



Cohen Community Center

DINING MENU

April 2024

Lunch is offered to the public 11:00 a.m. to 12:30 p.m. Monday through Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Sweet & Sour Meatballs Rice Pilaf Mixed Vegetable Dinner Roll</p>	<p>2</p> <p>Egg & Cheese Omelet Potatoes Spinach Dinner Roll</p>	<p>3</p> <p>Black Beans & Sausage Rice Zucchini Dinner Roll</p>	<p>4</p> <p>BBQ Chicken Baked Beans Green Beans Dinner Roll</p>	<p>5</p> <p>Beef Patty w/ Gravy Mashed Potatoes Carrots Dinner Roll</p>
<p>8</p> <p>Spaghetti & Meatballs Mixed Vegetables Dinner Roll</p>	<p>9</p> <p>Chicken Stew Biscuit Carrots Dinner Roll Paul & Theresa</p>	<p>10</p> <p>Beef Tips Mashed Potato Zucchini Dinner Roll</p>	<p>11</p> <p>Roast Pork Parsley Potatoes Mixed Vegetables Dinner Roll The Country Gentlemen</p>	<p>12</p> <p>Fish Filet Au Gratin Potatoes Peas Dinner Roll</p>
<p>15</p> <p>Beef Patty w/ Gravy Spanish Rice Corn Dinner Roll</p>	<p>16</p> <p>Penne & Sausage Broccoli Dinner Roll</p>	<p>17</p> <p>Beef & Bean Chili Summer Squash Dinner Roll</p>	<p>18</p> <p>Turkey & Gravy Mashed Potatoes Peas & Carrots Dinner Roll</p>	<p>19</p> <p>Creamy Chicken Rice Zucchini Dinner Roll</p>
<p>22</p> <p>Baked Ziti w/ Meat Sauce Spinach Dinner Roll</p>	<p>23</p> <p>Chicken Tenders Rice Pilaf Cauliflower Dinner Roll Paul & Theresa</p>	<p>24</p> <p>Baked Ham Sweet Potato Broccoli Dinner Roll</p>	<p>25</p> <p>Pot Roast Mashed Potatoes Green Beans Dinner Roll The Country Gentlemen</p>	<p>26</p> <p>Beef & Bean Burrito Spanish Rice Mixed Vegetables Dinner Roll</p>
<p>29</p> <p>American Chop Suey Zucchini Dinner Roll</p>	<p>30</p> <p>Chicken Cordon Bleu Au Gratin Potato Summer Squash Dinner Roll</p>		<p>All lunches are served with 1% milk, water, fruit salad, and garden salad.</p>	<p>Community fundraising make the following available: Coffee, tea, desserts</p>

Monday through Friday Congregate Dining – 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).



Cohen Community Center

ACTIVITIES

April 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	12:30 p.m.	Cribbage	\$3 per person
	12:30 p.m.	Mahjong	\$3 per person
Tuesdays	9 a.m.	Rug Hookers	\$3 per person
	9 a.m.	Wood Carvers	\$3 per person
	1 p.m.	Knitters	\$3 per person
	3:30 p.m.	Tai Chi	\$20 Suggested Donation
	April 12, Noon	Family Caregiver Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	April 17, 9 a.m.	C.M.P. Power Hour	Free
	April 17, 8 a.m.	AARP Coffee Klatch	Free
	April 23, 10 a.m.	AARP Meeting	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	April 4, 9:30 a.m.	Medicare 101	\$20 suggested donation
	April 4, 12:30 p.m.	Parkinson Support Group	Free
	April 11, 10:30 a.m. - 1 p.m.	Equality Maine Luncheon	\$7.50 for those 60 and younger
	April 18, 8 a.m.	Veteran's Services	Free
Fridays	3:30 p.m.	Tai Chi	\$20 Suggested Donation
	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	April 5, 12:30 p.m.	Book Club	\$2 per person

Weather Cancellations & Delays

In the event of bad weather, please call 626-7777 or (800) 639-1553 for a recorded message announcing any agency closings before heading to the Cohen Community Center. Spectrum Generations will announce any delays or closings on our Facebook page as well as: **TV Channels 2, 5, 6, 8, or 13** and on **FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9,** and **AM Radio Station 1160**