







Cohen Dining Menu

April 2018

Monday: \$6.50 for all
 Tuesday—Friday
 Under Age 60: \$6.50
 60 and Older: Suggested \$5.00 Donation

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

Mon	Tue	Wed	Thu	Fri
2 \$6.50 Cost For All Beef Tips Fresh Broccoli Baked Potato	3  Chicken Pot Pie or Vegetable Pot Pie V Theresa Hallowell Paul Barnett	4 Sweet & Sour Meatballs Broccoli Fried Rice	5 Honey - Ginger Salmon Peas & Carrots	6 Chicken Broccoli Alfredo Green Beans Swingtime
9 \$6.50 Cost For All Pot Roast Herb Roasted Potato Green Bean Casserole	10  Chicken Nuggets or Sesame Nuggets V Chips, Dips Vegetable Sticks Deb Sandler	11 Lasagna Marinara Sauce Mixed Vegetables Dave McInnis	12 Roast Chicken Mashed Potato Butternut Squash Country Gentlemen	13 Cheeseburgers Toppings Potato Salad Cole Slaw Bonnie Hendsbee
16 \$6.50 Cost For All Tender BBQ Pork Spare Ribs Homemade Baked Beans Roasted Corn	17  Chicken Curry or Chick Pea Curry V Rice Pilaf Peas & Mushrooms	18 Meatloaf Mashed Potato Green Beans Bonnie Hendsbee	19 Parmesan Crusted Haddock Quinoa Pilaf Carrot Raisin Salad Deb Sandler	20 Roast Pork Loin Sweet Potato Baked Apples Vegetable Medley Swingtime
23 No lunch served today. Volunteer Appreciation Day	24  Shepherd's Pie JK Vegan Shepherd's Pie V Herb Biscuits Mike Theriault	25 Baked Ham Creamy Mac & Cheese Crazy Corn Dave Fisher	26 Chicken Cacciatore Pasta Marinara Green Beans Country Gentlemen	27 Turkey Dinner Stuffing & Gravy Baked Squash Dave McInnis
30 \$6.50 Cost For All Baked Dill Salmon Buttered Peas Mashed Potatoes			 Every date marked with a bushel of vegetables includes a vegetarian option.	

V—Vegan

Please note that the menu is subject to change.

****Mondays are catered by Cohen on the Meadows Catering and \$6.50 is required by all.**

Cohen on the Meadows Catering

Cohen on the Meadows Catering is a division of Spectrum Generations, providing full-service catering and event planning services to the Central Maine area. Our catering team offers fully customizable menus, can accommodate large gatherings or small parties, multiple room rental spaces, flexibility and two locations in Hallowell and Waterville.

All proceeds from Cohen on the Meadows catering are reinvested into Spectrum Generations' Nutrition programs.

For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER

Cohen Center Activities

April 2018

A star indicates that registration is required. A check mark indicates that registration is suggested.

Call 626-7777 to register.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>★ 9:00 a.m. Tai Chi for Balance</p> <p>12:00 p.m. Blood Pressure Screening</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>3</p> <p>9:00 a.m. Rug Hooking</p> <p>12:00-2:00 p.m. Personal Fitness Consultations.</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting Crocheting</p>	<p>4</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>5</p> <p>1:00- 4:00 p.m. Bridge</p>	<p>6</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>9</p> <p>★ 9:00 a.m. Tai Chi for Balance</p> <p>12:00 p.m. Blood Pressure Screening</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>10</p> <p>9:00 a.m. Rug Hooking</p> <p>★ 12:00-2:00 p.m. Personal Fitness Consultations.</p> <p>12:00-2:00 p.m. Family Caregivers</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>11</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>12</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>1:00 p.m. Bridge</p> <p>★ 1:00-3:00 p.m. Healthy Cooking</p>	<p>13</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>16</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>17</p> <p>9:00 a.m. Rug Hooking</p> <p>★ 12:00-2:00 p.m. Personal Fitness Consultations.</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>18</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>19</p> <p>1:00-4:00 p.m. Bridge</p> <p>★ 1:00-3:00 p.m. Healthy Cooking</p>	<p>20</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>23</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>24</p> <p>9:00 a.m. Rug hooking</p> <p>★ 12:00-2:00 p.m. Personal Fitness Consultations</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>25</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>26</p> <p>1:00-4:00 p.m. Bridge</p> <p>★ 1:00-3:00 p.m. Healthy Cooking</p>	<p>27</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>30</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>★ 9:00 a.m. Rug hooking</p> <p>★ 12:00-2:00 p.m. Personal Fitness Consultations</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>1</p> <p></p>	<p>2</p> <p></p>



Spectrum Generations is an Equal Opportunity Provider.

Please let us know if you require special accommodations at least two weeks prior to the event.