MUSKIE COMMUNITY CENTER

November 2026

Community and Connections

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

NEW! Walking Club -Tuesdays at 9 a.m. | Starting November 10
Lace up your walking shoes and join us for fresh air, friendly faces, and fun!
We'll explore local routes, share some laughs, and get moving together. All walking levels are welcome!

Maine Children's Home Giving Tree at the Muskie Center 🎁
Help brighten the holidays for local children! Starting **November 3**, choose a tag from the Giving Tree at the Muskie Center, purchase the listed gift, and return it unwrapped by **December 12**. Thank you for spreading holiday cheer! ❤️

Veterans Day Celebration – November 10 🇺🇸
Join us as we honor our veterans with a complimentary meal of pot roast, mashed potatoes, and green bean almondine. Each veteran will also receive a ticket for a chance to win a handmade quilt.
Thank you to all who have served. We are forever grateful for your courage and sacrifice! ❤️🤍💙

Holiday Shopping Adventure | Thursday, November 12 | 10 a.m.–2 p.m. | Suggested donation: $3
Enjoy a festive day exploring local Oakland shops, including West & Bloom Art Collective, Kozy Cottage, and more! Help choose our stops and enjoy lunch at your own expense. Depart from the Muskie Community Center at 10 a.m. and return by 2 p.m. Space is limited, so register at the reception desk or call (207) 873-4745. Come shop local and celebrate the season!

Legal Roundtable Discussion | Tuesday, November 17 | 10–11 a.m. | Donations appreciated
Join John Nale, Esq., of the Elder Law Offices of John & Mark Nale, for an informal discussion on estate planning, wills and trusts, powers of attorney, Medicaid planning, guardianship, and elder rights. Bring your questions and learn in a welcoming setting. Donations are appreciated. Registration is required by Friday, November 13. Register at the Muskie Center reception desk or call (207) 873-4745.

Navigating Serious Illness Discussion | Monday, November 23 | 10–11 a.m. | Donations Appreciated
Join Nurse Educator Lissa Rockwood for an informal discussion on navigating serious illness, planning ahead, and making care decisions that prioritize comfort, dignity, and personal wishes. Learn about care options, advance directives, and healthcare proxies to help you and your loved ones feel more prepared and confident. Register at the Muskie Center reception desk or call (207) 873-4745.

Understanding Dementia Behaviors | Monday, November 23 | 10–11:30 a.m. | Donations appreciated
Join Ralph Dean, a volunteer with the Alzheimer's Association, for an empowering presentation on understanding dementia-related behaviors. Learn how to interpret behavioral changes, identify unmet needs, and discover strategies to support your loved one and bring greater peace to your caregiving journey. Donations are appreciated. Registration is required. Register at the reception desk at the Muskie Community Center 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	**Quilts & Crafts** 9 - 11 a.m. | $2	**Richard Simmons** 9 - 10 a.m. | $2	**Line Dancing** 9 - 10:30 a.m. | $3	**Richard Simmons** 9 - 10 a.m. | $2
Mahjong 12:30 - 3 p.m. | $2	**Hand & Foot** Noon - 2:30 p.m. | $2	**French Social Hour** 9:30 - 10:30 a.m. | $2		**Hand & Foot** Noon - 2:30 p.m. | $2
Cornhole 1 - 4 p.m. | $3		**Cribbage** Noon - 2:30 p.m. | $2		**Cornhole** 1 - 4 p.m. | $3
Joyful Arts 10:30 a.m. - Noon | $3		**Chess Club** 2 - 3:30 p.m. | $2		

Community Resources

✳ Registration Required

	✳**Technology Class** | $7 Nov. 27 | 10 a.m. - 1 p.m. ✳**Medicare-SHIP** Weekly | 9 a.m.- Noon	**Family Caregiver Support** Nov. 18 | 1 - 2:30 p.m. Donations Welcome	✳**Veteran Assistance** Nov. 5 | 8 a.m. - 2 p.m. **CMP Power Hour** Nov. 19 | 9 a.m. - 1 p.m.	

Muskie Community Center

CONGREGATE DINING MENU

November 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Patty with Mushroom Gravy Oven Fries Peas Salad Bar Dinner Roll	3 Irish Banger (sausage) Mashed Potato Steamed Beets Salad bar	4 Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme Salad bar Dinner Roll	5 Chicken Cacciatore Penne Pasta Ranch Broccoli Salad Bar Dinner Roll	**Breakfast Buffet** 6 Lemon Butter Haddock Parsley Potatoes Peas & Onions Salad bar Dinner Roll
9 Homestyle Chicken with White Gravy Baked Beans Collard Greens Salad bar Biscuit	10 Pot Roast Mashed Potato Green Beans Almondine Salad Bar Dinner Roll VETERANS DAY LUNCH!	11 	12 Chicken Stir Fry Rice Roasted Red Pepper & Onions Salad Bar Dinner Roll	**Breakfast Buffet** 13 Teriyaki Salmon Parsley Potato Buttered Peas Salad Bar Dinner Roll
16 Spaghetti & Meatballs Steamed Kale Salad bar Dinner Roll	17 Shepherd's Pie Peas Salad bar Dinner Roll	18 Creamy Dill Chicken Rice Pilaf Carrot Salad Bar Dinner Roll	19 Turkey with all the fixings, Mashed Potatoes, Butternut Squash, Salad Bar & Dinner Roll Suggested Donation $8	**Breakfast Buffet** 20 Buttered Cod Oven Fries Mushrooms & Peppers Salad Bar Dinner Roll
23 Assorted Quiche Au Gratin Potato Green Beans Salad bar Dinner Roll	24 Swedish Meatballs Egg Noodles Vegetable Medley Salad Bar Dinner Roll	25 Chicken Cordon Bleu Black Beans & Rice Kale with Garlic Salad Bar Dinner Roll	26 	27 
30 Chicken & White Bean Skillet Egg Noodles Collard Greens Salad bar Dinner Roll			All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Salad, Coffee, Tea and Desserts.	**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. 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.