



# Muskie Community Center

## DINING MENU

### September 2024

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

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <p>2</p> <p>Closed for<br/><b>Labor Day</b></p>  | <p>3</p> <p>Chicken Broccoli<br/>Casserole<br/>Noodles<br/>Carrots or<br/>Salad Bar<br/>Biscuit</p>                   | <p>4</p> <p>Beef Tips<br/>Mashed Potato<br/>Zucchini or<br/>Salad Bar<br/>Dinner Roll</p>                  | <p>5</p> <p>Roast Pork<br/>Parsley Potato<br/>Mixed Vegetable or<br/>Salad Bar<br/>Dinner Roll</p>  | <p>6</p> <p><b>Breakfast Buffet</b><br/>Breaded Fish Fillet<br/>Lemon Herb Rice<br/>Peas or<br/>Salad Bar<br/>Dinner Roll</p>             |
| <p>9</p> <p>Burger &amp; Fries<br/>Corn or<br/>Salad Bar<br/>Dinner Roll</p>                             | <p>10</p> <p>Sausage and/or<br/>Meatball Sub<br/>Penne Pasta<br/>Broccoli or<br/>Salad Bar<br/>Sub or Dinner Roll</p> | <p>11</p> <p>Beef &amp; Bean Chili<br/>Baked Potato<br/>Summer Squash or<br/>Salad Bar<br/>Corn Bread</p>  | <p>12</p> <p>Tourtiere Pie<br/>Roasted Potato<br/>Parsnips or<br/>Salad Bar<br/>Dinner Roll</p>   | <p>13</p> <p><b>Breakfast Buffet</b><br/>Baked Stuffed<br/>Haddock<br/>Scalloped Potatoes<br/>Vegetable Medley or<br/>Salad Bar</p>       |
| <p>16</p> <p>Lasagna<br/>Spinach or<br/>Salad Bar<br/>Dinner Roll</p>                                    | <p>17</p> <p>Baked Chicken<br/>Rice Pilaf<br/>Carrots or<br/>Salad Bar<br/>Dinner Roll</p>                            | <p>18</p> <p>Baked Ham<br/>Sweet Potatoes<br/>Broccoli or<br/>Salad Bar<br/>Dinner Roll</p>                | <p>19</p> <p>Turkey with all the<br/>Fixings, Mashed<br/>Potatoes, Butternut<br/>Squash or Salad Bar<br/>Dinner Roll<br/><b><i>Suggested Donation of<br/>\$8.00</i></b></p> | <p>20</p> <p><b>Breakfast Buffet</b><br/>Salmon Pie<br/>Baked Potatoes<br/>Zucchini or<br/>Salad Bar<br/>Dinner Roll</p>                  |
| <p>23</p> <p>American Chop Suey<br/>Zucchini or<br/>Salad Bar<br/>Dinner Roll</p>                        | <p>24</p> <p>Chicken Cordon Bleu<br/>Au Gratin Potatoes<br/>Summer Squash or<br/>Salad Bar<br/>Dinner Roll</p>        | <p>25</p> <p>Meatloaf &amp; Gravy<br/>Mashed Potatoes<br/>Green Beans or<br/>Salad Bar<br/>Dinner Roll</p> | <p>26</p> <p>Greek Chicken<br/>Lemon Rice<br/>Cauliflower or<br/>Salad Bar<br/>Dinner Roll</p>  | <p>27</p> <p><b>Breakfast Buffet</b><br/>Lemon Butter<br/>Haddock, Scalloped<br/>Potatoes, Zucchini or<br/>Salad Bar<br/>Dinner Rolls</p> |
| <p>30</p> <p>Chicken Fingers<br/>Macaroni &amp; Cheese<br/>Broccoli or<br/>Salad Bar<br/>Dinner Roll</p> |   |  | <p>All lunches are served<br/>with 1% milk, water, and<br/>fruit salad.<br/>Community Fundraising<br/>make the following<br/>available: Coffee, Tea<br/>and Desserts.</p>   | <p><b>Breakfast Buffet</b><br/>Served every Friday<br/>from<br/>8 - 9:30 a.m.<br/>Cost:<br/>\$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

