

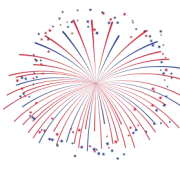


# Muskie Community Center

## DINING MENU

January 2026

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.	<b>Breakfast Buffet</b> Served every Friday From: 8:00 - 9:30 a.m. Cost: \$8 per person	 Closed New Years	<b>Breakfast Buffet</b> Salmon Pie Oven Fries Zucchini & Onions or Salad Bar Dinner Roll
<b>5</b> Chicken Cacciatore Penne Pasta Steamed Peas or Salad Bar Garlic Bread	<b>6</b> Baked Ham Mashed Potatoes Buttered Carrots or Salad Bar Dinner Roll	<b>7</b> Baked Chicken with Gravy Parsley Potatoes Steamed Broccoli or Salad Bar Dinner Roll	<b>8</b> Stuffed Peppers Rice Chickpea Salad or Salad Bar Dinner Roll	<b>9</b> <b>Breakfast Buffet</b> Baked Stuffed Haddock Baked Potatoes Seasoned Green Beans or Salad Bar
<b>12</b> American Chop Suey Spinach or Salad Bar Dinner Roll	<b>13</b> Chicken Stir Fry Asian Noodles Vegetable Medley or Salad Bar Dinner Roll	<b>14</b> Beef Stew Roasted Vegetables or Salad Bar Biscuit	<b>15</b> Turkey with all the Fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll <b>Suggested Donation of \$8.00</b>	<b>16</b> <b>Breakfast Buffet</b> Shrimp Scampi Linguine Asparagus or Salad Bar Dinner Roll
<b>Closed</b> <b>19</b> Dr. Martin Luther King Jr Day 	<b>20</b> Meatloaf Mashed Potatoes Squash or Salad Bar Dinner Roll	<b>21</b> Cheese Ravioli with Meat Sauce Spinach or Salad Bar Garlic Bread	<b>22</b> Chicken Teriyaki Jasmine Rice Steamed Carrots or Salad Bar Dinner Roll	<b>23</b> <b>Breakfast Buffet</b> Lemon Butter Haddock Parsley Potatoes Steamed Green Beans or Salad Bar
<b>26</b> Swedish Meatballs Rice Pilaf Buttered Peas & Carrots or Salad Bar Dinner Roll	<b>27</b> Chicken Stew over Biscuit Steamed Broccoli or Salad Bar	<b>28</b> Baked Ziti with Cheese Vegetable Medley or Salad Bar Garlic Bread	<b>29</b> Shepherd's Pie Green Beans Almondine or Salad Bar Dinner Roll	<b>30</b> <b>Breakfast Buffet</b> Teriyaki Salmon Basmati Rice Zucchini & Onions 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.



# Muskie Community Center

# ACTIVITIES

## January 2026

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment	★ Notary Services	Donations Accepted
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	12:30 - 2:30 p.m.	Mahjong ~ <b>Beginners are welcome!</b>	\$2 per person
	1 - 4 p.m.	Cornhole~ All are welcome!	\$3 per person
	Jan 12, 10:30 - Noon	★ Joyful Art Mondays with Waterville Creates	\$3 per class
	Jan 26, 10:30 - Noon	★ Joyful Art Mondays with Waterville Creates	\$3 per class
Tuesdays	By Appointment	★ Notary Services	Donations Accepted
	9 - 11 a.m.	Quilts & Crafts	\$2 per person
	Noon - 2:30 p.m.	Hand & Foot ~ <b>Canasta</b> ~ <b>Rummy Type Card Game</b>	\$2 per person
	1 - 2:30 p.m.	Muskie Music Makers	Free
	Jan 20, 10 - 11 a.m.	★ MIND Diet & Cognitive Health	\$5-\$10/Donation is suggested/not required
	Jan 26, 10 a.m. - 1 p.m.	★ Computer, Mobile Device & Phone Classes	\$7 per Class
Wednesdays	By Appointment	★ Notary Services	Donations Accepted
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	9:30 - 10:30 a.m.	French Social Hour ~ <b>Converse with others in French !</b>	\$2 per person
	Noon - 2:30 p.m.	Cribbage	\$2 per person
	Jan 21, 1-2:30 p.m.	★ Family Caregiver Support	Free
Thursdays	By Appointment	★ Notary Services	Donations Accepted
	8 a.m.. - 2 p.m.	★ Veterans Assistance -Veterans' Service Officers	Free
	9 - 10:30 a.m.	★ Line Dancing Class	\$3 per person
	1 - 3 p.m.	★ Game & Gather - Come Enjoy Board Games	\$2 per person
	9 a.m. - 1 p.m.	Power Hour with CMP Representatives	Free
	Jan 8, 8 a.m. - 2 p.m.	★ Veterans Assistance—Veterans' Service Officer	Free
	Jan 15, 9 a.m. - 1 p.m.	★ Always Listening Hearing Tests	Donations Accepted
Fridays	By Appointment	★ Notary Services	Donations Accepted
	9 - 10 a.m.	Richard Simmons Workout	\$2 per person
	11 a.m. - 3 p.m.	★ Game & Gather- Come Enjoy Board Games	\$2 per person
	Noon - 2:30 p.m.	Hand & Foot ~ Canasta ~ Rummy Type Card Game	\$2 per person
	Jan 23, 1 - 2:30 p.m.	Medicare 101 Clinic @ Muskie	Donations Accepted
	1 - 4 p.m.	Cornhole~ All are welcome	\$3 per person

### Inclement Weather Cancellations and Delays

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**



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.