



Muskie Community Center

DINING MENU

March 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
		All meals are served with 1% milk, fruit, whole grain roll or bread. Menu is subject to change.	Breakfast Buffet Served every Friday from 8 - 9:30 a.m. Cost: \$6 per person	1 Breakfast Buffet Salmon Pie Mashed Potatoes Beets
4 Chicken Alfredo Pasta Green Beans	5 Chicken Pot Pie Carrots	6 Cheeseburger Wedge Fries Coleslaw	7 Sweet Potato & Ground Turkey Chili Rice	8 Breakfast Buffet Lemon Butter Haddock Baked Potatoes Peas & Carrots
11 Breaded Pork Patty with Gravy Baked Beans Spinach	12 Creamy Chicken over Rice Vegetable Medley	13 Stuffed Pepper Casserole Zucchini	14 Corned Beef Boiled Potatoes Carrots & Cabbage	15 Breakfast Buffet Breaded Haddock Filet with Cheese Wedge Fries Broccoli
18 Macaroni & Cheese with Ham Mixed Vegetable	19 Baked Chicken Rice Corn	20 Cheese Omelet Au Gratin Potatoes Spinach	21 Turkey Stuffing Mashed Potatoes Butternut Squash	22 Breakfast Buffet Baked Stuffed Haddock Scalloped Potatoes Carrots
25 Beef & Broccoli Jasmine Rice Carrots	26 Ziti with Meat Sauce Spinach	27 Chicken Parmesan Penne Pasta Broccoli	28 Beef Pot Roast Mashed Potatoes Green Beans	29 Breakfast Buffet Shrimp Scampi Linguine Roasted Vegetable

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

March 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment	★ Notary Services	Donations Appreciated
	8:30 a.m. – 3 p.m. 9 – 10 a.m. 10 a.m. – Noon	★ Pool Table ~ Sign up at Reception - Veterans Play Free Richard Simmons Workout ★ Wii Fit & Games ~ Sign up at Reception	\$5 per hour \$2 per person \$2 per person
Tuesdays	8:30 a.m. – 3 p.m. 9 – 11 a.m. 10 a.m. – Noon	★ Pool Table ~ Sign up at Reception - Veterans Play Free Quilts & Crafts ★ Wii Fit & Games ~ Tennis, Golf, Baseball also available!	\$5 per hour \$2 per person \$2 per person
	Noon – 2:30 p.m. Mar. 19, 10 - 11 a.m.	Hand & Foot ~ Canasta ~ Rummy Type Card Game ★ Medicare 101 Clinic <i>(Somerset Community Center, 30 Leavitt St. Skowhegan)</i>	\$2 per person Donations Appreciated
	By Appointment	Notary Services	Donations Appreciated
Wednesdays	8:30 a.m. – 3 p.m. 9 – 10 a.m. 9:30 – 10:30 a.m. Noon – 2:30 p.m. 2 – 3:30 p.m.	★ Pool Table ~ Sign up at Reception - Veterans Play Free Richard Simmons Workout French Social Hour ~ Converse with others in French Cribbage ★ Waterville Chess Club ~ Beginners are welcome!	\$5 per hour \$2 per person \$2 per person \$2 per person \$2 per person
	Mar. 20, 1 – 2:30 p.m.	Family Caregiver & Parkinson's Support Group	Free
	Mar. 7, 8 a.m. – 2 p.m. Noon – 1 p.m. 1 – 3 p.m.	★ Veterans Assistance -Veterans' Service Officers ★ Line Dancing Class Please Note: 3rd Thursday 1-2 p.m. Scrabble	Free \$2 per person \$2 per person
Thursdays	Mar. 14, Noon - 1 p.m. Mar. 21, 9 a.m.- 1 p.m.	★ Botanical Gardens Presentation Power Hour with CMP Representatives	Free Free
Fridays	8:30 a.m. – 3 p.m. 9 – 10 a.m. 1 – 3 p.m.	Pool Table ~ Sign up at Reception Veterans Play Free Richard Simmons Workout "63" Card Game ~ Beginners are welcome!	\$5 per hour \$2 per person \$2 per person
	Mar. 22, 1-2:30 p.m. Mar. 25, 9 - 9:45 a.m.	Medicare 101 Clinic at Muskie ★ Chair Yoga with Wendy Webb~ <i>Beginners welcome!</i> For Class to be held a minimum of 6 need to attend.	Donations Appreciated \$6 per person
	Mar. 29, 9 - 10 a.m.	Volunteer Orientation	Free

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**