


Cohen Dining Menu

December 2017

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

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

Mon	Tue	Wed	Thu	Fri
27	28	29	30	1
				
4 \$6.50 cost for all Roast Chicken Dinner With Stuffing	5 Beef enchiladas and Spanish rice	6 Meet the Chef Lunch Vote for Your Favorite Entree: Creamy Dill Chicken, Chicken Marsala, and Chicken Piccata 🎵 Deb Sandler	7 🎵 Beef Stew Swingtime	8 🎵 Pork Chop with Stuffing Dave McInnis
11 \$6.50 cost for all Baked Ham	12 🎵 Spaghetti & Meatballs Bonnie Hendsbee	13 🎵 Beef and Pepper Medley Dave McInnis	14 🎵 Chicken Parmesan Mike Theriault	15 Baked Haddock
18 \$6.50 cost for all Seafood Lasagna	19 🎵 Pork Stir Fry	20 🎵 Meatloaf Theresa Hallowell and Paul Barrett	21 No Lunch Served: Dining Room Closed for Volunteer Holiday Party	22 🎵 Christmas Dinner: Turkey and Dressing Dave Fisher
25  Closed for Christmas	26 Ham and Corn Chowder	27 🎵 Turkey Chow Mein Theresa Hallowell and Paul Barrett	28 🎵 Chili Con Carne Country Gentlemen	29 🎵 Shepherd's Pie Deb Sandler

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)






SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER

Cohen Center Activities

December 2017

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
27 	28 	29 	30 	1 9:00 a.m. TOPS 12:30 p.m. Book Club
4 12:00 p.m. Blood Pressure Screening 12:30 p.m. Mahjong 1:00 p.m. Cribbage	5 9:00 a.m. Rug hooking 12:00 p.m. Get Up & Go 12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting 4:00 p.m. Diabetes Prevention Program	6 11:00 a.m. Meet the Chef 12:30 p.m. Mahjong 1:00 p.m. Game Day 3:00 p.m. Balance and Tone With Kim	7 ★9:30 a.m. Felting Fun With LarettaRose 1:00 p.m. Bridge	8 9:00 a.m. TOPS ★1:00 p.m. Spirit Readings
11 12:30 p.m. Mahjong 1:00 p.m. Cribbage	12 9:00 a.m. Rug hooking 12:00 p.m. Get Up & Go 12:00 p.m. Caregiver Support Group ★1:00 p.m. It's All About Hip Flexors. 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting 4:00 p.m. Diabetes	13 12:30 p.m. Mahjong 1:00 p.m. Game Day 3:00 p.m. Balance and Tone With Kim	14 ★9:30 a.m. Felting Fun With LarettaRose 1:00 p.m. Bridge	15 9:00 a.m. TOPS 12:30 p.m. Book Club
18 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	19 9:00 a.m. Rug hooking 12:00 p.m. Get Up & Go ★12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting 4:00 p.m. Diabetes Prevention	20 12:30 p.m. Mahjong 1:00 p.m. Game Day 3:00 p.m. Balance and Tone With Kim	21 2:00—3:30 p.m. Volunteer Holiday Party NO BRIDGE Due to Volunteer Holiday Party	22 9:00 a.m. TOPS ★1:00 p.m. Spirit Readings
25  Closed for Christmas	26 9:00 a.m. Rug hooking 12:00 p.m. Get Up & Go ★12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting 4:00 p.m. Diabetes Prevention Program	27 12:30 p.m. Mahjong 1:00 p.m. Game Day 3:00 p.m. Balance and Tone With Kim	28 1:00 p.m. Bridge	29 9:00 a.m. TOPS



Spectrum Generations is an Equal Opportunity Provider.

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