



1.800.639.1553
spectrumgenerations.org

Juneteenth, also known as Freedom Day, is a federal holiday celebrated annually on June 19 to commemorate the ending of slavery in the United States.



Building Strong Support for Elders

Research indicates that one in ten older people living in the community experience some form of abuse in the United States. Recent studies have suggested that elder abuse increased in severity during the pandemic.

Examples of elder abuse include:

• Physical Abuse	• Neglect
• Sexual Abuse	• Financial
• Emotional /Psychological Abuse	• Self-Neglect
	• Abandonment

Report known or suspected abuse as soon as possible; Programs such as Adult Protective Services and the Long-Term Care Ombudsmen are here to help.

Contact the Eldercare Locator at
1-800-677-1116, or visit
eldercare.acl.gov.

In cases of urgent danger, call **911** or the local police or sheriff.

VOLUNTEER WITH US!

If you or someone you know may be interested in becoming a Meals on Wheels driver, please reach out to us, at **207-620-1684** or email volunteer@spectrumgenerations.org.



spectrumgenerations.org

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

Monthly Update

All Spectrum Generations locations will be closed June 19, 2025, in observance of Juneteenth.

June 2025



Staff and volunteers at the Muskie Community Center in Waterville show their support for World Elder Abuse Awareness Day.

NO EXCUSE FOR ELDER ABUSE

“...I encourage us to stand together to prevent elder abuse by raising awareness, promoting education and valuing the contributions of older adults to the success and vitality of our State,” Maine Governor Janet Mills.

In May of last year, Maine Governor Janet Mills proclaimed June 15 as World Elder Abuse Awareness Day. This proclamation promotes a better understanding of abuse and neglect of older adults and recognizes the significance of elder abuse as a public health and human rights issue. Governor Mills and the 131st Legislature also adopted a recommendation to require training at least once every four years for all mandated reporters of abuse, neglect, and exploitation of incapacitated or dependent adults. For more information on the mandated reporter law, scan QR code above.



1-800-639-1553

Medicare 101 Classes!

Medicare can be difficult to navigate, but Spectrum Generations can help! Sign up for our Medicare 101 class, taught by Medicare certified volunteers. Medicare 101 clarifies the difference between Medicare Part A and B, Medicare Advantage, and Supplement Plans. The class covers eligibility and ways to avoid lifetime penalties, along with Medicare Savings Programs. If you are interested in attending or want more information, please call **1-800-639-1553** to sign up for a class near you!

Are you the next Money Minders volunteer in Knox County?

MONEY MINDERS VOLUNTEERS NEEDED

If you live in Knox County (or in Central Maine), consider becoming a Spectrum Generations Money Minders volunteer! Money Minders is a free program that assists adults 60 years or older with their daily finances. When you volunteer for Money Minders, you help adults in your area remain in control and confident of their financial independence. If you would like to give back to your community in Knox or any county Spectrum Generations serves, call **1-800-639-1553** for more information!

Activities & Workshops at our Community Centers



FREE NUTRITION CLASS & COOKING DEMO: Cooking with Herbs

Cohen Community Center - Tuesday, June 17 | 10 - 11 a.m.

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



Discover how fresh, Maine-grown herbs can bring flavor and health benefits to your meals! Skip the salt and sauces and explore some of Maine's most common herbs in everyday cooking. We will explore their culinary uses and health benefits. This class includes an interactive cooking demo and tasting of an herb-packed noodle salad and chimichurri sauce. 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.



BEGINNING WATERCOLOR CLASS WITH WATERVILLE CREATES

Muskie Community Center - Monday, June 16 | 10 - 11 a.m.

Join us at the Muskie Community Center on Monday, June 16, from 10 - 11:30 a.m. as we welcome Serena Sanborn, Manager of Outreach & Community Partnerships with Waterville Creates, for an enjoyable and relaxing Beginning Watercolor Techniques Art Class. Serena will lead us in learning the basics of using watercolors to create your very own beautiful artwork that you can bring home! Registration is required by signing up at the Muskie Community Center reception desk or by calling (207) 873-4745. Cost \$2 per person. All materials are included!



