ham & Scalloped Potato Casserole Carrots or Salad Bar Dinner Roll	7 Sweet & Sour Meatballs Egg Noodles Broccoli or Salad Bar Dinner Roll	8 Roast Pork Sweet Potatoes Mixed Vegetables or Salad Bar Dinner Roll	9 <u>Breakfast Buffet</u> Shrimp Scampi Linguine Peas or Salad Bar Dinner Roll
12 BBQ Beef Patty Parsley Potatoes Corn or Salad Bar Dinner Roll	13 Chicken Florentine Penne Pasta Spinach or Salad Bar Dinner Roll	14 Pulled Pork on Bulky Roll Baked Beans Summer Squash or Salad Bar Dinner Roll	15 Turkey with all the Fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll <i>Suggested Donation of \$8</i>	16 <u>Breakfast Buffet</u> Baked Stuffed Haddock Baked Potatoes Beets or Salad Bar Dinner Roll
19 Chicken Cacciatore Penne Pasta Peas or Salad Bar Dinner Roll	20 Baked Ham Sweet Potatoes Cauliflower or Salad Bar Dinner Roll	21 Baked Chicken Tenderloins Parsley Potatoes Broccoli or Salad Bar Dinner Roll	22 BBQ Pork Ribs Baked Beans Roasted Green Beans or Salad Bar Dinner Roll	23 <u>Breakfast Buffet</u> Salmon Pie Oven Fries Carrots or Salad Bar Dinner Roll
Closed MEMORIAL DAY	26 Chicken Stir Fry Rice Vegetable Medley or Salad Bar Dinner Roll	27 Meatloaf Mashed Potatoes Green Beans or Salad Bar Dinner Roll	28 Chicken Marsala Rice Pilaf Zucchini or Salad Bar Dinner Roll	30 <u>Breakfast Buffet</u> Lemon Butter Haddock Parsley Potatoes Carrots or Salad Bar Dinner Roll

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

May 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment	★ Notary Services	Donations Accepted
	8 a.m. - 3 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free	\$5 per hour
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	8 a.m. - 3:30 p.m.	★ MOTIVATE at Home Oral Health Education	Free
Tuesdays	12:30 - 2:30 p.m.	★ Mahjong ~ Beginners are welcome!	\$2 per person
	By Appointment	★ Notary Services	Donations Accepted
	8 a.m. - 3 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free	\$5 per hour
	8 a.m. - 3:30 p.m.	★ MOTIVATE at Home Oral Health Education	Free
	9 - 11 a.m.	Quilts & Crafts	\$2 per person
Wednesdays	Noon - 2:30 p.m.	Hand & Foot ~ Canasta - Rummy Type Card Game	\$2 per person
	1 - 2:30 p.m.	Muskie Music Makers	\$1 per person
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	9:30 - 10:30 a.m.	French Social Hour ~ Converse with others in French!	\$2 per person
	10 a.m. - 1 p.m.	★ Computer/Phone Classes	\$7 Per Class
Thursdays	Noon - 2:30 p.m.	Cribbage	\$2 per person
	2 - 3:30 p.m.	Waterville Chess Club ~ Beginners are welcome!	\$2 per person
	May 14, 10 - 11 a.m.	★ Free Nutrition Class & Cooking Demo	Free
	May 21, 1 - 2:30 p.m.	★ Family Caregiver Support Group	Free
	8 a.m. - 3 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free	\$5 per hour
Fridays	May 1, 8 a.m. - 2 p.m.	★ Veterans Assistance - Veterans' Service Officers	Free
	9 - 10 a.m.	Line Dancing Class	\$2 per person
	1 - 3 p.m.	★ Scrabble ~ If interested sign up at Reception	\$2 per person
	May 15, 9 a.m. - 1 p.m.	Power Hour with CMP Representatives	Free
	May 15, 9 a.m. - 1:30 p.m.	★ AARP Smart Driver Course (\$25 AARP members/\$30 for non-members)	
	May 22, 10:30-11 a.m.	★ Guide to Acadia National Park Presentation	Donations Accepted
	8 a.m. - 3:30 p.m.	★ MOTIVATE at Home Oral Health Education	Free
	8:30 - 3 p.m.	★ Pool Table ~ Sign up at Reception Veterans Play Free	\$5 per hour
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	1 - 3 p.m.	★ "63" Card Game ~ Beginners are welcome!	\$2 per person
	May 9, 9 a.m. - 2 p.m.	Always Listening Hearing Clinic	Donations Accepted
	May 23, 1 - 2:30 p.m.	★ Medicare 101 Clinic at Muskie	Donations Accepted

AARP Smart Driver Course Offering on Wednesday, May 15

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 programs upon completing the course and you will learn something new along the way! Registration is required by calling (207)873-4745 or stop by the reception desk. Class size is limited to 20 participants. The day of the class please arrive before 9AM to complete paperwork with Instructor Penny Kern.

Price is \$25 for AARP members or \$30 for non-members.

