



Cohen Dining Menu

April 2017

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

Mon	Tue	Wed	Thu	Fri
3 \$6.50 Baked Chicken & Gravy 🎵 Tuckie Marvin	4 Spring Quiche 🎵 Bonnie Hendsbee	5 Meatloaf 🎵 Joyce Fessenden	6 Chicken Kiev 🎵 Swingtime Band	7 Veggie Chili 🎵 Dave McInnis
10 \$6.50 Garlic Roast Pork	11 Pasta & Meat Sauce	12 Chicken Pot Pie 🎵 Theresa Hallowell	13 Baked Haddock 🎵 Country Gentleman	14  Baked Ham 🎵 Dave Fisher Extra \$1 Donation
17 \$6.50 Cod Cakes 🎵 Tuckie Marvin	18 Ham & Corn Chowder 🎵 Bonnie Hendsbee	19 Beef Tips 🎵 Dave McInnis	20 Chicken Fricassee 🎵 Deb Sandler	21 Shepherds Pie 🎵 Swingtime Band
24  There will be no lunch served due to our volunteer event.	25 Turkey Chili	26 Ham & Baked Beans	27 Roast Chicken 🎵 Country Gentleman	28 Honey Mustard Pork 🎵 Mike Theriault
1	2	3	4	5  The United Way generously supports Spectrum Generation's Nutrition Program.

Please note the menu is subject to change.

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

**Tuesday—Friday a donation of \$5.00/meal for individuals 60 and older is suggested. If under age 60, a fee of \$6.50 is required. (Unless noted otherwise)

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)

Cohen Center Activities

April 2017

★ Special event/by appointment only
Call 626-7777

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>★9:30 a.m. LAC Meeting 9:30 a.m. Tai Chi 12:00 p.m. Blood Pressure clinic 12:45p.m. Wood Carving 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage 1:00 p.m. Paper Star Crafts</p>	<p>4</p> <p>9:00 a.m. Rug hooking 1:00 p.m. Knitting/ Crocheting</p>	<p>5</p> <p>10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons (<i>call to book appointment</i>) 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>6</p> <p>10:00 a.m. Theatre Class 1:00 p.m. Bridge</p>	<p>7</p> <p>8:00 a.m. TOPS 12:30 p.m. Book club 1:00 p.m. Essential Oils for Caregivers</p>
<p>10</p> <p>★8:30a.m. Medicare 101 Session (<i>call to book appointment</i>) 9:30 a.m. Tai Chi ★12:00p.m. Caregiver Support Group 12:30 p.m. Mahjong 12:45p.m. Wood Carving 1:00 p.m. Partner Cribbage 1:00 p.m. Paper Star Crafts</p>	<p>11</p> <p>9:00 a.m. Rug hooking 1:00 p.m. Knitting/ Crocheting</p>	<p>12</p> <p>★9:00 a.m. Ask the Lawyer 10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons (<i>call to book appointment</i>) 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>13</p> <p>★9:00 a.m. Van Trip 10:00 a.m. Theatre Class 1:00 p.m. Bridge ★2:00 p.m. Healthy Food for Every Age</p>	<p>14</p> <p>8:00 a.m. TOPS ★1:00 p.m. Spirit Readings 1:00 p.m. Essential Oils for Caregivers</p>
<p>17</p> <p>9:30 a.m. Tai Chi 12:45p.m. Wood Carving 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage 1:00 p.m. Paper Star Crafts</p>	<p>18</p> <p>9:00 a.m. Rug hooking 1:00 p.m. Knitting/ Crocheting</p>	<p>19</p> <p>★8:30a.m. Medicare 101 Session (<i>call to book appointment</i>) 10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons (<i>call to book appointment</i>) 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>20</p> <p>10:00 a.m. Theatre Class 1:00 p.m. Bridge ★2:00 p.m. Healthy Food for Every Age</p>	<p>21</p> <p>8:00 a.m. TOPS 12:30 p.m. Book club 1:00 p.m. Essential Oils for Caregivers</p>
<p>24</p> <p>★ Activities will be cancelled today for our volunteer celebration event. We look forward to celebrating our incredible volunteers for their hard work and dedication to our organization!</p>	<p>25</p> <p>9:00 a.m. Rug hooking 1:00 p.m. Knitting/ Crocheting</p>	<p>26</p> <p>10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons (<i>call to book appointment</i>) 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>27</p> <p>9:00 a.m. Bridge Refresher Course 1:00 p.m. Bridge ★2:00 p.m. Healthy Food for Every Age</p>	<p>28</p> <p>8:00 a.m. TOPS ★1:00 p.m. Spirit Readings 1:00 p.m. Essential Oils for Caregivers</p>
<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Please call to pre-register for events/activities! 207-626-7777</p>	<p>5</p> <p>LIVE UNITED </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.