



Muskie Community Center

DINING MENU

April 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sweet & Sour 1 Meatballs Rice Pilaf Mixed Vegetable or Salad Bar Dinner Roll</p>	<p>2 Assorted Quiche Scalloped Potato Spinach or Salad Bar Dinner Roll</p>	<p>3 Lasagna Zucchini or Salad Bar Dinner Roll</p>	<p>4 BBQ Chicken Tenderloins Baked Beans Green Beans or Salad Bar Dinner Roll</p>	<p>5 Breakfast Buffet Haddock Au Gratin Potato Carrots or Salad Bar Dinner Roll</p>
<p>8 Spaghetti & Meatballs Vegetable Medley or Salad Bar Dinner Roll</p>	<p>9 Chicken Stew with Dumplings Carrots or Salad Bar Dinner Roll</p>	<p>10 Beef Tips Mashed Potatoes Zucchini or Salad Bar Dinner Roll</p>	<p>11 Stuffed Pork Chop Baked Potato Summer Squash or Salad Bar Dinner Roll</p>	<p>12 Breakfast Buffet Salmon Pie Rice Pilaf Peas or Salad Bar Dinner Roll</p>
<p>15 Cheeseburger Oven Fries Corn or Salad Bar</p>	<p>16 BBQ Ribs Spanish Rice Broccoli or Salad Bar Dinner Roll</p>	<p>17 Beef & Bean Chili Summer Squash or Salad Bar Dinner Roll</p>	<p>18 Turkey Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll</p>	<p>19 Breakfast Buffet Haddock Roasted Potatoes Zucchini or Salad Bar Dinner Roll</p>
<p>22 Ziti with Meat Sauce Spinach or Salad Bar Dinner Roll</p>	<p>23 Chicken Tenderloins Rice Pilaf Broccoli or Salad Bar Dinner Roll</p>	<p>24 Baked Ham Sweet Potatoes Cauliflower or Salad Bar Dinner Roll</p>	<p>25 Beef Pot Roast Mashed Potatoes Green Beans Or Salad Bar Dinner Roll</p>	<p>26 Breakfast Buffet Shrimp Scampi Linguini Vegetable Medley or Salad Bar Dinner Roll</p>
<p>29 American Chop Suey Zucchini or Salad Bar Dinner Roll</p>	<p>30 Chicken Cordon Bleu Au Gratin Potatoes Summer Squash or Salad Bar Dinner Rolls</p>		<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>

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

April 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment	★ Notary Services	Donations Appreciated
	8 a.m. – 3 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free	\$5 per hour
	9 – 10 a.m.	★ Richard Simmons Workout	\$2 per person
	10 a.m. – Noon	Wii Fit & Games ~ Sign up at Reception	\$2 per person
	April 8 , Noon - 1 p.m.	★ The U.S. Explained: Maine Edition presentation	Donations Appreciated
Tuesdays	April 29 , 9 - 9:45 a.m.	★ Chair Yoga with Wendy Webb~ <i>Beginners welcome!</i> <i>For Class to be held a minimum of 6 need to attend.</i>	\$6 per person
	8 a.m. – 3 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free	\$5 per hour
	9 - 11 a.m.	Quilts & Crafts	\$2 per person
	10 a.m. – 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
Wednesdays	April 16 , 10 - 11 a.m.	★ Medicare 101 Clinic <i>(Somerset Community Center, 30 Leavitt St. Skowhegan)</i>	Donations Appreciated
	April 16 , 11 a.m. - Noon	★ Eat, Learn & Prosper with New Dimensions FCU	Free
	9 – 10 a.m.	Richard Simmons Workout	\$2 per person
	9:30 – 10:30 a.m.	French Social Hour ~ Converse with others in French	\$2 per person
	Noon – 2:30 p.m.	Cribbage	\$2 per person
Thursdays	2 – 3:30 p.m.	★ Waterville Chess Club ~ Beginners are welcome!	\$2 per person
	April 17 , 10 - 11 a.m.	★ Telehealth Program Presentation	Free
	April 10 , 10 a.m. - 1 p.m.	★ Computer/Phone Classes with Lois Harrington	\$7 per class
	April 17 , 1 – 2:30 p.m.	Family Caregiver & Parkinson's Support Group	Free
	By Appointment	★ Notary Services	Donations Appreciated
Fridays	April 4 , 8 a.m. – 2 p.m.	★ Veterans Assistance -Veterans' Service Officers	Free
	Noon – 1 p.m.	★ Line Dancing Class Please Note: 3rd Thursday 1-2PM	\$2 per person
	1 – 3 p.m.	Scrabble	\$2 per person
	April 18 , 9 a.m. – 1 p.m.	Power Hour with CMP Representatives	Free
	April 25 , 1:30 - 3 p.m.	★ Cooking Matters classes ~ <i>Class size limit of 10</i>	Free
	8:30 a.m. – 3 p.m.	★ Pool Table ~ Sign up at Reception Veterans Play Free	\$5 per hour
	9 – 10 a.m.	Richard Simmons Workout	\$2 per person
	1 – 3 p.m.	"63" Card Game ~ Beginners are welcome!	\$2 per person
	April 5 , 11 a.m. - Noon	★ New! Creative Writing Class ~ All are welcome	\$2 per person
	April 26 , 1 - 2:30 p.m.	★ Medicare 101 Clinic at Muskie	Donations Appreciated

The U.S. Explained: Maine Edition Free Presentation

Join us on **Monday, April 8 from Noon to 1 p.m.** as we enjoy an educational presentation regarding Maine's past and present. This presentation discusses Maine's geographical history, climate, small fishing villages on the coast, Maine's wildlife, and our human factor. The narrator goes into detail about what Maine has to offer and different sites that are a must see no matter where you come from!

Pre-registration is required by calling 207.873.4745 or stop by the reception desk. **Donations are accepted and appreciated!**