





















Cohen Dining Menu

January 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
1  Center Closed	2  Stuffed Pork Chops <i>or</i> Baked Stuffed Squash Mashed Potatoes	3 Herb Roasted Chicken Rice Pilaf  Dave McInnis	4 Hearty Beef Chili Baked Potato Toppings Bar Vegetable Soup	5 Cheese Ravioli w/meat sauce Garlic Bread  Bert Ayotte
8 \$6.50 Cost For All Chicken Marsala Egg Noodles Fresh Ginger Carrots	9  Beef Burger <i>or</i> Veggie Burger With Toppings French Fries	10 Miles, Meals, & Memories Roast Beef w/gravy (see insert for full menu)  Bonnie Hendsbee	11 Baked Stuffed Haddock Mashed Potato  Country Gentlemen	12 Sweet & Sour Chicken Fried Rice
15 MARTIN LUTHER KING JR. Day  Center Closed	16  Chicken Parmesan <i>or</i> Eggplant Parmesan Pasta Fresh Vegetable	17 Baked Ham Scalloped Potatoes  Dave Fisher	18 Chicken Pot Pie Cheese Biscuit	19 Meatloaf Mashed Potatoes Fiesta Corn  Swingtime
22 \$6.50 Cost For All Creamy Dill Chicken Roasted Potatoes	23  Veggie Lasagna w/Italian Sausage (optional) Garlic Bread  Bonnie Hendsbee	24 Pulled Pork Mac & Cheese Cornbread Purr-fectly Delicious Cat Cupcakes 	25 Beef Stew Herb Biscuits  Country Gentlemen	26 Chicken & Broccoli Alfredo Cheesy Breadsticks  Dave McInnis
29 \$6.50 Cost For All Seafood Newburg (mixed seafood in a rich, creamy sauce)	30  Beef Enchilada <i>JK</i> Black Bean Enchilada Spanish Rice Chips & Salsa	31 Roast Turkey Baked Squash Mashed Potatoes  Bert Ayotte	1  Every date marked with a bushel of vegetables includes a vegetarian option.	2 

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)


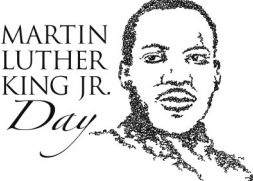

SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER

Cohen Center Activities

January 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>1</p>  <p>Center Closed</p>	<p>2</p> <p>9:00 a.m. Rug hooking</p> <p>11:30 a.m. - 2:00 p.m. Fitness Tuesday (See newsletter for full details)</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>3</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 3:00 Balance and Tone With Kim</p>	<p>4</p> <p>★ 12:00 p.m. Intro to Felting Fun with Laretta Rose</p> <p>1:00 p.m. Bridge</p> <p>★ 1:00 p.m. Living Well With Diabetes</p>	<p>5</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>8</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>9</p> <p>9:00 a.m. Rug Hooking</p> <p>11:30 a.m. - 2:00 p.m. Fitness Tuesday (See newsletter for full details)</p> <p>12:00 p.m. Caregiver Support Group</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>10</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>☑ 9:30 a.m. Great American Motorhome Adventure Slide Show</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 3:00 Balance and Tone With Kim</p>	<p>11</p> <p>★ 12:00 p.m. Felting Fun with Laretta Rose</p> <p>1:00 p.m. Bridge</p> <p>★ 1:00 p.m. Living Well With Diabetes</p>	<p>12</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>15</p>  <p>Center Closed</p>	<p>16</p> <p>9:00 a.m. Rug hooking</p> <p>11:30 a.m. - 2:00 p.m. Fitness Tuesday (See newsletter for full details)</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>17</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 3:00 Balance and Tone With Kim</p>	<p>18</p> <p>1:00 p.m. Bridge</p> <p>★ 1:00 p.m. Living Well With Diabetes</p>	<p>19</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>22</p> <p>★ 9:00 a.m. Tai Chi for Balance</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>23</p> <p>9:00 a.m. Rug hooking</p> <p>11:30 a.m. - 2:00 p.m. Fitness Tuesday (See newsletter for full details)</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>24</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 3:00 Balance and Tone With Kim</p>	<p>25</p> <p>1:00 p.m. Bridge</p> <p>★ 1:00 p.m. Living Well With Diabetes</p>	<p>26</p> <p>9:00 a.m. TOPS</p>
<p>29</p> <p>★ 9:00 a.m. Tai Chi for Balance</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>30</p> <p>9:00 a.m. Rug hooking</p> <p>11:30 a.m. - 2:00 p.m. Fitness Tuesday (See newsletter for full details)</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>31</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 3:00 Balance and Tone With Kim</p>	<p>1</p> 	<p>2</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.