MUSKIE COMMUNITY CENTER

December 2026

Community and Connections

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

Scams and Financial Fraud | Donations Appreciated | Wednesday, December 9 | 10–11 a.m.
Join Wendy Brochu of Connected Credit Union and Gwyn Perlmutter, Spectrum Generations' Medicare & Money Minders Program Coordinator, for an informative presentation on recognizing and preventing financial fraud. Learn to identify common scams targeting older adults, spot warning signs and scare tactics, protect your finances, and understand how and where to report suspected fraud. Through real-life examples and practical tips, gain the knowledge and tools to help protect yourself and your loved ones from scammers!

Free Hearing Screenings & Hearing Aid Cleaning | Donations Appreciated | Friday, December 11 | 10 a.m.–1 p.m.
Join Always Listening Hearing Aid Center at Spectrum Generations' Muskie Community Center in Waterville for a free hearing care session. Hearing Care Practitioner Tabetha will provide free hearing tests, ear wax checks, and basic hearing aid cleanings. Appointments are private, and registration is required. Space is limited, and appointments fill quickly, so register today! Donations to the Muskie Community Center are appreciated.

Holiday Gift-Wrapping Workshop | Suggested Donation: $10 | Saturday, December 12 | 10–11 a.m.
Want to give your holiday gifts a little extra sparkle? Join Patty Kennedy for a fun, hands-on gift-wrapping workshop! Learn practical tips and creative techniques for beautifully wrapped packages! Please bring your own scissors and tape, 1 roll of ribbon and paper, along with 3–5 shoebox-sized or smaller gifts to wrap and your creativity! Space is limited to 25 participants, so sign up early!

Maine Mature Drivers Project- Driving Safely as We Age | Donations Appreciated | Tuesday, December 15 | 10–11:30 a.m.
Join Tom Meuser for an informative presentation through the Maine Mature Drivers Project (MMDP) to learn how aging-related changes can affect driving safety. Discover ways to stay safe and confident behind the wheel, understand Maine BMV medical driving requirements, and explore options for adjusting driving habits or making a smooth transition into driving retirement. Gain valuable tips and information to help navigate the road ahead!

Maine Tax Relief Programs – Learn About Valuable Tax Credits | Donations Appreciated | Friday, December 18 | 9–11 a.m.
Join Maria French, Taxpayer Advocate with the State of Maine, to learn about Maine's Property Tax Fairness and Sales Tax Fairness Credits, how to claim them, and the Property Tax Deferral Program for eligible homeowners. Discover valuable programs that could help save you money and make paying property taxes easier! Registration Required!

To register for an activity, visit the reception desk or call (207) 873-4745.

Weekly Activities

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Richard Simmons 9 - 10 a.m. | $2 **Mahjong** 12:30 - 3 p.m. | $2 **Cornhole** 1 - 4 p.m. | $3 **Joyful Arts** 10 - 11:30 a.m. | $3	**Walking Club** 9-10 a.m. **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 No Class | 10 a.m. - 1 p.m. ✳**Medicare-SHIP** Weekly | 9 a.m.- Noon	**Family Caregiver Support** Dec 16 | 1 - 2:30 p.m. Donations Welcome	✳**Veteran Assistance** Dec 3 | 8 a.m. - 2 p.m. **CMP Power Hour** Dec 17 | 9 a.m. - 1 p.m.	

Muskie Community Center

CONGREGATE DINING MENU

December 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served Fridays 8 - 9:30 a.m. Cost: $8 Scrambled Eggs, Bacon, Sausage, French Toast, Home Fries, Fruit Salad, Milk, Orange Juice	1 BBQ Chicken Mashed Potato Carrots Dinner Roll	2 Beef Franks Baked beans Broccoli Dinner Roll	3 Ham & Pineapple Rice Beans Vegetable Medley	**Breakfast** 4 Baked Stuffed Haddock Baked Potato Buttered peas Dinner Roll
7 Beef Patty with Au Jus Scalloped Potato California Blend Dinner Roll	8 Chicken Tenderloins in a Cream Sauce Rice Pilaf Carrots Dinner Roll	9 Orange Teriyaki Roasted Pork Basmati Rice Peas & Onions	10 Cheese Ravioli with Meat Sauce Spinach Dinner roll	**Breakfast** 11 Shrimp Scampi Linguini Asparagus Dinner Roll
14 Chicken Teriyaki Jasmine Rice Broccoli Dinner Roll	15 Ground Beef Stroganoff Egg noodles Peas & mushrooms	16 Chicken Tikka Masala Basmati Rice Chickpeas	17 Turkey w/ all the fixings Mashed potato Butternut Squash Dinner Roll	**Breakfast** 18 Salmon Pie Oven Fries Vegetable Medley Dinner Roll
21 Beef Patty with Mushroom Gravy Au gratin potato Peas Dinner Roll	22 Chicken Cacciatore Penne Pasta Ranch Broccoli Dinner Roll	23 Balsamic Glazed Chicken Jasmine Rice Carrots & Thyme Dinner Roll	24 Pot Roast Mashed Potato Green beans Dinner Roll	25 
28 Homestyle Chicken w/ White Gravy Baked Beans Greens Dinner Roll	29 Baked ziti with meat sauce California Vegetable Dinner Roll	30 Meat Loaf Mashed Potato Kale Dinner Roll	31 Chicken Stir Fry Lo Mein noodles Roasted peppers & onions. Dinner Roll	All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Salad, Coffee, Tea and Desserts.

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.

Weather Closings: Before heading to the Muskie Community Center during bad weather, call (207) 873-4745 or (800) 639-1553 for closing updates. Announcements are also posted on Spectrum Generations' Facebook page and local TV and radio stations.