



Muskie Community Center

DINING MENU

November 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>Breakfast Buffet Served every Friday from 8 - 9:30 a.m. Cost: \$7 per person</p>	<p>Breakfast Buffet¹ Salmon Casserole Egg Noodles Beets or Salad Bar Dinner Roll</p>
<p>⁴ Chicken Cacciatore Rice Peas or Salad Bar Dinner Roll</p>	<p>⁵ Baked Ham Sweet Potatoes Broccoli or Salad Bar Dinner Roll</p>	<p>⁶ Baked Chicken Parsley Potatoes Cauliflower or Salad Bar Dinner Roll</p>	<p>⁷ Beef Pot Roast Mashed Potatoes Green Beans or Salad Bar Dinner Roll <i>Veterans Eat for Free</i></p>	<p>Breakfast Buffet⁸ Shrimp Scampi Linguine Vegetable Medley or Salad Bar Dinner Roll</p>
<p>¹¹ CLOSED For Veterans Day</p>	<p>¹² Chicken Cordon Bleu Au Gratin Potatoes Green Beans or Salad Bar Dinner Roll</p>	<p>¹³ Meatloaf Mashed Potatoes Peas or Salad Bar Dinner Roll</p>	<p>¹⁴ Chicken Stir Fry Rice Vegetable Medley or Salad Bar Dinner Roll</p>	<p>¹⁵ Breakfast Buffet Baked Stuffed Haddock Baked Potatoes Carrots or Salad Bar Dinner Roll</p>
<p>¹⁸ Cheesy Beef Macaroni Broccoli or Salad Bar Dinner Roll</p>	<p>¹⁹ Teriyaki Chicken Tenderloins Jasmine Rice Carrots or Salad Bar Dinner Roll</p>	<p>²⁰ Lasagna Spinach or Salad Bar Dinner Roll</p>	<p>²¹ Turkey with all the fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll <i>Suggested Donation of \$8.00</i></p>	<p>²² Breakfast Buffet Salmon Pie Roasted Potatoes Corn or Salad Bar Dinner Roll</p>
<p>²⁵ Swedish Meatballs Egg Noodles Peas & Carrots or Salad Bar Dinner Roll</p>	<p>²⁶ Chicken & Broccoli Casserole w/Biscuit Mixed Vegetables or Salad Bar Dinner Roll</p>	<p>²⁷ Shepherd's Pie Green Beans or Salad Bar Dinner Roll</p>	<p>²⁸ Closed Happy Thanksgiving</p>	<p>²⁹ Closed</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

November 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	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
	Nov 18 , 12:30 - 2 p.m.	★ Growing Up In Waterville Public Schools: Interactive Presentation	Free
Tuesdays	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 - 2:30 p.m.	Muskie Music Makers	\$1 per person
	Nov 19 , 10 - 11 a.m.	★ Medicare 101 Clinic <i>(Somerset Community Center, 30 Leavitt St. Skowhegan)</i>	Donations Accepted
Wednesdays	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
Nov 20 , 1 - 2:30 p.m.	★ Family Caregiver Support Group	Free	
Thursdays	Nov 7 , 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
	Noon - 1 p.m.	★ Line Dancing Class <i>Please Note: 3rd Thursday 1-2 p.m.</i>	\$2 per person
	1 - 3 p.m.	★ Scrabble ~ <i>If interested sign up at Reception</i>	\$2 per person
	Nov 21 , 9 a.m. - 1 p.m.	Power Hour with CMP Representatives	Free
Nov 21 , 10 a.m. - Noon	One-On-One Tech Help	Free	
Fridays	8 a.m. - 3:30 p.m.	MOTIVATE at Home Oral Health Education	Free
	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
	1 - 3 p.m.	"63" Card Game ~ <i>Beginners are welcome!</i>	\$2 per person
	Nov 22 , 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