

# Cohen Dining Menu

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

August 2017

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

Mon	Tue	Wed	Thu	Fri
	1 Beef Pot Pie	2 Lemon Pepper Pork Loin 🎵 Mike Theriault	3 🐾 Hot Diggity Dog Lunch: French Onion Hot Dogs Corn Dog Bites Teriyaki & Pineapple Hot Dogs  🐾 Medley of Dog Songs	4 Tuna Casserole 🎵 Swingtime
7 \$6.50 Cost for All Glazed Meatloaf	8 BBQ Pork Tenderloin 🎵 Bonnie Hendsbee	9 Chicken Parmesan 🎵 Deb Sandler	10 Lobster Bake: 1.5 pound Lobster, New England Clam Chowder, Baked Potato, Corn on the Cob, Green Salad, Blue- berry Cake—\$20 Tickets 🎵 Country Gentlemen	11 Summer Vegetable Quiche 🎵 Dave McInnis
14 \$6.50 Cost For All Garlic Roasted Pork Loin	15 Herb Roasted Chicken	16 Lemon Herb Haddock 🎵 Dave McInnis	17 Mac & Cheese 🎵 Mike Theriault	18 Swedish Meatballs 🎵 Dave Fisher
21 \$6.50 Cost For All Honey Mustard Chicken	22 Haddock Mornay	23 Chickpea Stew 🎵 Country Gentlemen	24 Ziti With Meat Sauce 🎵 Bonnie Hendsbee	25 Balsamic Glazed Pork Loin 🎵 Swingtime
28 \$6.50 Cost For All Stuffed Haddock	29 Spaghetti Pie	30 Beef Stew 🎵 Ray Gagnard	31 Lemon Pepper Pork Loin 🎵 Deb Sandler	The United Way generously supports Spectrum Generation's Nutrition Program.

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.

\*\*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

August 2017

A star indicates that registration is required.

A check mark indicates that registration is suggested.

Call 626-7777.

Mon	Tue	Wed	Thu	Fri
<p>31 <b>All Week:</b></p> <ul style="list-style-type: none"> <li>★ Paws Walk of Fame: Voting for Crowned Canine of Cohen</li> <li>★ Dog Food Drive for Animeals Program</li> <li>★ Dog Supply Drive for Kennebec Valley Humane Society</li> </ul>	<p>1 <b>All Day:</b></p> <ul style="list-style-type: none"> <li>★ Dog Biscuit Sale</li> <li>★ Dog Trivia</li> <li>★ 9:00 a.m. Rug hooking</li> <li>★ 12:00 p.m. Personalized Fitness Assessments</li> <li>★ 12:45 p.m. Wood Carving</li> <li>★ 1:00 p.m. Knitting/Crocheting</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>★ 9:30 a.m. One-on-one computer lessons</li> <li>★ 11:00 a.m. —1:00 p.m. Kennebec Valley Humane Society Dog Adoption Table</li> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Game Day</li> <li>★ 2:00 p.m. Line Dancing</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>★ 11:00 a.m. —12:30 p.m. Hot Diggity Dog Lunch</li> <li>★ 1:00 p.m. Bridge</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>★ 8:00 a.m. TOPS</li> <li>★ 10:00 a.m. Public Speaking is <u>NOT</u> for the dogs!</li> <li>★ 12:30 p.m. Book Club</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>★ 8:30 a.m. Medicare 101 Session</li> <li>★ 12:00 p.m. Blood Pressure Screening</li> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Partner Cribbage</li> <li>★ 6:00 p.m. Baptiste Yoga</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>★ 9:00 a.m. Rug hooking</li> <li>★ 12:00 p.m. Personalized Fitness Assessments</li> <li>★ 12:00 p.m. Caregiver Support Group</li> <li>★ 12:45 p.m. Wood Carving</li> <li>★ 1:00 p.m. Knitting/Crocheting</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>★ 9:30 a.m. One-on-one computer lessons</li> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Game Day</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>★ 11:00 a.m. - 12:30 p.m. Lobster Bake</li> <li>★ Tickets go on sale August 1.</li> <li>★ 1:00 p.m. Bridge</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>★ 8:00 a.m. TOPS</li> <li>★ 1:00 p.m. Spirit Readings</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Partner Cribbage</li> <li>★ 6:00 p.m. Baptiste Yoga</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>★ 9:00 a.m. Rug hooking</li> <li>★ 12:00 p.m. Personalized Fitness Assessments</li> <li>★ 1:00 p.m. COPD and Exercise</li> <li>★ 12:45 p.m. Wood Carving</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>★ 9:00 a.m. Ask The Lawyer</li> <li>★ 9:30 a.m. One-on-one computer lessons</li> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Game Day</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>★ 1:00 p.m. Bridge</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>★ 8:00 a.m. TOPS</li> <li>★ 12:30 p.m. Book Club</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>
<p>21</p> <ul style="list-style-type: none"> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Partner Cribbage</li> <li>★ 6:00 p.m. Baptiste Yoga</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>★ 9:00 a.m. Rug hooking</li> <li>★ 12:00 p.m. Personalized Fitness Assessments</li> <li>★ 12:45 p.m. Wood Carving</li> <li>★ 1:00 p.m. Knitting/Crocheting</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>★ 9:30 a.m. One-on-one computer lessons</li> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Game Day</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>★ 1:00 p.m. Bridge</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>★ 8:00 a.m. TOPS</li> <li>★ 1:00 p.m. Spirit Readings</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Partner Cribbage</li> <li>★ 6:00 p.m. Baptiste Yoga</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>★ 9:00 a.m. Rug hooking</li> <li>★ 12:00 p.m. Personalized Fitness Assessments</li> <li>★ 12:45 p.m. Wood Carving</li> <li>★ 1:00 p.m. Knitting/Crocheting</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>★ 9:30 a.m. One-on-one computer lessons</li> <li>★ 9:30 Departure Van trip to Belfast</li> <li>★ 12:30 p.m. Mahjong</li> <li>★ 1:00 p.m. Game Day</li> <li>★ 2:00 p.m. Line Dancing Circuit</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>★ 1:00 p.m. Bridge</li> </ul>	<p>1</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.