



Muskie Community Center

DINING MENU

October 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Coffee, Tea and Desserts.</p>	<p>1 Teriyaki Chicken Tenderloins Jasmine Rice Carrots or Salad Bar Dinner Roll</p>	<p>2 Ground Turkey Sweet Potato Beans & Rice Chili Zucchini or Salad Bar Corn Bread Dinner Roll</p>	<p>3 Beef Stroganoff Egg Noodles Beats Or Salad Bar Dinner Roll</p>	<p>4 Breakfast Buffet Shrimp Scampi Linguine Asparagus or Salad Bar Dinner Roll</p>	
	<p>7 Swedish Meatballs Egg Noodles Peas & Carrots or Salad Bar Dinner Roll</p>	<p>8 Chicken & Broccoli Casserole Mixed Vegetable or Salad Bar Biscuits</p>	<p>9 Shepherd's Pie Green Beans or Salad Bar Dinner Roll</p>	<p>10 Baked Ham Au Gratin Potatoes Carrots or Salad Bar Dinner Roll</p>	<p>11 Breakfast Buffet Baked Stuffed Haddock Baked Potato Vegetable Medley or Salad Bar</p>
	<p>14 CLOSED FOR INDIGENOUS PEOPLES' DAY</p>	<p>15 Chicken & Sausage Jambalaya Seasoned Rice Carrots or Salad Bar Corn Bread</p>	<p>16 Spaghetti & Meatballs Cauliflower or Salad Bar Dinner Roll</p>	<p>17 Turkey with all The Fixings: Mashed Potatoes, Butternut Squash or Salad Bar Dinner Roll Suggested Donation of \$8.00</p>	<p>18 Breakfast Buffet Salmon Pie Scalloped Potato Spinach or Salad Bar Dinner Roll</p>
	<p>21 Sausage with Onions & Peppers, Pasta, Green Beans or Salad Bar Sub Roll or Dinner Roll</p>	<p>22 Chicken Pot Pie Carrots or Salad Bar Biscuits</p>	<p>23 Beef Tips Mashed Potato Broccoli or Salad Bar Dinner Roll</p>	<p>24 Roast Pork Scalloped Potato Mixed Vegetable or Salad Bar Dinner Roll</p>	<p>25 Breakfast Buffet Lemon Butter Haddock Rice Pilaf Peas or Salad Bar Dinner Roll</p>
	<p>28 Beef Patty & Gravy Mashed Potato Corn or Salad Bar Dinner Roll</p>	<p>29 Chicken Parmesan Penne Pasta Spinach or Salad Bar Dinner Roll</p>	<p>30 Beef Stew Roasted Vegetables or Salad Bar Dinner Roll</p>	<p>31 Tricky Turkey Monster Mashed Potatoes Petrified Peas & Carrots or Slimy Salad Bar Dinner Roll</p>	<p>Breakfast Buffet Served every Friday from 8 - 9:30 a.m. Cost: \$7 per person</p>

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.



Muskie Community Center

ACTIVITIES

October 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment 8 a.m. - 3 p.m.	★ Notary Services	Donations Accepted
	9 - 10 a.m. Oct. 7, 8 a.m. - 3:30 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free Richard Simmons Workout ★ MOTIVATE at Home Oral Health Education	\$5 per hour \$2 per person Free
Tuesdays	By Appointment 8 a.m. - 3 p.m.	★ Notary Services	Donations Accepted
	9 - 11 a.m. Noon - 2:30 p.m. 1 - 2:30 p.m. Oct. 15, 10 - 11 a.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free Quilts & Crafts Hand & Foot ~ Canasta ~ Rummy Type Card Game ★ Muskie Music Makers ★ Medicare 101 Clinic <i>(Somerset Community Center, 30 Leavitt St. Skowhegan)</i>	\$5 per hour \$2 per person \$2 per person \$1 per person Donations Accepted
Wednesdays	By Appointment 9 - 10 a.m.	★ Notary Services	Donations Accepted
	9:30 - 10:30 a.m. 10 a.m. - 1 p.m. Noon - 2:30 p.m. 2 - 3:30 p.m. Oct. 2, 10 - 11 a.m.	Richard Simmons Workout French Social Hour ~ Converse with others in French ! ★ Computer/Phone Classes with Lois Harrington ★ Cribbage Waterville Chess Club ~ Beginners are welcome! ★ Nutrition Class & Cooking Demo: Supplements!	\$2 per person \$2 per person \$7 per class \$2 per person \$2 per person Donations Accepted
Thursdays	Oct. 3, 8 a.m. - 2 p.m.	★ Veterans Assistance -Veterans' Service Officers	Free
	9 - 10 a.m. 1 - 3 p.m. Oct. 17, 9 a.m. - 1 p.m. Oct. 17, 10 - 11 a.m. Oct. 24, Noon-1 p.m.	★ Line Dancing Class ★ Scrabble ~ If interested sign up at Reception Power Hour with CMP Representatives ★ Detecting Scams Presented by Waterville Police Department ★ Presentation: Armchair Hike: Rainy Autumn Forest	\$2 per person \$2 per person Free Free <i>Donations Accepted</i>
Fridays	8:30 a.m. - 3 p.m.	★ Pool Table ~ Sign up at Reception Veterans Play Free	\$5 per hour
	9 - 10 a.m. 1 - 3 p.m. Oct. 25, 1 - 2:30 p.m.	Richard Simmons Workout "63" Card Game ~ Beginners are welcome! ★ Medicare 101 Clinic at Muskie	\$2 per person \$2 per person Donations Accepted

Fight Hunger Bag Program

We are excited to announce that the Muskie Community Center will receive \$1 for each \$2.50 reusable Fight Hunger bag sold throughout October 2024 from Hannaford located at 190 JFK Plaza, Kennedy Memorial Drive in Waterville. Spectrum Generations Muskie Community Center will receive a check in November from Hannaford that will help support our Nutrition programs!