

PUBLIC MEALS

WATERVILLE: All welcome to Muskie Ctr breakfast buffet, M-W-F, 8-10 am.; Lunch buffet/music Mon.-Fri. 11:30 am - 1 pm. 38 Gold St., FMI or daily menu: 873-4745.

THORNDIKE: Chicken barbeque, Sat., Sept. 4, 11:30 a.m., Thorndike Church, Rte. 139.

JEFFERSON: Lakeview Star Club, beans and casserole supper. Sat., Sept. 4, 4:30-6:30 p.m., Willow Grange Hall, Rte. 126, No. 71.

FREEDOM: Congregational Church roast pork or vegetarian supper. Sat., Sept. 4, 4:30 - 6:30 p.m.

SO. CHINA: Dirigo Men's breakfast, all men welcome. Sat. Sept 11, 8 a.m., S. China Comm. Church. FMI: Scott, 445-4689.

PALERMO: American Legion Hall breakfast, 7 - 9 a.m., Sat. Sept., 11. 312-8410.

FAIRFIELD: Senior Appreciation Day free lunch for Fairfield seniors, 60+, small charge for others. 10 am - 2 pm. Mill Island Park. RSVP. Volunteers needed. 453-9476, 453-7346

FUNDRAISER

VASSALBORO: Public Library annual book and bake sale and silent auction. Sat. Sept. 11, 9 a.m. - 3 p.m., at Vassalboro Grange, Rte 32.

WATERVILLE: Scrappin' for Paws. Sat., Sept 11, 9am -4pm, Humane Society, FMI 873-2430

FARMERS MARKET

SKOWHEGAN: 1st & 3rd Sat. of mo., corner of Pleasant St. and Madison Ave.

UNITY: Farmers Market open every Saturday through Nov. 20, Unity Comm. Ctr. 948-9005.

LIBERTY: Liberty-Montville Farmers Market. Tuesdays, 3:30 - 6 pm. Rtes 3 & 220. 993-2500.

WATERVILLE: Farmers Market, Thursdays on Concourse and Main St. 2 p.m.

WASHINGTON: Farmers Mkt., Evening Star Grange. 10 am -1 pm, every Sat. 845-2140.

VASSALBORO: East Vassalboro Farmers Market at Grange, Rte. 32. Fridays, 2- 6 p.m.

FAIR

CLINTON: Clinton Lions Club Fair. Thurs-Sun., Sept. 9-12. midway, agriculture, performances, fireworks, meals. Downtown parade, Sat. Sept. 11, 10am, www.clintonlionsfair.com.

SHOWS/SALES

AUGUSTA: Rockhounds Gem and Mineral Show, Sept 4 - 5; Sat. 10am - 5pm, Sun, 10am- 4 pm; Armory, for all ages. FMI: 873-6270.

THORNDIKE: Thorndike Church yard sale. Sat., Sept. 4, 11:30 a.m., Rte. 139. 948-2455.

UNITY: Good Steward Shop everything half price, Sat., Sept. 4, 9 am - 3pm., noon barbeque.

AUGUSTA: Maine Wood Carvers and Wildlife Art Show and Competition. Armory. Sept. 18 - 19, Sat., 9 a.m. - 5 p.m., Sun., 9 a.m. - 4 p.m.

MONTHLY MEETINGS

WATERVILLE: Widows/Widowers, 2nd/4th Thurs., 10 am. Hospice Volunt. Ctr, 873-3615.

ALBION: Albion Lions Club monthly dinner/speaker. Second Thurs., Sept. 9, 6 p.m.

PALERMO: Palermo Snowmobile Club, first Mon. of month, Sept. 6, 7 p.m., at Sheepscot Lake Fish & Game Clubhouse, Rte 3.

WASHINGTON: Gibbs Library Internet Cafe first Mon. of month, 4 - 7 p.m. All are welcome

OAKLAND: Messalonskee Trail Riders ATV Club, 2nd Tues., Davis home, Smithfield Rd.,

EMBDEN: Palmer Historical Society, Mon. Sept. 13, 7 p.m., Town House, annual business.

PALERMO: Sheepscot Lake Fish/Game, 2nd Fri., Sept. 10. 6:30 pm., potluck meeting. Guests welcome. SLFG Club House.

WEEKLY MEETINGS

SKOWHEGAN: Skowhegan Rotary, Tues., 2:15 p.m., Heritage House, 182 Madison Ave.

SKOWHEGAN: Al-Anon, Tues. 7 - 8 pm. Federated Church, Island Ave. 800-498-1844.

VASSALBORO: Citizens Alliance of Vassalboro, Tues., 7 p.m. FMI: Jane Wells, 873-6515 or Pam Yankowsky, 872-6193.