GIVE IT. GET IT.: Low-cost PCs and Support Services

Muskie Community Center - Wednesday, July 17 | 10:30 - 11 a.m.

Join us at the Muskie Community Center on Wednesday, July 17, as we welcome Nate, Digital Navigator & Helpdesk Specialist from **give IT. get IT.** Nate will help connect you with computers, training and technical support, while you learn more about their non-profit computer refurbishing program. He will also listen to your goals, understand your experience level, guide you to a device that will work for you for the lowest possible cost, and help you use it effectively. The refurbished computers include a warranty, new hard drive, software, free user training and free technical support! At **give IT. get IT.**, they offer everything from basic desktop computers to access the internet, to professional-grade laptops capable of running a small business. For more information or to sign up, call (207) 873-4745.



UNSEEN MAINE: Hidden Places Only Locals Know About

Muskie Community Center - Thursday, June 26 | 10 - 11 a.m.

Join us on Thursday, June 26, from 10 - 11 a.m. for a trip around Maine to discover all of the hidden gems we may not know are there. Discover granite quarries in Vinalhaven, blueberry fields in Cherryfield, the salt marshes of Scarborough, countless lighthouses, and many natural wonders! Register for this free presentation at the Muskie Community Center reception desk or by calling (207) 873-4745.



LINE DANCING

Muskie Community Center - Thursdays | 9 - 10:30 a.m.

Dance Instructor, Joanne Parker, has been teaching line dancing for over six years and will show you choreographed dance steps while standing in a row or line! All levels and abilities are welcomed! Classes are \$3 per person. Registration is required by signing up at the Muskie Community Center reception desk or by calling (207) 873-4745.



TRIVIAL PURSUIT

Muskie Community Center - Thursdays | 12:30 - 2:30 p.m.

Join us at the Muskie Community Center on Thursdays beginning June 5, from 12:30 p.m. - 2:30 p.m. for a rousing game of Trivial Pursuit! Trivial Pursuit is a fun and challenging board game in which winning is determined by a player's ability to answer trivia and popular culture questions. Trivial Pursuit includes thousands of questions from geography, entertainment, history, art and literature, sports, leisure, science and nature. To sign up or learn more, please visit the front receptions desk or call (207) 873-4745. Cost is \$2 per person.



During the month of June, we celebrate several awareness events including Pride Month, a vibrant and inclusive celebration that honors the LGBTQ+ community, their history, achievements, and ongoing struggle for equality.

Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Road, Hallowell. This luncheon is hosted and run by LGBTQ+ older adults and occurs monthly on the second Thursday of each month. Folks meet at 10:30 a.m. and lunch is served at 11 a.m. The meal is free to those 60 and older; there is a \$7.50 charge for all others. For more information, contact (207) 626-7777.

The Nosh

June 2025

ISSUE #9

spectrum
generations

KIRSTEN SOLOMON, MS, LD, RDN

Cooking with Summer Herbs

Bland food is out- zesty, flavorful herbs are in! Research shows that using more herbs and spices can support a healthier lifestyle.

Are Herbs Good For My Health?

Herbs have been used for thousands of years for their healing properties. They're full of polyphenols- plant-based antioxidants- and also have antiviral and anti-microbial properties. In Maine, we are lucky to have a robust growing season to enjoy a variety of herbs. Herbs are also a flavorful alternative to salt or sugary sauces, which can provide cardiovascular and metabolic benefits.

Cooking with Herbs

Herbs fall into two main types: woody and tender. Tender herbs are aptly named for their delicate nature and work best when added to foods toward the end of the cooking process or to raw salads and sauces. Examples include dill, mint, tarragon, basil, cilantro and chives. Woody herbs are heartier and can be added earlier on in the cooking process. Rosemary, sage, oregano, thyme and lavender are all examples of woody herbs.

