



Muskie Community Center

CONGREGATE DINING MENU

May 2026

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

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 From: 8 - 9:30 a.m. Scrambled Eggs, Bacon, Sausage, French Toast,</p>	<p>Breakfast Buffet 1 Seafood Chowder Oven Fries Roasted Vegetables Or Salad Bar Biscuit</p>
<p>Baked Ham & Pineapple Scalloped Potato Seasoned Corn</p> <p>4</p>	<p>Chicken Marsala Pasta Zucchini & Tomatoes</p> <p>5</p>	<p>Orange Teriyaki Pork Rice Peas & Onions Or Salad Bar</p> <p>6</p>	<p>Beef Patty Au Jus Thyme Potatoes California Blend Vegetables</p> <p>7</p>	<p>Breakfast Buffet 8 Teriyaki Salmon Mashed Sweet Potato Ranch Broccoli Or Salad Bar Dinner Roll</p>
<p>Ground Pork & Black Bean Jambalaya Summer Squash & Tomato Duo Or Salad Bar Biscuit</p> <p>11</p>	<p>Roast Pork Scalloped Potato Beets</p> <p>12</p>	<p>Chicken Tikka Masala Basmati Rice Chickpeas</p> <p>13</p>	<p>Cheese Ravioli with Meat Sauce Steamed Broccoli</p> <p>14</p>	<p>Breakfast Buffet 15 Lemon Butter Haddock Roasted Red Potato Buttered Corn or Salad Bar, Dinner Roll</p>
<p>Beef Patty with Mushroom Gravy Mashed Potato Green Beans, Almond or Salad Bar</p> <p>18</p>	<p>Irish Banger Or Hot Dogs and Baked Beans Nutmeg Beets Or Salad Bar Dinner Roll</p> <p>19</p>	<p>Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme</p> <p>20</p>	<p>Turkey with all the Fixings Mashed Potato Butternut Squash Or Salad Bar Dinner Roll</p> <p>21</p> <p><i>Suggested Donation 8.00</i></p>	<p>Breakfast Buffet 22 Shrimp Scampi Linguini Asparagus Or Salad Bar Garlic Bread</p>
<p>Closed</p> <p>25</p>	<p>Shells & Meat Sauce California Blend Vegetable</p> <p>26</p>	<p>BBQ Ribs Basmati Rice Coleslaw</p> <p>27</p>	<p>Chicken Stir Fry Rice Tarragon Carrots Or Salad Bar Dinner Roll</p> <p>28</p>	<p>Breakfast Buffet 29 Baked Stuffed Haddock Baked Potato Basil Summer Squash Or Salad Bar Dinner Roll</p>

Monday through Friday Congregate Dining – congregated diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential; congregated diners under 60, a fee of \$7.50 is required (unless noted otherwise).



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May 2026

Connections and Celebrations

More information for all events can be found at the Muskie Center on the flyer table or within our newsletter

Always Listening Hearing Aid Center

May 8 | 9 a.m. – 1 p.m. | Donations appreciated

Free hearing tests, earwax checks, and hearing aid cleanings. Register at the Muskie Center or call (207) 873-4745.

Virtual 2-Week Diabetes Education Series

Tuesday, May 12 & 19 | 4:30 – 5:30 p.m. | Suggested donation \$5–\$10

Join registered dietitians for a two-part virtual seminar covering carbohydrate counting, label reading, and tips for dining out while managing diabetes. Open to those with diabetes, prediabetes, and caregivers. Call or text (207) 620-1648 or email Ksolomon@spectrumgenerations.org to register.

Documentary Travel Series – Discover the World

Thursdays: May 14, June 11, & July 9 | 10 – 11 a.m. | Donations appreciated

Explore stunning global destinations—from mountains to rainforests. Attend one or all sessions! Register at the Muskie Center or call (207) 873-4745.

AARP Smart Driver™ Course

May 18 | 9 a.m. – 2 p.m. | \$25 (Members) | \$30 (Non-members)

Driver safety refresher for ages 50+, covering medications, distractions, and new technology. Register at the Muskie Center or call (207) 873-4745.

Lunchtime Learning: Identity Theft & Fraud Prevention

May 27 | 11 a.m. – Noon | Donations appreciated

Learn how to prevent identity theft and what to do if it happens with Carrielyn Reynolds. Pizza provided. Register at the Muskie Center or call (207) 873-4745.

Community Paramedicine Program Info Session

Friday, May 29 | 10 – 11 a.m. | Free

Learn about Waterville's Community Paramedicine Program and in-home care services like screenings, safety checks, and more. Register at the Muskie Center or call (207) 873-4745.

Weekly Community Activities

All prices listed represent suggested donation amounts.

Monday	Tuesday	Wednesday	Thursday	Friday
Richard Simmons 9 – 10 a.m. \$2 Joyful Art 10:30 - noon \$3 Mahjong 12:30 – 3 p.m. \$2 Cornhole 1 – 4 p.m. \$3	Quilts & Crafts 9 - 11 a.m. \$2 Hand & Foot Noon - 2:30 p.m. \$2	Richard Simmons 9 – 10 a.m. \$2 French Social Hour 9:30 - 10:30 a.m. \$2 Cribbage Noon - 2:30 p.m. \$2 Chess Club 2 -3:30 p.m. \$2	Line Dancing 9 - 10:30 a.m. \$3	Richard Simmons 9 -10 a.m. \$2 Hand & Foot Noon - 2:30 p.m. \$2 Cornhole 1 –4 p.m. \$3

Resource Connections

	Computer/Phone Classes May 26 10 a.m. - 1 p.m. \$7	Family Caregiver Support May 20 1 - 2:30 p.m. Donations Welcome	Veteran Assistance May 7 8 a.m. - 2 p.m. CMP Power Hour May 21 9 a.m. – 1 p.m.	Medicare 101 May 22 1 – 3 p.m. Donations Welcome
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