

Community and Connections

More information for all events can be found on the Muskie flyer table or within our newsletter.

Wu Ming Qigong with Susan

Wednesdays, Oct. 7, 14, 21 & 28
10:30–11:30 a.m. | \$10
suggested donation

Join Susan for a gentle, restorative Qigong practice designed to support breast health, boost energy, reduce stress, and cultivate inner calm. Each session combines gentle movements, mindful breathing, Qi awareness, and Five Element wisdom inspired by traditional Chinese medicine to promote balance, harmony, and overall well-being. No experience is necessary, and all are welcome! Registration required at the Muskie Community Center reception desk or by calling (207) 873-4745.



Joyful Art Mondays with Candy Andre

Mondays, Oct. 5 – Dec. 21
10:30 a.m.–Noon | \$3
suggested donation

Unwind, get creative, and enjoy good company with teaching artist Candy Andre from Waterville Creates! Explore watercolors, ink, collage, and more through playful, beginner-friendly projects designed to encourage curiosity, calm, and self-expression. No experience or artistic skills needed—just come as you are! All are welcome. No session October 12. Registration required at the Muskie Community Center reception desk or by calling (207) 873-4745.



Weekly Community Activities

All prices listed represent suggested donations and do not reflect a required fee

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Richard Simmons 9 - 10 a.m. \$2 Mahjong 12:30 - 3 p.m. \$2 Cornhole 1 - 4 p.m. \$3	Quilts & Crafts 9 - 11 a.m. \$2 Hand & Foot Noon - 2:30 p.m. \$2	Richard Simmons 9 - 10 a.m. \$2 French Social Hour 9:30 - 10:30 a.m. \$2 Cribbage Noon - 2:30 p.m. \$2 Chess Club 2 - 3:30 p.m. \$2	Line Dancing 9 - 10:30 a.m. \$3	Richard Simmons 9 - 10 a.m. \$2 Hand & Foot Noon - 2:30 p.m. \$2 Cornhole 1 - 4 p.m. \$3

Community Resources

* Registration Required

* Technology Class \$7 Oct. 27 10 a.m. - 1 p.m. * Medicare-SHIP Weekly 9 a.m.- Noon	Family Caregiver Support Oct. 21 1 - 2:30 p.m. Donations Welcome	*Veteran Assistance Oct. 1 8 a.m. - 2 p.m. CMP Power Hour Oct 15 9 a.m. - 1 p.m.	* Medicare 101 Oct. 23 1 - 3 p.m. Donations Welcome
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October 2026

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

Monday

Tuesday

Wednesday

Thursday

Friday

All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Salad, Coffee, Tea and Desserts.	<u>Breakfast Buffet</u> Fridays 8 - 9:30 a.m. Cost: \$8 Scrambled Eggs, Bacon, Sausage, French Toast, Home Fries, Fruit Salad, Milk, Orange Juice		1 Beef Patty with Au Jus Thyme Potato California Blend Vegetables Salad bar Dinner Roll	<u>Breakfast Buffet</u> 2 Teriyaki Salmon Roasted red potatoes Spinach, Salad bar Dinner Roll
5 	6 Roast Pork Scalloped Potato Beets Salad bar Dinner Roll	7 Chicken Tikka Masala Basmati Rice Chickpeas Salad Bar Naan Bread	8 Cheese Ravioli with Meat Sauce Steamed Broccoli Salad bar Dinner roll	<u>Breakfast Buffet</u> 9 Lemon Butter Haddock Parsley Potatoes Peas & Onions Salad bar Dinner Roll
12  Indigenous Peoples' Day	13 Irish Banger (sausage) & beans Nutmeg Beets Salad bar Biscuit	14 Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme Salad bar Dinner Roll	15 Turkey Mashed potato Butternut Squash Salad Bar Dinner Roll	<u>Breakfast Buffet</u> 16 Breaded Fish Sandwich Oven fries Coleslaw Salad bar
19 Southern Fried Chicken w/ white Gravy Baked Beans Garlic Spinach Salad bar Biscuit	20 Pasta Shells & Meat Sauce California Blend Vegetables Salad Bar Garlic Bread	21 Sweet & Sour Pork Basmati Rice Mixed Vegetables Salad Bar Dinner Roll	22 Chicken Stir Fry Rice Tarragon Carrots Salad Bar Dinner Roll	<u>Breakfast Buffet</u> 23 Baked Stuffed Haddock Baked Potato Squash Salad Bar Dinner Roll
26 Spaghetti & Meatballs Zucchini Salad Bar Garlic Bread	27 LS Beef Franks Baked beans Broccoli Salad Bar Hot dog rolls	28 Pot Roast Mashed Potato Garlic green beans Salad Bar Dinner Roll	29 Deli Day! Chicken Salad, Tuna Salad, Egg Salad or Potato Salad Salad Bar Asst. Breads	<u>Breakfast Buffet</u> 30 Salmon Pie Oven Fries Carrots Salad Bar Dinner Roll

Congregate diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential. congregated diners under 60, a fee of \$7.50 is required (unless noted otherwise).

We are an equal opportunity provider.