



MUSKIE COMMUNITY CENTER

September 2026

Community and Connections

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



Qigong with Susan Roberts

Wednesdays, September 9, 16 & 30 | 10:30–11:30 a.m. | \$10 suggested donation

Join Susan for a gentle, easy-to-learn Qigong practice, designed for all ages and fitness levels. This 20-minute daily routine promotes energy, balance, and overall well-being. Benefits may include reduced stress and tension, improved circulation and digestion, increased energy and vitality, and better balance and focus. No experience is necessary, and all are welcome! Registration is required.

Building Brain Healthy Habits

Thursday, September 17 | 10–11 a.m. | Donations appreciated

Join us as we welcome Ralph Dean, a volunteer with the Alzheimer's Association, for Building Brain Healthy Habits. Learn practical, research-backed strategies to help reduce the risk of cognitive decline and dementia through healthy eating, regular exercise, and cognitive engagement. Discover simple habits that can support long-term brain health. Register at the Muskie Community Center or call (207) 873-4745 to reserve your spot.

Meet the Waterville Police Department's Community Impact Unit

Wednesday, September 23 | 11 a.m.–Noon | Free event

Come meet Community Resource Officer Robert Bouley, Community Outreach Coordinator Todd Stevens, and Outreach Options Liaison Kortnie Grenier from the Waterville Police Department's Community Impact Unit. Learn about the team's work in community outreach, public safety, and connecting residents with valuable local resources. They'll share how their efforts positively impact our community, answer your questions, and listen to your concerns and feedback. Register at the Muskie Community Center or call (207) 873-4745 to reserve your spot. We hope you'll join us for this informative and engaging discussion!

Muskie Community Center Rummage Sale

Friday, September 25 | 9 a.m.–3 p.m.

Join us for the Muskie Community Center Rummage Sale and discover great bargains on a variety of gently used items! Browse household goods, books, décor, puzzles, games, and more while supporting programs and services at the Muskie Community Center. Whether you're searching for something specific or just love a good treasure hunt, you're sure to find something special.

Weekly Community 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	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 Sept. 22 10 a.m. - 1 p.m. * Medicare-SHIP Weekly 9 a.m.- Noon	Family Caregiver Support Sept. 16 1 - 2:30 p.m. Donations Welcome	* Veteran Assistance Sept. 3 8 a.m. - 2 p.m. CMP Power Hour Sept. 17 9 a.m. - 1 p.m.	* Medicare 101 Sept. 25 1 - 3 p.m. Donations Welcome
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Muskie Community Center CONGREGATE DINING MENU September 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.	1 Pasta Shells With Meat Sauce California Blend Vegetables Or Salad Bar Garlic Bread	2 	3 Chicken Stir Fry Rice Tarragon Carrots Or Salad Bar Dinner Roll	Breakfast Buffet 4 Shrimp Scampi Linguini Asparagus Or Salad Bar Dinner Roll
7 	8 Beans & Franks Coleslaw Or Salad Bar Hot Dog or Dinner Roll	9 Beef Pot Roast Mashed Potato Green Beans & Garlic Or Salad Bar Dinner Roll	10 Deli Day! Tuna, Turkey, Ham, or Seafood Salad Potato Salad 4 Bean Salad or Salad Bar Asst. Breads	Breakfast Buffet 11 Salmon Pie Scalloped Potatos Spinach or Salad Bar Dinner Roll
14 Creamy Dill Chicken Orzo Carrot Coins or Salad Bar Dinner Roll	15 Swedish Meatballs Roasted Potatoes Steamed Broccoli or Salad Bar Dinner Roll	16 Chicken Cordon Bleu Rice Pilaf Buttered Peas or Salad Bar Dinner Roll	17 Turkey with all the fixings, Mashed Potatoes, Butternut Squash or Salad Bar Dinner Roll Suggested Donation \$8	Breakfast Buffet 18 Beer Battered Cod Sweet Potato Spinach or Salad Bar Dinner Roll
21 Pasta Primavera With Cheese Seasonal Vegetables Chickpeas Or Salad Bar Dinner Roll	22 BBQ Chicken Mashed Potato Corn Or Salad Bar Cornbread	23 	24 Chicken Tenderloins in a Cream Sauce Lemon Herb Orzo Carrots Or Salad Bar Dinner Roll	Breakfast Buffet 25 Baked Stuffed Haddock Baked Potato Beets or Salad Bar Dinner Roll
28 Baked Ham & Pineapple Scalloped Potato Seasoned Corn Or Salad Bar Dinner Roll	29 Chicken Marsala Penne Pasta Zucchini & Basil Or Salad Bar Dinner Roll	30 Orange Teriyaki Pork Rice Peas & Onions Or Salad Bar Dinner Roll	Breakfast Buffet Fridays 8 - 9:30 a.m. Cost: \$8 Scrambled Eggs, Bacon, Sausage, French Toast, Home Fries, Fruit Salad, Milk, Orange Juice	

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.