AUGUSTA: Al-Anon group, every Tues. 7 - 8:30 p.m. St. Mark's Episcopal Church basement, 9

Science classes for homeschoolers



Grace Academy Homeschooling Co-op Life Science classes for grades 5/6 begin Tues., Sept. 7, at 2 p.m. Grace students may attend free of charge, to supplement science program. Seventh/eighth graders not exposed to scientific method, cells and genetics are welcome. If interested in this or other homeschooling extras (art, music, karate) contact Grace Academy at 312-1552. Front row left to right, Dominic Durant, William Bourque and classmates work on field manuals in last year's zoology program, Flying Creatures. Contributed photo

Summer St. Enter on Pleasant St. **AUGUSTA:** WISDUM, for adults experiencing life changes. Monday. 7-9:30 pm; St. Paul Center, 136 State St. Newcomers welcome.

WINDSOR: Capital Carvers, Thurs., 6-8 pm. Gunning's workshop off Legion Park Rd. FMI: George, 445-2078 or Lloyd, 445-2688.

CLUB MEETINGS

CHINA: Weight Watchers, Mondays, 5:45 pm. China Regional Church of the Nazarene. FMI: Jodi Shaw 445-3661.

ALBION: TOPS weigh-in/meeting, Mondays, 8:30 a.m. Lovejoy Health Ctr. FMI: 445-2425.

OAKLAND: TOPS#Me96, Tues., 5-7:30 p.m., United Baptist. 45 Church St., 465-3465.

SKOWHEGAN: TOPS#351, Thurs., 9:30 am. Skowhegan Grange, 474-2568. #248 Mon., 4:30 pm., Notre Dame De Lourdes.

FAIRFIELD: TOPS#134 - Mon. 4:45 pm, First Baptist., 238-8618. #179 - Wed. 5 pm, Methodist Church (Rte. 201). #348 - Wed., 5:30 pm, Lawrence HS Library, 314-9057.

#118 - Thurs. 5:30 pm, Nazarene Church, 238-6115.

WATERVILLE: TOPS #91, Thurs. 5:30 pm., Salvation Army. FMI: 453-2550.

UNITY: The Senior Citizens Club, 2nd Wed. of month, 12-2:30 p.m., Leisure Home. 568-3878.

ORGANIZATIONS

WATERVILLE: United Way Campaign Kick-off, 7:30 p.m., Thurs., Sept. 9, Muskie Center. FMI:

Rick Caro, 873-0686. **PALERMO:** Branch Mills Grange meets on the first and third Thursday of each month.

UNITY: Benjamin Berry American Legion Post #50, Every 2nd Fri., 7 p.m., Sept. 10, Legion Hall, Windemere Lane. FMI: 722-4452.

WATERVILLE: Tea Party Patriots of Kennebec Valley, meets 1st & 3rd Thurs. 6 p.m., Hafford's Banquet Facility, KMD.

AUGUSTA: MidMaine Chamber breakfast seminar on worksite wellness. Alford Cancer Ctr. Thurs., Sept. 16, 7:30 p.m. Register now.

SUPPORT GROUPS

WATERVILLE: Widows Group: 1st & 3rd Mon, 6-8 pm.; Hospice Comm. Ctr., 873-3615.

WATERVILLE: Hospice Anticipatory Grief group, Wed., 3 - 4:30 p.m., 873-3615 x 15.

AUGUSTA: Hospice men's grief group, 1st/3rd Mon, 5:30-7p.m. MaineGeneral. Free. FMI: 626-1780.

PALERMO: GriefShare, Palermo Christian Church, Sundays, 10:30 a.m. FMI: 993-2636.

WATERVILLE: Breastfeeding support group, Babies welcome. Fri, 1 p.m., Inland. 861-3100.

WATERVILLE: Food Addicts in Recovery Anon., Inland Hosp., Fri., 6:30 p.m., 397-5711.

AUGUSTA: Food Addicts in Recovery Anon. Me. General Hosp. Sun., 6:30 p.m. & Tues. 7 p.m. FMI: Joe 623-1924 or Darlene, 397-5711.

WALDOBORO: Food Addicts in Recovery Anon, Thurs, 6:30pm.,

The China Dine-ah *Where food, friends, family and fun come together.*

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Sat., Sept. 4 - 10am-1pm

BREAKFAST BUFFET - \$9.95 Sunday 7 am to Noon also Saturdays from 7 to 11 am until Labor Day
regular breakfast menu also available

REGULAR WEEKLY SPECIALS:
4 pm to Closing
Full Bar Available

Tuesday
6" LOBSTER ROLL
with fries and coleslaw - \$13.95

Wednesday
SPAGHETTI AND MEATBALLS
with garlic bread and side salad - \$9.95

Thursday
BBQ SAMPLER (chicken and beef) with corn bread, baked beans and coleslaw - \$14.95

