



Muskie Community Center

DINING MENU

May 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>1 Meatloaf Mashed Potatoes Peas or Salad Bar Dinner Roll</p>	<p>2 Sliced Turkey and Stuffing Rollup Rice Pilaf Corn or Salad Bar Dinner Roll</p>	<p>3 Breakfast Buffet Baked Stuffed Haddock Parsley Potatoes Carrots or Salad Bar Dinner Roll</p>
<p>6 BBQ Ribs Macaroni & Cheese Broccoli or Salad Bar Dinner Roll</p>	<p>7 Teriyaki Chicken Tenderloins Jasmine Rice Carrots or Salad Bar Dinner Roll</p>	<p>8 Hot Dogs Baked Beans Coleslaw or Salad Bar Dinner Roll</p>	<p>9 Sweet & Sour Pork Seasoned Rice Green Beans or Salad Bar Dinner Roll</p>	<p>10 Breakfast Buffet Breaded Fish Fillet Scalloped Potatoes Corn or Salad Bar Dinner Roll</p>
<p>13 Swedish Meatballs Egg Noodles Peas & Carrots or Salad Bar Dinner Roll</p>	<p>14 Chicken Pot Pie Carrots or Salad Bar Biscuit</p>	<p>15 Shepherd's Pie Green Beans or Salad Bar Dinner Roll</p>	<p>16 Turkey Mashed Potatoes Butternut Squash or Salad Bar Dinner Roll</p>	<p>17 Breakfast Buffet Lemon Herb Haddock Rice Pilaf Vegetable Medley or Salad Bar Dinner Roll</p>
<p>20 Sweet & Sour Meatballs Rice Pilaf Mixed Vegetable or Salad Bar Dinner Roll</p>	<p>21 Eggs Ham or Bacon Home Fries Spinach or Salad Bar Dinner Roll</p>	<p>22 Meat Lasagna Zucchini or Salad Bar Dinner Roll</p>	<p>23 BBQ Chicken Tenderloins Baked Beans Green Beans or Salad Bar Dinner Roll</p>	<p>24 Breakfast Buffet Salmon Pie Lemon Rice Carrots or Salad Bar Dinner Roll</p>
<p>27 Closed Memorial Day</p>	<p>28 Chicken Stew Carrots or Salad Bar Biscuits</p>	<p>29 Beef Tips Mashed Potatoes Zucchini or Salad Bar Dinner Roll</p>	<p>30 Roast Pork Baked Potatoes Mixed Vegetables or Salad Bar Dinner Roll</p>	<p>31 Breakfast Buffet Seafood Casserole Noodles Peas or Salad Bar Dinner Roll</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

May 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	8 a.m. – 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
	May 6 , 10 – 11:30 a.m.	★ NEW! Book Club: Amy Calder's <i>Comfort is an Old Barn</i>	\$15 per person
	May 6 , Noon – 1 p.m.	★ Logging in West Forks Maine Presentation	Donations Appreciated
	May 13 , Noon – 1 p.m.	★ Alvin Lombard, Maine Inventor Presentation	Donations Appreciated
	May 20 , 9 – 9:45 a.m.	★ Chair Yoga with Wendy Webb ~ <i>Beginners welcome!</i>	\$6 per person
Tuesdays	By Appointment	★ Notary Services	Donations Appreciated
	8 a.m. – 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 ~ <i>Tennis, Golf, Baseball also available!</i>	\$2 per person
	Noon – 2:30 p.m.	★ Hand & Foot ~ <i>Canasta ~ Rummy Type Card Game</i>	\$2 per person
	May 21 , 10 – 11 a.m.	★ Medicare 101 Clinic <i>(Somerset Community Center, 30 Leavitt St. Skowhegan)</i>	Donations Appreciated
Wednesdays	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 ~ <i>Beginners are welcome!</i>	\$2 per person
	10 a.m. – 1 p.m.	★ Computer/Phone Classes with Lois Harrington	\$7 per class
	May 8 , 10 – 11 a.m.	★ Food & Nutrition Class with Cooking Demo	Donations Appreciated
May 15 , 1 – 2:30 p.m.	Family Caregiver & Parkinson's Support Group	Free	
Thursdays	By Appointment	★ Notary Services	Donations Appreciated
	May 2 , 8 a.m. – 2 p.m.	★ Veterans Assistance -Veterans' Service Officers	Free
	Noon – 1 p.m.	★ Line Dancing Class Please Note: 3rd Thursday 1-2 p.m.	\$2 per person
	1 – 3 p.m.	★ Scrabble ~ <i>Players Needed if interested sign up at Reception</i>	\$2 per person
	May 16 , 9 a.m. – 1 p.m.	Power Hour with CMP Representatives	Free
Fridays	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
	1 – 3 p.m.	"63" Card Game ~ <i>Beginners are welcome!</i>	\$2 per person
	11 – Noon	★ New! Creative Writing Class ~ All are welcome	\$2 per person
	May 24 1 – 2:30 p.m.	★ Medicare 101 Clinic at Muskie	Donations Appreciated

Alvin Lombard, Extraordinary Maine Inventor Presentation

Don't miss this interesting Maine History Presentation on **Monday, May 13, from Noon - 1 p.m.**, as we welcome Herb Crosby, a volunteer from the Maine Forestry and Logging Museum. Mr. Crosby will present the story of Alvin Lombard's amazing life, including his Lombard steam log haulers invented and built in Waterville, Maine. The Lombard steam log hauler was the first commercially successful tracked vehicle! Pre-registration is required by calling 207.873.4745 or stop by the reception desk.

Donations are accepted and appreciated!