HERB SPOTLIGHTS

Basil

Basil is often called the flavor of summer and is grown in many Maine gardens for good reason! It pairs well with many vegetables, fruits, grains, and proteins such as chicken and tuna. It is also packed with vitamin K, which helps blood clotting.

Cooking Ideas: Create a tomato, basil salad with a little sea salt. Add Mozzarella to make a caprese. Blend into a pesto, or add into a lemonade for a fresh twist.

Cilantro

Often found in Mexican and Latin American cuisine, cilantro is the sibling to coriander and has been shown to aid in digestion.

Cooking Ideas: Combine with lime for a grill marinade. Top tacos or blend with garlic and olive oil to make a tasty sauce.

Rosemary

Rosemary has long been used in traditional medicine. There is even emerging evidence that this fragrant herb can protect against diseases such as cancer and its scent has been found to boost your mood.

Cooking Ideas: Consider making a rosemary butter as a spread, using fresh sprigs in your soups and stews, or roast it with meat and vegetables.

Mint

This herb has been used for centuries due to its cooling effects that may help symptoms associated with allergies, IBS and sore throats.

Cooking Ideas: Add to salads, curries or lamb. It pairs especially well with dishes that contain feta cheese, yogurt and can add a refreshing touch to your water. No matter how you use them, herbs are an easy way to add flavor and health to your meals this summer.



Fresh Spring Roll

Ingredients:

8 rice paper wrappers
2 oz. cooked vermicelli rice noodles
1 cup carrots (cut into long strips)
2 cups cucumbers (cut into strips)
1 cup red cabbage sliced thin
¼ cup green onion sliced thin
½ cup cilantro
¼ cup mint
1 cup protein such as shrimp, tofu, chicken or pork (optional)

*Recipe adapted from *National Heart, Lung and Blood Institute*

Directions:

1. Bring pot of water to a boil and cook noodles according to the package directions. Drain and rinse under cool water
2. Fill a shallow pan or bowl with one-to-two inches of cool water
3. Line all of the prepared fillings up in an assembly line
4. Place rice paper in water until it is pliable but not super floppy (about 10 seconds)
5. Cover lower third with small handfuls of each ingredient
6. Fold lower edge over fillings, fold over short sides like you would to make a wrap, and lastly roll it up
7. Serve with dipping sauce such as sweet chili or peanut sauce

UPCOMING CLASSES

FRESH & FLAVORFUL: COOKING WITH SUMMER HERBS

Wednesday, June 11 | 10-11 a.m.

Muskie Community Center, 38 Gold Street, Waterville

Tuesday, June 17 | 10-11 a.m.

Cohen Community Center, 22 Town Farm Road, Hallowell

RED, WHITE, AND BLUEBERRIES

Thursday, July 3 | 10-11 a.m.

Cohen Community Center, 22 Town Farm Road, Hallowell

Tuesday, July 8 | 10-11 a.m.

Muskie Community Center 38 Gold Street, Waterville

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 ksoledom@spectrumgenerations.org.



June Focus: **Eat Well, Live Well!**

spectrum
generations

Join Our Living Well with Diabetes Program

Summer is the perfect time to take charge of your health—and Spectrum Generations is here to support you. This June, we're highlighting the connection between healthy eating and diabetes management with our **LIVING WELL WITH DIABETES** program. This 6-week workshop is ideal for older adults and caregivers looking for real-life strategies to live well while managing diabetes.

In this interactive class, you'll learn how to:

- Understand and manage blood sugar levels
- Make informed food choices and plan meals
- Stay active and reduce health risks
- Build a personalized action plan for better health

Visit spectrumgenerations.org
or call **(207) 622-9212** to learn
more and register for an upcoming
session!

Whether you're newly diagnosed or have been living with diabetes for years, this supportive group setting will give you the tools—and confidence—you need to thrive.

