




Muskie Community Center

DINING MENU

December 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		All meals are served with ● garden salad ● fruit ● WG bread and butter ● dessert ● 1 % milk, coffee, tea and water	Breakfast Buffet Served every Friday from 8 a.m. - 9:30 a.m. Cost: \$7 per person	1 Breakfast Buffet Haddock Au Gratin Potatoes Mixed Vegetables
4 Pork Fritter w/ Gravy Baked Beans Spinach	5 Chicken Lorraine Rice Vegetable Medley	6 Stuffed Pepper Casserole Carrots	7 Sliced Turkey and Stuffing Mashed Potatoes Zucchini	8 Breakfast Buffet Breaded Fillet o' Fish Oven Fries Coleslaw
11 Macaroni & Cheese Chicken Fingers Mixed Vegetables	12 Baked Chicken Seasoned Rice Corn	13 Cheese Omelet Au Gratin Potatoes Spinach	14 Sweet & Sour Pork Over Rice Vegetable Medley	15 Breakfast Buffet Salmon Pie Roasted Potatoes Green Beans
18 Beef & Broccoli Jasmine Rice Carrots	19 Ziti w/ Meat Sauce Green Beans	20 Chicken Parmesan Penne Pasta Broccoli	21 Turkey Dinner with all the fixings Pumpkin Pie Voluntary \$8.00 Suggested Donation for over 60	22 Breakfast Buffet Haddock Parsley Potatoes Buttery Corn
 25 Closed for Christmas	26 BBQ Chicken Spanish Rice Corn	27 Meatloaf Mashed Potatoes Green Beans	28 Baked Ham Sweet Potatoes Cauliflower	29 Breakfast Buffet Salmon Fillet Au Gratin Potatoes Broccoli

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).
We are an equal opportunity provider.



Muskie Community Center

ACTIVITIES

December 2023

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment	Notary Services	Donations Appreciated
	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
	10 - Noon	Wii Fit & Games ~ <i>Sign up at Reception</i>	\$2 per person
Tuesdays	8:30 - 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
	10 - Noon	Wii Fit & Games ~ Tennis, Golf, Baseball also available!	\$2 per person
	Noon - 2:30 p.m.	Hand & Foot~ Canasta ~Rummy Type Card Game	\$2 per person
	Dec. 5 , 12:30 - 2 p.m.	★ Medicare 101 Clinic Somerset Community Center, 30 Leavitt St. Skowhegan	Donations Appreciated
Wednesdays	By Appointment	Notary Services	Donations Appreciated
	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
	9:30 - 10:30 a.m.	French Social Hour ~ <i>Converse with others in French</i>	\$2 per person
	Noon - 2:30 p.m.	Cribbage	\$2 per person
	2 - 3:30 p.m.	Waterville Chess Club ~ Beginners are welcome!	\$2 per person
	Dec. 20 , 1 - 2:30 p.m.	Family Caregiver & Parkinson's Support Group	Free
Thursdays	By Appointment	Notary Services	Donations Appreciated
	Dec. 7, 8 - 2 p.m.	★ Veterans Assistance-Veterans' Service Officers	Free
	9 - 11 a.m.	★ Quilts & Crafts ~ Beginners are welcome!	\$2 per person
	Dec. 7 & 14 , Noon - 1 p.m.	★ ~ NEW~ Line Dancing Class	\$2 per person
	Dec. 7 , 1:00-2:30 p.m.	★ Medicare 101 Clinic at Muskie	Donations Appreciated
	1 - 3 p.m.	★ Scrabble	\$2 per person
	Dec. 21 , 9 a.m.- 1 p.m.	★ Power Hour with CMP Representatives	Free
Fridays	Dec. 21 , 10:00 - 11:00 a.m.	Mainely Birthing Carolers in the Dining Room	Free
	8:30 - 3 p.m.	★ Pool Table ~ <i>Sign up at Reception Veterans Play Free</i>	\$5 per hour
	Dec. 15 , Noon - 1:30 p.m.	★ Free Presentation: Central Park in the Winter	Free
	Dec. 29 , 9 - 10 a.m.	★ Volunteer Orientation	Free
	9 - 10 a.m.	★ Richard Simmons Workout	\$2 per person
	1 - 3 p.m.	★ 63" Card Game ~ Beginners are welcome!	\$2 per person
Dec. 29 , 9 - 9:45 a.m.	★ Chair Yoga with Wendy Webb~ <i>Beginners welcome!</i>	\$6 per person	

Weather Cancellations & 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**