


# Cohen Dining Menu

May 2017

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

Mon	Tue	Wed	Thu	Fri
<p>There will be no community dining served at the Cohen Center from Monday, May 1 through Friday, May 5 due to construction and renovations to our Great Room and Kitchen. We apologize for any inconvenience. If you would like to visit another Spectrum Generations location for community dining, please contact:</p> <p><b>Muskie Community Center in Waterville</b> at 873-4745 or our <b>Coastal Community Center</b> in Damariscotta at 563-1363.</p>				
<p>8</p> <p>\$6.50</p> <p>Turkey Meatloaf Tuckie Marvin</p>	<p>9</p> <p>Ham &amp; Corn Chowder Theresa Hallowell</p>	<p>10</p> <p>Beef Stroganoff Dave McInnis</p>	<p>11</p> <p>BBQ Chicken Country Gentleman</p>	<p>12</p> <p>Baked Haddock Swingtime Band</p>
<p>15</p> <p>\$6.50</p> <p>Ham &amp; Cheese Quiche</p>	<p>16</p> <p>Swedish Meatballs Bonnie Hendsbee</p>	<p>17</p> <p>Herb Roasted Pork Mike Theriault</p>	<p>18</p> <p>American Chop Suey</p>	<p>19</p> <p>Chicken Stir Fry Dave Fisher</p>
<p>22</p> <p>\$6.50</p> <p>Turkey Meatloaf &amp; Gravy Tuckie Marvin</p>	<p>23</p> <p>Make your own sandwiches (Turkey, Ham, Veggies)</p>	<p>24</p> <p>Shepherds Pie Deb Sandler</p>	<p>25</p> <p>White Chicken Chili Country Gentleman</p>	<p>26</p> <p>Pasta &amp; Meat Sauce Dave McInnis</p>
<p>29</p>  <p>Agency Closed</p>	<p>30</p> <p>Baked Ham</p>	<p>30</p> <p>Chicken Pot Pie</p>	<p>1</p>	<p>2</p>  <p><b>LIVE UNITED</b> United Way</p> <p>The United Way generously supports Spectrum Generation's Nutrition Program.</p>

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

May 2017

★ Special event/by appointment only  
Call 626-7777

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>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</p>	<p>2</p> <p>9:00 a.m. Rug hooking 9:00 a.m. Bridge Refresher Course ★9:30 a.m. LAC Meeting ★12:00 p.m. Personalized Fitness Assessments 1:00 p.m. Knitting/ Crocheting</p>	<p>3</p> <p>10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>4</p> <p>9:00 a.m. Bridge Refresher Course 10:00 a.m. Theater Group 1:00 p.m. Bridge 2:00 p.m. Healthy Food for Every Age</p>	<p>5</p> <p>8:00 a.m. TOPS 12:30 p.m. Book club 1:00 p.m. Essential Oils for Caregivers</p>
<p>8</p> <p>12:30 p.m. Mahjong 12:45p.m. Wood Carving 1:00 p.m. Partner Cribbage</p>	<p>9</p> <p>9:00 a.m. Rug hooking 9:00 a.m. Bridge Refresher Course 1:00 p.m. Knitting/ Crocheting ★12:00 p.m. Personalized Fitness Assessments ★12:00p.m. Caregiver Support Group ★2:00 p.m. It's All About Arms</p>	<p>10</p> <p>★9:00 a.m. Ask the Lawyer 10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons 11:00 a.m. Sencio Product Demonstration (Lobby) 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>11</p> <p>9:00 a.m. Bridge Refresher Course 10:00 a.m. Theater Group 1:00 p.m. Bridge 2:00 p.m. Healthy Food for Every Age</p>	<p>12</p> <p>8:00 a.m. TOPS ★1:00 p.m. Spirit Readings 1:00 p.m. Intro Essential Oils for Caregivers</p>
<p>15</p> <p>12:45p.m. Wood Carving 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>16</p> <p>9:00 a.m. Rug hooking 9:00 a.m. Bridge Refresher Course ★12:00 p.m. Personalized Fitness Assessments 1:00 p.m. Knitting/ Crocheting</p>	<p>17</p> <p>★8:30a.m. Medicare 101 Session (<i>call to book appointment</i>) 10:00 a.m. Table Tennis ★10:00 a.m. AARP Driver Safety Course ★10:30 a.m. One on one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>18</p> <p>9:00 a.m. Bridge Refresher Course 10:00 a.m. Theater Group 1:00 p.m. Bridge 2:00 p.m. Healthy Food for Every Age</p>	<p>19</p> <p>8:00 a.m. TOPS 12:30 p.m. Book club</p>
<p>22</p> <p>12:45p.m. Wood Carving 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>23</p> <p>9:00 a.m. Rug hooking ★12:00 p.m. Personalized Fitness Assessments 1:00 p.m. Knitting/ Crocheting</p>	<p>24</p> <p>10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>25</p> <p>★9:00 a.m. Van Trip to Belfast 10:00 a.m. Theater Group 1:00 p.m. Bridge</p>	<p>26</p> <p>8:00 a.m. TOPS ★1:00 p.m. Spirit Readings</p>
<p>29</p>  <p>Agency Closed</p>	<p>30</p> <p>9:00 a.m. Rug hooking ★12:00 p.m. Personalized Fitness Assessments 1:00 p.m. Knitting/ Crocheting</p>	<p>31</p> <p>10:00 a.m. Table Tennis ★10:30 a.m. One on one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>1</p> <p>Please call to pre-register for events/activities! 207-626-7777</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.