AMERICAN RED CROSS

First Aid, CPR, AED, Adult Certification Course

Cohen Community Center, 22 Town Farm Road, Hallowell

- **Tuesday, August 19, 2025 | 9 a.m. - 4 p.m. | \$90/per person**
- **Tuesday, October 14, 2025 | 9 a.m. - 4 p.m. | \$90/per person**

Adult & Pediatric First Aid/CPR Certification Course

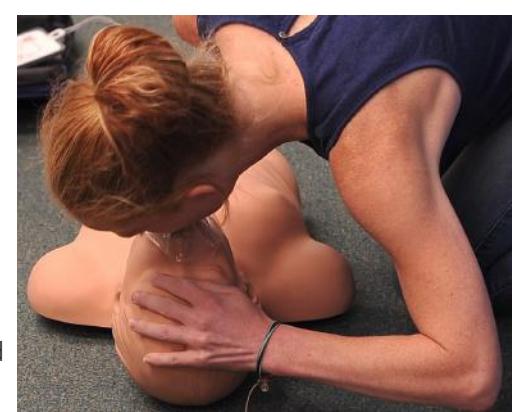
SeniorsPlus Education Center, 8 Falcon Road, Lewiston

- **Thursday, November 6, 2025 | 9 a.m. - 4 p.m. | \$90/per person**

The American Red Cross First Aid, CPR, and AED Certification Program is a well-known course that teaches people how to handle emergencies with confidence. It covers key lifesaving skills like first aid, CPR, and how to use an AED. Participants learn how to respond to situations like cardiac arrest, choking, and injuries by following the latest Red Cross guidelines. After completing the course, you will get a certificate that meets job related requirements and, most importantly, prepare you to step in and help save lives when it matters most.



**American
Red Cross**



Other classes offered include:

Bingocize®

Mondays and Fridays June 2 - July 14 | 1 - 2 p.m.

Cohen Community Center, 22 Town Farm Road, Hallowell (On the Cohen Deck)

TUESDAY GAME NIGHT

@ 22 Town Farm Road | Hallowell | 6 - 8 p.m.



Maine Pine Catering

JUNE 3

MUSIC TRIVIA

80s - 2000s Women of Rock!
(ala Lilith Fair)

JUNE 10 - BINGO (MUSIC-THEMED) | JUNE 17 - MOVIE TRIVIA | JUNE 24 - BINGO (MUSIC-THEMED)

\$25/PER PERSON TICKET PRICE INCLUDES PUB-STYLE BUFFET
INCLUDING SLIDERS, WINGS, LOADED NACHOS, & POTATO SKINS
CASH BAR: BEER, WINE, SPECIALTY COCKTAIL AND MOCKTAILS

**SCAN QR CODE OR CALL 207-620-1189
FOR RESERVATIONS.**



JOIN US FOR AN
EXTRAORDINARY

Father's Day

BBQ

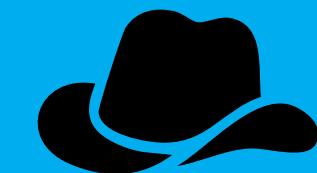
ON THE COHEN DECK | 22 TOWN FARM RD., HALLOWELL

SUNDAY, JUNE 15

11 A.M. TO 1 P.M.



Maine Pine Catering



Live Music!



DOORS OPEN AT 11 A.M. | FOOD SERVED AT 11:30 A.M.

BURGER BAR

- BURGERS
- ASSORTED CONDIMENTS
- PULLED PORK
- ASSORTED CHEESE
- CHICKEN THIGHS
- PRETZEL OR BRIOCHE BUN

SIDES

- STEAMED CORN ON THE COB
- POTATO SALAD
- CITRUS SLAW

EXTRAS

- DEVILED EGGS:
ORIGINAL, LOBSTER, SMOKED PAPRIKA

DESSERT

- ASSORTED BROWNIES
- BUILD YOUR OWN STRAWBERRY SHORTCAKE
- FRESH FRUIT

CASH BAR

- BEER, WINE, BLOODY MARY, MIMOSA

One Drink included per adult ticket.



