



Muskie Community Center

DINING MENU

January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED Happy New Year!	1 Chicken Cordon Bleu Parsley Potatoes Spinach	2 Beef Stroganoff Noodles Beets	3 Chicken Cacciatore Seasoned Rice Peas	4 Breakfast Buffet Baked Stuffed Haddock Au Gratin Potatoes Vegetable Medley
5 Spaghetti & Meatballs Zucchini	6 Chicken & Vegetable Stir Fry Seasoned Rice	7 Shepherds Pie Green Beans	8 Roast Pork Scalloped Potatoes Peas & Carrots	9 Breakfast Buffet Shrimp Scampi Linguine Broccoli
10 CLOSED Dr. Martin Luther King Jr. Day	11 Chicken Pot Pie Carrots	12 Cheeseburger Oven Fries Coleslaw	13 Turkey Dinner with all the fixings Pumpkin Pie Voluntary \$8.00 Suggested Donation for over 60	14 Breakfast Buffet Breaded Fish Filet Oven Fries Vegetable Medley
15 Pork Patty Baked Beans Spinach	16 Chicken Lorraine Rice Vegetable Medley	17 Stuffed Pepper Casserole Carrots	18 Baked Ham Mashed Potatoes Corn	19 Breakfast Buffet Lemon Herb Haddock Scalloped Potatoes Broccoli
20 Chicken Fingers Macaroni & Cheese Mixed Vegetables	21 Baked Chicken Seasoned Rice Corn	22 Cheese Omelets Au Gratin Potatoes Spinach	23 All meals are served with • soup de jour • garden salad • fruit cup • bread and butter • milk, coffee and water	24 Breakfast Buffet Served every Friday from 8 - 9:30 a.m. Cost: \$6 per person

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.



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ACTIVITIES

January 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	By Appointment 8:30 – 3 p.m. 9 – 10 a.m. 10 – Noon	Notary Services Pool Table ~ Sign up at Reception - Veterans Play Free Richard Simmons Workout Wii Fit & Games ~ Sign up at Reception	Donations Appreciated \$5 per hour \$2 per person \$2 per person
Tuesdays	8:30 – 3 p.m. 9 – 11 a.m. 10 – Noon Noon – 2:30 p.m. Jan 2: 12:30 – 2 p.m. By Appointment	Pool Table ~ Sign up at Reception - Veterans Play Free Quilts & Crafts Wii Fit & Games ~ Tennis, Golf, Baseball also available! Hand & Foot ~ Canasta ~ Rummy Type Card Game Medicare 101 Clinic (Somerset Community Center, 30 Leavitt St. Skowhegan) Notary Services	\$5 per hour \$2 per person \$2 per person \$2 per person Donations Appreciated Donations Appreciated
Wednesdays	8:30 – 3 p.m. 9 – 10 a.m. 9:30 – 10:30 a.m. Noon – 2:30 p.m. 2 – 3:30 p.m. Jan 10: Noon – 1 p.m. Jan 17: 1 – 2:30 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! Presentation: Logging in West Forks Maine Family Caregiver & Parkinson's Support Group	\$5 per hour \$2 per person \$2 per person \$2 per person \$2 per person Free Free
Thursdays	Jan 4: 8 a.m. – 2 p.m. 9 – 11 a.m. Noon – 1 p.m. Jan 4: 1 – 2:30 p.m. 1 – 3 p.m. Jan 18: 11:30 – 3:30 p.m. Jan 18: 9 a.m. – 1 p.m.	Veterans Assistance -Veterans' Service Officers Quilts & Crafts ~ Beginners are welcome! Line Dancing Class Medicare 101 Clinic at Muskie Scrabble Always Listening Hearing Aid Center Hearing Tests Power Hour with CMP Representatives	Free \$2 per person \$2 per person Donations Appreciated \$2 per person Free Free
Fridays	8:30 – 3 p.m. Jan 26: 9 – 10 a.m. 9 – 10 a.m. 1 – 3 p.m. Jan 29: 9 – 9:45 a.m.	Pool Table ~ Sign up at Reception Veterans Play Free Volunteer Orientation Richard Simmons Workout "63" Card Game ~ Beginners are welcome! Chair Yoga with Wendy Webb~ <i>Beginners welcome!</i> <i>For Class to be held a minimum of 6 need to attend.</i>	\$5 per hour Free \$2 per person \$2 per person \$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**



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.