## September 2024

★ Special event/by appointment only

|                                  | TIME  | ACTIVITY  | COST  |
|----------------------------------|---|---|---|
| Mondays                          | By Appointment<br>8 a.m. – 3 p.m.<br>9 – 10 a.m.<br><b>Sept 9</b> , 3-3:45 p.m.   | ★ Notary Services<br>★ Pool Table ~ <b>Sign up at Reception - Veterans Play Free</b><br>Richard Simmons Workout<br>★ Book Club~ <b>Mystic River</b><br><i>*Please note: You can purchase book or borrow from the public library</i>   | Donations Accepted<br>\$5 per hour<br>\$2 per person<br>\$5 per person  |
|                                  | <b>Sept 16</b> , 11 -12:30 p.m.   | Meet & Greet Waterville's City Manager  | Free  |
| Tuesdays                         | By Appointment<br>8 a.m. – 3 p.m.<br>9 - 11 a.m.<br>Noon – 2:30 p.m.<br>1 -2:30 p.m.<br><b>Sept 17</b> , 10 - 11 a.m.                   | ★ Notary Services<br>★ Pool Table ~ <b>Sign up at Reception - Veterans Play Free</b><br>Quilts & Crafts<br>Hand & Foot ~ <b>Canasta ~ Rummy Type Card Game</b><br>★ Muskie Music Makers<br>★ Medicare 101 Clinic<br><i>(Somerset Community Center, 30 Leavitt St. Skowhegan)</i>            | Donations Accepted<br>\$5 per hour<br>\$2 per person<br>\$2 per person<br>\$1 per person<br>Donations Accepted                    |
|                                  | By Appointment<br>9 – 10 a.m.<br>9:30 – 10:30 a.m.<br>10 - 1 p.m.<br>Noon – 2:30 p.m.<br>2 – 3:30 p.m.<br><b>Sept 11</b> , 10 – 11 a.m. | ★ Notary Services<br>Richard Simmons Workout<br>French Social Hour ~ <b>Converse with others in French !</b><br>★ Computer/Phone Classes with Lois Harrington<br>★ Cribbage<br>Waterville Chess Club ~ <b>Beginners are welcome!</b><br>★ Nutrition Class & Cooking Demo Featuring: Snacks! | Donations Accepted<br>\$2 per person<br>\$2 per person<br>\$7 per class<br>\$2 per person<br>\$2 per person<br>Donations Accepted |
| Thursdays                        | <b>Sept 5</b> , 8 a.m. – 2 p.m.   | ★ Veterans Assistance -Veterans' Service Officers   | Free  |
|                                  | Noon – 1 p.m.   | ★ Line Dancing Class <b>Please Note: 3rd Thursday 1-2PM</b>   | \$2 per person  |
|                                  | 1 – 3 p.m.  | ★ Scrabble ~ <b>If interested sign up at Reception</b>  | \$2 per person  |
|                                  | <b>Sept 12</b> , 10 - 11:30 a.m.  | ★ Dementia Informative Presentation   | Donations Accepted  |
|                                  | <b>Sept 12</b> , Noon - 1:30 p.m.   | ★ Presentation: Sailmaking & The Story of the St. Mary  | Donations Accepted  |
| <b>Sept 19</b> , 9 a.m. – 1 p.m. | Power Hour with CMP Representatives   | Free  |   |
| <b>Sept 26</b> , 1 - 3 p.m.      | ★ Welcoming our Ancestors~ Free Art Project   | Donations Accepted  |   |
| Fridays                          | 8:30 a.m. – 3 p.m.<br>9 – 10 a.m.<br>1 – 3 p.m.<br><b>Sept 27</b> , 1 - 2:30 p.m.   | ★ Pool Table ~ <b>Sign up at Reception Veterans Play Free</b><br>Richard Simmons Workout<br>"63" Card Game ~ <b>Beginners are welcome!</b><br>★ Medicare 101 Clinic at Muskie   | \$5 per hour<br>\$2 per person<br>\$2 per person<br>Donations Accepted  |

## Rummage Sale at Muskie September 19 from 9AM-3PM!

We are currently accepting donations for any lightly used items that we can add to the sale until September 18th such as: household items, games, books, puzzles, decorations, jewelry, tools, art, etc....

For more information or to donate, please visit the front desk receptionist or call the Muskie Community Center at (207) 873-4745.