Adult to 13+ **\$45** | Ages 12 to 5 **\$25** | Under 5 **Free**

For reservations, scan QR code or call 207-620-1189.

State Respite Care Program: Apply Now, Funds Available!

DEAR CAREGIVERS,

We understand the dedication and love it takes to care for a loved one with Alzheimer's or Dementia. **The State Respite Care Program** is here to support you by providing much-needed breaks, assistive technologies and home modification that allow you to recharge and continue providing the best care possible.

WHY RESPITE CARE/ASSISTIVE TECHNOLOGY? Respite care and assistive technologies offer temporary relief for caregivers, ensuring your loved ones receive professional care in a safe environment. This program is designed to help prevent burnout, restore balance in life, and focus on your own well-being.

IMPORTANT NOTICE: Remaining Funds for the State Respite Care Program are available until September 30, 2025. We urge you to apply now to take advantage of this valuable support while funds last.

Take this opportunity to ensure you and your loved ones receive the support you deserve. Apply now and give yourself the gift of respite care.

Visit www.spectrumgenerations.org for more information and to apply today!
You can also contact us at **1.800.639.1553**.

COHEN COMMUNITY CENTER'S HARVEST OF THE MONTH

JUNE'S SPOTLIGHT: LEAFY GREENS!

Each month, we will shine a spotlight on a different nutritious food, we will share interesting facts, easy recipes, and hands-on tasting opportunities to help you discover new favorites and eat well year-round.

This month, we're focusing on leafy greens like spinach, kale, romaine, and collard greens. These nutrient-packed veggies are rich in fiber, vitamins, and antioxidants that support heart health, strong bones, and more.

Be sure to check out:

- Educational handouts with leafy green facts and health tips
- Delicious, simple recipes to try at home
- Special Event: Make-Your-Own Salad Bar on June 20 at the Cohen Community Center!



Come build a fresh, custom salad with a variety of greens and toppings, it's a great way to sample new flavors and make healthy eating fun!

Stay tuned each month as we continue to explore fresh, seasonal produce together. Let's eat with the seasons and nourish our bodies, one bite at a time!

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

WHAT DOES IT COVER?

- **IN-HOME CARE:** Professional caregivers come to your home.
- **COMMUNITY-BASED CARE:** Care provided in community settings.
- **ASSISTIVE TECHNOLOGIES:** Assistive technologies for individuals with Alzheimer's or dementia can significantly enhance their safety and independence. These tools, such as location trackers and medication reminders, help manage daily tasks and reduce the risk of wandering, providing peace of mind for both the individuals and their caregivers.
- **HOME MODIFICATIONS:** Home modifications, such as improved lighting, secure flooring, and home entry ramps, can significantly enhance safety and ease navigation for individuals with Alzheimer's or dementia. These changes help reduce confusion and prevent accidents, creating a more supportive and comfortable living environment

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

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



Cony Middle School Students Artfully Give Back

Each year, Cony Middle School hosts an event called Day of Caring, where seventh and eighth graders participate in service activities to benefit our local community. This year, students took part in several meaningful projects, including writing letters to veterans, cleaning the campus, creating thank-you letters for staff, making blankets for the Humane Society, and decorating bags for Meals on Wheels.

This event is organized by the school's dedicated teachers, with support from the administration, and with the help of the United Way. This event gives students a fun opportunity to give back and make a positive impact. The excitement and enthusiasm shown by the students each year is truly inspiring!

Thank you to all Cony Middle School students that participated in this awesome, meaningful project.



LOOKING FORWARD
SUMMER
BBO May 22
2025
**DRAWS A CROWD TO THE
COHEN COMMUNITY CENTER**



What can Spectrum Generation SHIP Counselors do for you?



- Answer your Original Medicare and Medicare Advantage questions
- Clarify open enrollment periods and how to enroll
- Can assist you through the enrollment process
- Explain Medicare Saving Programs
- Assist you over the phone or schedule an appointment

If you would like to speak with your local SHIP counselor, please contact **1-800-639-1553**.