Friday & Saturday NIGHT
Starting at 4 pm
Served with FRESH BAKED BREAD

Sunday
FRESH ROASTED TURKEY DINNER
With all the trimmings-12 to 3 pm \$9.95
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Closed Monday • Tues, Wed & Thur 7 am - 8 pm Breakfast 'til 11 am
Fri & Sat 7 am - 9 pm Breakfast 'til 11 am • Sun 7 am - 3 pm Breakfast 'til Noon

Am. Legion, 832-0478. **UNITY:** Celebrate Recovery potluck/mtg for all. Fri., 6 - 9 pm. Unity Comm. Ctr. 557-1625. **SKOWHEGAN:** NAMI Somerset adult peer support for mental illness, 1st/3rd Tues., 5:30-7pm., Comm. Health & Counseling, 431-0021. **SKOWHEGAN:** Tobacco Cessation, 1st & 3rd Thurs. 5:30 pm, RFGH, register: 858-2318. **WATERVILLE:** Ostomy support group Wed, Sept. 8, 6 p.m. Inland. Free, register: 861-3333

LIBRARY NEWS

SO. CHINA: Library Youth Book Club. Wed., Sept. 15, 6 p.m. Dr. Doolittle discussion and pizza. 445-4188.

VASSALBORO: Vassalboro Public Library, Weds., 2-4 pm. Children's Story Hour.

OAKLAND: Storytime Fri., 10:30 a.m. Book Club, second Tues. of month, 6-8 p.m.

WINSLOW: Public Library, Knitting Circle - Fridays 1 pm. FMI: 872-1978.

LIBERTY: Liberty Library Music Together for children and parents, 8 weeks, FMI: 589-3161.

PALERMO: Public Library, Weds., Sept. 8 - Oct. 6, 9:30 a.m., Story hour with Irene Mortko. Mondays, Sept. 13 - Oct. 18, 7 p.m., Peter Cates, "Voyages in Recorded Music."

HEALTH and FITNESS

WINSLOW: Hands-On Health to show video *INGREEDIents* on processed foods. Thurs., Sept. 9, 5:30 p.m. Public Library. Program on atlas vertebra massage, 7 p.m. Fri., Sept 10, Free. RSVP 873-2469.

WATERVILLE: Inland sponsors Prenatal Yoga class, Champions Fitness Club, Weds, Sept 8 - Oct. 13, 5:15 - 6:30 p.m. 873-0571.

WATERVILLE: Pre-Diabetes program, Mon., Sept. 13, 6 p.m. Inland. Free, register: 861-3333

WATERVILLE: Bone Builder class. Mon/ Wed, 6 p.m., begins Sept. 13. Winslow Rec. Ctr. Tues/Thurs. 9:30 a.m. begins Sept. 14. Pleasant St. Methodist Church. adults 55 plus. 861-3534.

EDUCATION

OAKLAND: Dave Ramsey's Financial Peace Univ., preview Mon., Sept. 7, 6:30pm., Oakland Baptist Church, 547-4079.

FAIRFIELD: Elder caregiving series, sponsored by Council of Churches at Church of Nazarene. Mons. Sept. 13 - Oct. 4, 6:30 -9 p.m.

SKOWHEGAN: End of Life Care & Planning Tues., Sept. 14, 6 pm, RFGH free, 858-2318.

RECREATION

DAMARISCOTTA: Mid-Coast Audubon Plum Island birding trip; leave Hannaford lot, 6:30 am, Sat., Sept. 11. 563-2930, 350-9137.

WATERVILLE: Pickleball at Pine Ridge tennis courts, 6 p.m., Tuesdays, FMI: 465-2565.

SKOWHEGAN: Morning Bingo, Thurs. 10-11a.m. Free. Register: Skow. PAR, 474-6901.

SKOWHEGAN: Friday night Bingo, American Legion Post 16, Rte. 201. Open 3:30 pm. Games 6:30 p.m. FMI: 474-2090.

EXHIBITIONS

VASSALBORO: Vassalboro Historical Society Museum, 327 Main St. Open 1 - 4 p.m., 2nd and 4th Sundays of month through Nov.

ENTERTAINMENT

SKOWHEGAN: Rushin Turtle Coffeehouse, All Saints Episcopal Church, 2nd Sat., Sept. 11.

HALLOWELL: Auditions. Gaslight Theater, "My Three Angels," Mon., Sept. 13, 6:30 p.m. Harlow Gallery. Tues., Sept. 14, 6:30 p.m., Hallowell City Hall.

MUSKIE CENTER

WATERVILLE: Muskie Community Center, 38 Gold St. Call for more daily fitness programs, games and events. RSVP required at least 48 hrs. in advance: 873-4745. Mon., Sept 13, 8 a.m. - 4 p.m., foot clinics. Thurs., Sept. 16, 11:30 a.m., Learn to use your cellphone.

DINING GUIDE

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