



# Muskie Dining Menu

December 2017

Lunch is offered to the public from 11:30 a.m. — 1:00 p.m., Monday—Friday

Mon	Tue	Wed	Thu	Fri
 <p>The United Way generously supports Spectrum Generations' Nutrition Program.</p>			<b>Breakfast Buffet Fridays</b> from 8:00 — 10:00 a.m. Breakfast cost: <b>\$5.50</b>	<b>1</b> Salmon Pie Chive Potatoes Beets Dessert
<b>4</b> Salisbury Steak Rice Pilaf Green Beans Dessert	<b>5</b> Chicken Cordon Bleu Parsley Potatoes Carrots Dessert	<b>6</b> Creamy Chicken Alfredo Noodles Broccoli Dessert	<b>7</b> Pot Roast Mashed Potatoes Green Beans Dessert <b>\$6.50</b>	<b>8</b> Haddock Fillet Roasted Potato Vegetable Medley Dessert
<b>11</b> Spaghetti & Meatballs Carrots Dessert	<b>12</b> Chicken Stir Fry Rice Vegetable Medley Dessert	<b>13</b> Shepherds Pie Green Beans Dessert	<b>14</b> Roast Pork Mashed Potato Corn Dessert <b>\$6.50</b>	<b>15</b> Salmon Fillet Rice Pilaf Mixed Vegetable Dessert
<b>18</b> Beef Stew in a Bread Bowl Parsnips & Carrots Dessert	<b>19</b> Baked Chicken Parsley Potatoes Corn Dessert	<b>20</b> Ham Baked Beans Green Beans Dessert	<b>21 Christmas Buffet</b> Turkey Dinner with all the Fixings Pumpkin Pie <b>\$7.00</b>	<b>22</b> Herbed Haddock Parsley Potato Beets Dessert
<b>25</b> 	<b>26</b> Chicken Pot Pie Carrots Dessert	<b>27</b> BBQ Riblet Baked Potato Roasted Parsnips & Carrots Dessert	<b>28</b> Roast Pork Mashed Potato Vegetable Medley Dessert <b>\$6.50</b>	<b>29</b> Lemon Herbed Haddock Oven Fries Green Beans Dessert

Thursdays are catered by Cohen on the Meadows Catering \$6.50 is required by all, \$7.00 for Turkey Dinner. Monday—Wednesday and on Fridays, a donation of \$5.00/meal for individuals 60 and older is appreciated.

If under age 60, a fee of \$6.50 is required. (Unless noted otherwise) Water, soda, coffee, and muffins available daily for \$1.00+ tax. Cash, check, credit and EBT cards are accepted.

*Cohen on the Meadows Catering*

Cohen on the Meadows Catering is a division of Spectrum Generations, providing full-service catering and event planning services to the Central Maine area. Our catering team offers fully customizable menus, can accommodate large gatherings or small parties, multiple room rental spaces, flexibility and two locations in Hallowell and Waterville.

**All proceeds from Cohen on the Meadows catering are reinvested into Spectrum Generations' Nutrition programs.**

**For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)**

*Spectrum Generations is an Equal Opportunity Provider.*

# Muskie Center Activities

December 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
 <p>The United Way generously supports Spectrum Generations' Nutrition Program.</p>				<p><b>1</b></p> <p><b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 card game, \$1</p>
<p><b>4</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1</p>	<p><b>5</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  ★<b>10:00 a.m.</b> Computer Class. Pre-registration required.  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★<b>1:00 p.m.</b> Notary Service, pre-registration required.</p>	<p><b>6</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3  <b>12:30 p.m.</b> Cribbage, \$1</p>	<p><b>7</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2  ★<b>12:00-12:45 p.m.</b> Get Up &amp; Go Exercise Class \$5, Pre-Register  ★<b>1:00-2:00 p.m.</b> Robin Maginn, Senior Personal Trainer</p>	<p><b>8</b></p> <p><b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 card game, \$1</p>
<p><b>11</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1  ★<b>1:00-3:00 p.m.</b> Medicare Clinic. Pre-registration required</p>	<p><b>12</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  ★<b>10:00 a.m.</b> Computer Class. Pre-registration required.  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★<b>1:00 p.m.</b> Notary Service, Pre-registration required.</p>	<p><b>13</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3  <b>12:30 p.m.</b> Cribbage, \$1 required.</p>	<p><b>14</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2  ★<b>12:00-12:45 p.m.</b> Get Up &amp; Go Exercise Class \$5, Pre-register.</p>	<p><b>15</b></p> <p><b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  ★<b>12:30 p.m.</b> Remember Me Readings, Pre-Register  <b>1:00 p.m.</b> 63 card game, \$1</p>
<p><b>18</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1</p>	<p><b>19</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  ★<b>10:00 a.m.</b> Computer Class. Pre-registration required.  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★<b>1:00 p.m.</b> Notary Service Pre-register</p>	<p><b>20</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3  <b>12:00 p.m.</b> Family Caregiver support group  <b>12:30 p.m.</b> Cribbage, \$1</p>	<p><b>21</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2  ★<b>12:00-12:45 p.m.</b> Get Up &amp; Go Exercise Class \$5, Pre-Register  ★<b>1:00-2:00 p.m.</b> Robin Maginn, Senior Personal Trainer</p>	<p><b>22</b></p> <p><b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 card game, \$1</p>
<p><b>25</b></p> 	<p><b>26</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  ★<b>10:00 a.m.</b> Computer Class. Pre-registration required.  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★<b>1:00 p.m.</b> Notary Service Pre-registration required.</p>	<p><b>27</b></p> <p><b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3  <b>12:30 p.m.</b> Cribbage, \$1</p>	<p><b>28</b></p> <p><b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2  ★<b>12:00-12:45 p.m.</b> Get Up &amp; Go Exercise Class, \$5, Pre-Register.  ★<b>1:00-2:00 p.m.</b> Robin Maginn, Senior Personal Trainer</p>	<p><b>29</b></p> <p><b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 card game, \$1</p>



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Please let us know if you require special accommodations at least two weeks prior to the event.