Cohen Community Center

DINING MENU

June 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 Cheesy Beef Macaroni Broccoli Dinner Roll	3 Kielbasa Baked Beans Zucchini Dinner Roll	4 Cheese Ravioli w/ Meat Sauce Spinach Dinner Roll	5 Teriyaki Chicken Tenders Rice Carrots Dinner Roll <i>The Country Gentlemen</i>	6 Fish Filet Roasted Potatoes Green Beans Dinner Roll
9 Swedish Meatballs Eggs Noodles Peas & Carrots Dinner Roll	10 Chicken Parmesan Pasta Broccoli Dinner Roll <i>Paul and Theresa</i>	11 Shepherd's Pie Green Beans Dinner Roll	12 Sweet & Sour Pork Rice Vegetable Medley Dinner Roll	13 Chicken Alfredo Penne Zucchini Dinner Roll
16 Beef Patty w/ Gravy Rice Pilaf Vegetable Medley Dinner Roll	17 Spaghetti & Meatballs Carrots Dinner Roll	18 Baked Stuffed Haddock Rice Pilaf Green Beans Dinner Roll	CLOSED HONORING JUNETEENTH FREEDOM DAY	20 Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll
23 Sausage & Peppers Seasoned Rice Green Beans Dinner Roll	24 Ham Scalloped Potatoes Carrots Dinner Roll <i>Paul and Theresa</i>	25 Sweet & Sour Meatballs Mashed Potatoes Broccoli Dinner Roll	26 Roast Pork Sweet Potatoes Vegetable Medley Dinner Roll	27 Fish Filet Rice Pilaf Peas Dinner Roll
30 BBQ Beef Patty Parsley Potatoes Corn 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

June 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
Wednesdays	1 p.m.	Bridge	\$3 per person
	1 p.m.	Knitters	\$3 per person
Thursdays	12:30 p.m.	Mahjong	\$3 per person
	June 18 , 9 a.m.	C.M.P. Power Hour	Free
Fridays	June 25 , 10 a.m.	AARP Meeting & Lunch	Visitors Welcomed
	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	June 5 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	June 4 , 12:30 p.m.	Parkinson Support Group	Free
	June 5 , 10 a.m.	Nutrition Education Presentation	Free
	June 5 , 10 a.m.	Family Caregiver Info Sessions	Free
	June 12 , 10 a.m.	Equality Maine Lunch	Free
	10 a.m.. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes

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

June 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger Oven Fries Broccoli or Salad Bar Hamburger Roll	3 Kielbasa Baked Beans Summer Squash or Salad Bar Dinner Roll	4 Lasagna Spinach or Salad Bar Dinner Roll	5 Teriyaki Chicken Rice Carrots or Salad Bar Dinner Roll	Breakfast Buffet Filet of Fish w/ Cheese Sandwich Roasted Potatoes Coleslaw or Salad Bar Dinner Roll
9 Swedish Meatballs Egg Noodles Peas & Carrots or Salad Bar Dinner Roll	10 Chicken Parmesan Linguine Broccoli or Salad Bar Dinner Roll	11 Shepherd's Pie Green Beans or Salad Bar Dinner Roll	12 Sweet & Sour Pork Jasmine Rice Vegetable Medley or Salad Bar Dinner Roll	Breakfast Buffet Teriyaki Salmon Baked Potatoes Zucchini or Salad Bar Dinner Roll
16 Turkey and Ham & Cheese Sandwiches Potato Salad Four Bean Salad or Salad Bar Assorted Breads	17 Spaghetti & Meatballs Carrots or Salad Bar Dinner Roll	18 Sausage Black Beans & Rice Cauliflower or Salad Bar Dinner Roll	CLOSED HONORING JUNETEENTH FREEDOM DAY	Breakfast Buffet Baked Stuffed Haddock Sweet Potatoes or Salad Bar Dinner Roll
23 Sausage & Peppers Subs Seasoned Rice Green Beans or Salad Bar	24 Ham & Scalloped Potato Casserole Carrots or Salad Bar Dinner Roll	25 Sweet & Sour Chicken Egg Noodles Broccoli or Salad Bar Dinner Roll	26 Roast Pork Sweet Potatoes Mixed Vegetables or Salad Bar Dinner Roll	Breakfast Buffet Salmon Pie Rice Pilaf Peas or Salad Bar Dinner Roll
30 BBQ Beef Patty Parsley Potatoes Corn 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.	Breakfast Buffet 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

