

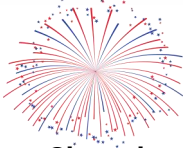



# Muskie Community Center

## DINING MENU

### January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
		 <b>Closed</b> New Years Day!	2 Chicken Stir Fry Rice Vegetable Medley or Salad Bar Dinner Roll	3 <b>Breakfast Buffet</b> Lemon Butter Haddock Beets or Salad Bar Dinner Roll
6 Cheesy Hamburger Macaroni Broccoli or Salad Bar Dinner Roll	7 Chicken Tenderloins Jasmine Rice Carrots or Salad Bar Dinner Roll	Turkey & Beans with Sweet Potato Chili Zucchini or Salad Bar Dinner Roll	9 Beef Stroganoff Egg Noodles Beets or Salad Bar Dinner Roll	10 <b>Breakfast Buffet</b> Shrimp Scampi Linguine Asparagus or Salad Bar Dinner Roll
13 Swedish Meatballs Egg Noodles Peas & Carrots or Salad Bar Dinner Roll	14 Chicken & Broccoli Casserole Mixed Vegetable or Salad Bar Dinner Roll	15 Shepherd's Pie Green Bean or Salad Bar Dinner Roll	16 Turkey with all the Fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll <i>Suggested Donation of \$8.00</i>	17 <b>Breakfast Buffet</b> Baked Stuffed Haddock Baked Potato Vegetable Medley or Salad Bar
<b>Closed</b> 20 Dr. Martin Luther King Jr. Day 	21 Turkey Tetrazzini Noodles Carrots or Salad Bar Dinner Roll	22 Cheeseburger Oven Fries Coleslaw or Salad Bar Dinner Roll	23 BBQ Chicken Baked Beans Butternut Squash or Salad Bar Cornbread	24 <b>Breakfast Buffet</b> Salmon Pie Scalloped Potatoes Spinach or Salad Bar Dinner Roll
27 Spaghetti, Meatballs & Sausage Green Beans or Salad Bar Dinner Roll	28 Chicken Pot Pie Carrots or Salad Bar Biscuits	29 Beef Tips Mashed Potatoes Broccoli or Salad Bar Dinner Roll	30 Roast Pork Scalloped Potatoes Mixed Vegetables or Salad Bar Dinner Roll	31 Lemon Herb Haddock Rice Pilaf Zucchini & Tomatoes Or Salad Bar Dinner Rolls

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

## January 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
<b>Mondays</b>	By Appointment	★ Notary Services	Donations Accepted
	8 a.m. - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception - Veterans Play Free</i>	\$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
	12:30 - 2:30 p.m.	★ Mahjong ~ <i>Beginners are welcome!</i>	\$2 per person
<b>Tuesdays</b>	8 a.m. - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception - Veterans Play Free</i>	\$5 per hour
	9 - 11 a.m.	Quilts & Crafts	\$2 per person
	Noon - 2:30 p.m.	Hand & Foot ~ <i>Canasta ~ Rummy Type Card Game</i>	\$2 per person
	1:00 - 2:30 p.m.	Muskie Music Makers	\$1 per person
	<b>Jan 21</b> , 10 - 11 a.m.	★ Medicare 101 Clinic <i>Somerset Community Center, 30 Leavitt St. Skowhegan)</i>	Donations Accepted
<b>Wednesdays</b>	8 a.m. - 3:30 p.m.	MOTIVATE at Home Oral Health Education	Free
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	9:30 - 10:30 a.m.	French Social Hour ~ <i>Converse with others in French !</i>	\$2 per person
	10 a.m. - 1 p.m.	★ Computer/Phone Classes with Lois Harrington	\$7 per class
	Noon - 2:30 p.m.	Cribbage	\$2 per person
	2 - 3:30 p.m.	Waterville Chess Club ~ <i>Beginners are welcome!</i>	\$2 per person
	<b>Jan 15</b> , 1 - 2:30 p.m.	★ Family Caregiver Support Group	Free
<b>Jan 29</b> , 11 a.m. - Noon	★ Eat, Learn & Prosper: Saving Money	Free	
<b>Thursdays</b>	<b>Jan 2</b> , 8 a.m. - 2 p.m.	Veterans Assistance -Veterans' Service Officers	Free
	8 a.m. - 3:30 p.m.	MOTIVATE at Home Oral Health Education	Free
	9 - 10 a.m.	Line Dancing Class	\$2 per person
	1 - 3 p.m.	★ Scrabble ~ <i>If interested sign up at Reception</i>	\$2 per person
	<b>Jan 16</b> , 9 a.m. - 1 p.m.	Power Hour with CMP Representatives	Free
<b>Jan 16</b> , 10 a.m. - Noon	One-on-One Tech Help with National Digital Equity Center	Free	
<b>Fridays</b>	8 a.m. - 3:30 p.m.	MOTIVATE at Home Oral Health Education	Free
	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception Veterans Play Free</i>	\$5 per hour
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	1 - 3 p.m.	"63" Card Game ~ <i>Beginners are welcome!</i>	\$2 per person
	<b>Jan 17</b> , 10 a.m. - 2 p.m.	★ Always Listening Hearing Aid Center Hearing Tests	Free
<b>Jan 24</b> , 1 - 2:30 p.m.	★ Medicare 101 Clinic at Muskie	Donations Accepted	

### Inclement Weather Cancellations

In the event of bad weather, please call 873-4745 or (800) 639-1553 for a recorded message announcing any agency closings before heading to the Muskie 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**