








Cohen Dining Menu

June 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
	 Every date marked with a bushel of vegetables includes a vegetarian option.			¹ No Lunch Served Today Healthy Aging Expo
⁴ \$6.50 Cost For All Chicken Curry Rice Pilaf Peas 🎵 Dave Fisher	⁵  Pasta Primavera V Vegetable Medley Fruit/fruit juice 🎵 Theresa Hallowell Paul Barrett	⁶ Meatloaf Mashed Potato Mixed Vegetables Fruit/fruit juice Garden Salad 🎵 Dave McInnis	⁷ Chicken Cacciatore Pasta Broccoli Fruit/fruit juice Garden Salad 🎵 Country Gentlemen	⁸ Baked Stuffed Haddock Almond Green Beans 🎵 Bonnie Hendsbee
¹¹ \$6.50 Cost For All Turkey Dinner Stuffing Gravy Mashed Potato Cranberry Sauce	¹²  Chicken Pot Pie or Vegetable Pot Pie V Carrots Fruit/fruit juice Garden Salad 🎵 Rose & Glo	¹³ Roast Pork Mashed Potatoes Carrots Fruit/fruit juice Garden Salad 🎵 Deb Sandler	¹⁴ Baked Ham Mac & Cheese Peas & Carrots 🎵 Al Bergeron	¹⁵ Father's Day Celebration Burgers/Dogs on the BBQ Grill Potato Salad Cole Slaw 🎵 Swingtime
¹⁸ \$6.50 Cost For All Baked Dill Salmon Au Gratin Potato Peas	¹⁹  BBQ Pulled Pork or BBQ Jack Fruit V Polenta Sweet Potato 🎵 Theresa Hallowell Paul Barrett	²⁰ Chicken Cordon Bleu Baked Stuffed Potatoes Veg Medley Fruit/fruit juice Garden Salad 🎵 Dave Fisher	²¹ Beef Stew Herbed Biscuits Green Beans 🎵 Country Gentlemen	²² Baked Chicken & Gravy Rice pilaf Summer Squash Fruit/fruit juice 🎵 Dave McInnis
²⁵ Spaghetti & Meatballs Vegetable Medley Fruit/fruit juice Garden Salad	²⁶  Shepherds Pie or Vegetable Shepherds Pie V Herb Biscuits Peas & Carrots	²⁷ Beef Stroganoff Noodles Broccoli Fruit/fruit juice Garden Salad 🎵 Mike Theriault	²⁸ BBQ Chicken Chive Potatoes Corn Fruit/fruit juice Garden Salad 🎵 Bonnie Hendsbee	²⁹ Chicken Parmesan Pasta Zucchini Fruit/fruit juice Garden Salad 🎵 Deb Sandler

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

June 2018

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

Call 626-7777 to register.

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>10:00 a.m. – 3:00 p.m.</p> <p>Health Aging Expo</p>
<p>4</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>5</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>6</p> <p>★ 10:00 a.m. – 2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>7</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>★ 1:00 p.m. Bridge</p>	<p>8</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>11</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>12</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p> <p>12:00-2:00 p.m. Family Caregiver Support</p>	<p>13</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>★ 10:00 a.m. – 2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>14</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>1:00-4:00 p.m. Bridge</p>	<p>15</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>18</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>19</p> <p>9:00 a.m. Rug hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>20</p> <p>★ 10:00 a.m. – 2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>21</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>1:00-4:00 p.m. Bridge</p>	<p>22</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>25</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>26</p> <p>9:00 a.m. Rug hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>27</p> <p>★ 10:00 a.m. – 2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>28</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>1:00-4:00 p.m. Bridge</p>	<p>29</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</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.