June 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment 8 a.m. - 3 p.m. 9 - 10 a.m. 8 a.m. - 3:30 p.m. 12:30 - 2:30 p.m.	★ Notary Services ★ Pool Table ~ Sign up at Reception - Veterans Play Free Richard Simmons Workout MOTIVATE at Home Oral Health Education Mahjong ~ Beginners are welcome!	Donations Accepted \$5 per hour \$2 per person Free \$2 per person
Tuesdays	By Appointment 8 a.m. - 3 p.m. 8 a.m. - 3:30 p.m. 10 a.m. - 1 p.m. 9 - 11 a.m. Noon - 2:30 p.m. 1 - 2:30 p.m.	★ Notary Services ★ Pool Table ~ Sign up at Reception - Veterans Play Free MOTIVATE at Home Oral Health Education ★ Computer/Phone Classes Quilts & Crafts Hand & Foot ~ Canasta ~ Rummy Type Card Game Muskie Music Makers	Donations Accepted \$5 per hour Free \$7 Per Class \$2 per person \$2 per person \$1 per person
Wednesdays	By Appointment 8 a.m. - 3:30 p.m. 9 - 10 a.m. 9:30 - 10:30 a.m. Noon - 2:30 p.m. 2 - 3:30 p.m. June 18 , 1 - 2:30 p.m	★ Notary Services ★ MOTIVATE at Home Oral Health Education Richard Simmons Workout French Social Hour ~ Converse with others in French ! Cribbage Waterville Chess Club ~ Beginners are welcome! Family Caregiver Support Group	Donations Accepted Free \$2 per person \$2 per person \$2 per person \$2 per person Free
Thursdays	By Appointment 8 a.m. - 3:30 p.m. June 5 , 8 a.m. - 2 p.m. 9 - 10 a.m. 1 - 3 p.m. June 19 , 9 a.m. - 1 p.m. June 26 , 10 a.m. - 11 a.m.	★ Notary Services ★ MOTIVATE at Home Oral Health Education ★ Veterans Assistance -Veterans' Service Officers ★ Line Dancing Class ★ Scrabble ~ If interested sign up at Reception Power Hour with CMP Representatives ★ Unseen Maine—Hidden Places Only Locals Know About	Donations Accepted Free Free \$2 per person \$2 per person Free Free
Fridays	8 a.m. - 3:30 p.m. 8:30 - 3 p.m. 9 - 10 a.m. 1 - 3 p.m. June 27 , 1 - 2:30 p.m.	MOTIVATE at Home Oral Health Education ★ Pool Table ~ Sign up at Reception Veterans Play Free Richard Simmons Workout "63" Card Game ~ Beginners are welcome! ★ Medicare 101 Clinic at Muskie	Free \$5 per hour \$2 per person \$2 per person Donations Accepted

Beginning Watercolors Class with Waterville Creates

Join us at the Muskie Community Center on Monday, June 16 from 10-11:30 a.m. as we welcome Serena Sanborn, Manager of Outreach & Community Partnerships with Waterville Creates, for an enjoyable and relaxing Beginning Watercolor Techniques Art Class. Serena will lead us in learning the basics of using watercolors to create your very own beautiful artwork that you can bring home! Cost \$2. Registration is required by calling 207.873.4745 or stop by the Reception Desk to reserve your spot!

