

## Muskie Community Center DINING MENU

## December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger Oven Fries Mixed Vegetable or Salad Bar Dinner Roll	3 Turkey Tetrazzini Egg Noodles Carrots or Salad Bar Dinner Roll	4 Beef Stew Roasted Vegetables or Salad Bar Dinner Roll	5 BBQ Chicken Baked Beans Corn or Salad Bar Cornbread	6 Breakfast Buffet Lemon Butter Haddock Scalloped Potatoes Spinach or Salad Bar Dinner Roll
9 Spaghetti Sausage & Meatballs Green Beans or Salad Bar Dinner Roll	10 Chicken Stew Carrots or Salad Bar Biscuit	11 Beef Tips Mashed Potatoes Broccoli or Salad Bar Dinner Roll	12 Roast Pork Scalloped Potatoes Mixed Vegetables or Salad Bar Dinner Roll	13 Breakfast Buffet Seafood Casserole Noodles Peas or Salad Bar Dinner Roll
16 Salisbury Steak Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll	17 Chicken Parmesan Penne Pasta Spinach or Salad Bar Dinner Roll	18 Pulled Pork Baked Beans Cauliflower or Salad Bar Dinner Roll	Turkey with <b>19</b> all the Fixings Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll Suggested Donation of \$8.00	20 <u>Breakfast Buffet</u> Baked Stuffed Haddock Baked Potato Beets or Salad Bar Dinner Roll
23 Chicken Cacciatore Rice Peas or Salad Bar Dinner Roll	24 Baked Ham Sweet Potatoes Broccoli or Salad Bar Dinner Roll	25 Closed for Christmas!	26 Beef Pot Roast Mashed Potatoes Green Beans or Salad Bar Dinner Roll	27 <u>Breakfast Buffet</u> Salmon Pie Rice Pilaf Carrots or Salad Bar Dinner Roll
30 American Chop Suey Spinach or Salad Bar Dinner Roll	31 Chicken Cordon Bleu Au Gratin Potatoes Green Beans 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 Cent	
spectrum generations		ACTIVITIES	
		December 2024 Special event/by appointment only	
	TIME	ACTIVITY	COST
Monda	By Appointment 8 a.m. – 3 p.m. 9 – 10 a.m. 8 a.m3:30 p.m.	<ul> <li>Notary Services</li> <li>Pool Table ~ <i>Sign up at Reception - Veterans Play Free</i> Richard Simmons Workout</li> <li>MOTIVATE at Home Oral Health Education</li> </ul>	Donations Accepted \$5 per hour \$2 per person Free
Tuesda	8 a.m. – 3 p.m. 9 - 11 a.m. Noon – 2:30 p.m. 1 - 2:30 p.m. <b>Dec 11,</b> 10 - 11 a.m. <b>Dec 17,</b> 10 - 11 a.m.	<ul> <li>Pool Table ~ Sign up at Reception - Veterans Play Free Quilts &amp; Crafts Hand &amp; Foot ~ Canasta ~ Rummy Type Card Game Muskie Music Makers</li> <li>Roundtable Discussion with John Nale from Nale</li> <li>Medicare 101 Clinic (Somerset Community Center, 30 Leavitt St. Skowhegan)</li> </ul>	\$5 per hour \$2 per person \$2 per person \$1 per person Law Free Donations Accepted
Wednesd	8 a.m 3:30 p.m. 9 - 10 a.m. 9:30 - 10:30 a.m. 10 a.m 1 p.m. Noon - 2:30 p.m. 2 - 3:30 p.m. <b>Dec 18,</b> 1 - 2:30 p.m.	MOTIVATE at Home Oral Health Education Richard Simmons Workout French Social Hour ~ <i>Converse with others in French</i> & Computer/Phone Classes with Lois Harrington Cribbage Waterville Chess Club ~ <i>Beginners are welcome!</i> Family Caregiver Support Group	Free \$2 per person \$2 per person \$7 per class \$2 per person \$2 per person Free
Thursda	Dec 5, 8 a.m 2 p.n 8 a.m 3:30 p.m. 9 - 10 a.m. 1 - 3 p.m. Dec 19, 9 - 1 p.m. Dec 19, 11 - 3 p.m. Dec 19, 11 - 12:30	MOTIVATE at Home Oral Health Education Line Dancing Class Scrabble ~ <i>If interested sign up at Reception</i> Power Hour with CMP Representatives	Free Free \$2 per person \$2 per person Free Admission by Donation eenrath Free
Friday	8 -3:30 p.m. 8:30 a.m. – 3 p.m. 9 – 10 a.m. 1 – 3 p.m. <b>Dec 27,</b> 1 – 2:30 p.m.	<ul> <li>MOTIVATE at Home Oral Health Education</li> <li>Pool Table ~ <i>Sign up at Reception Veterans Play Free</i> Richard Simmons Workout</li> <li>"63" Card Game ~ <i>Beginners are welcome!</i></li> <li>Medicare 101 Clinic at Muskie</li> </ul>	Free \$5 per hour \$2 per person \$2 per person 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



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