

Cohen Dining Menu

July 2017

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

Mon	Tue	Wed	Thu	Fri
3 \$6.50 Glazed Meatloaf Tuckie Marvin	4  Cohen Center Closed	5 Chicken Parmesan Deb Sandler	6 Panko-Crusted Haddock Swingtime	7 Summer Vegetable Quiche Dave McInnis
10 \$6.50 Garlic Roasted Pork Loin	11 Herb Roasted Chicken Bonnie Hendsbee	12 Lemon Herb Haddock Dave McInnis	13 Mac & Cheese Country Gentleman	14 Swedish Meatballs Dave Fisher
17 \$6.50 Honey Mustard Chicken Tuckie Marvin	18 Haddock Mornay	19 Chick Pea Stew Bert Ayotte	20 Ziti and Meat Sauce Mike Theriault	21 Balsamic Glazed Pork Loin Swingtime
24 \$6.50 Stuffed Haddock	25 Spaghetti Pie	26 Beef Stew Country Gentlemen	27 Lemon-Pepper Pork Loin Deb Sandler	28 Stir-Fry Chicken & Vegetables Bonnie Hendsbee
31 \$6.50 Roasted Vegetable Lasagna	1 	2 The United Way generously supports Spectrum Generation's Nutrition Program.	3	4

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

July 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>3</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>4</p>  <p>Happy July 4! Cohen Center closed.</p>	<p>5</p> <p>★ 9:30 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>	<p>6</p> <p>1:00 p.m. Bridge</p>	<p>7</p> <p>8:00 a.m. TOPS</p> <p>12:30 p.m. Book club</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>
<p>10</p> <p>★ 8:30 a.m. Medicare 101 Session</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>★ 12:30 p.m. Computer Backup Class</p> <p>1:00 p.m. Partner Cribbage</p> <p>☑ 6:00 p.m. Baptiste Yoga</p>	<p>11</p> <p>9:00 a.m. Rug hooking</p> <p>★ 12:00 p.m. Personalized Fitness Assessments</p> <p>12:00 p.m. Caregiver Support Group</p> <p>★ 1:00 p.m. It's All About Balance</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting/Crocheting</p>	<p>12</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>★ 9:30 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>	<p>13</p> <p>1:00 p.m. Bridge</p>	<p>14</p> <p>8:00 a.m. TOPS</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>★ 1:00 p.m. Spirit Readings</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>
<p>17</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>10:00 a.m.—1:00 p.m. Vision Screening</p> <p>12:00 p.m. Blood Pressure clinic</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>☑ 6:00 p.m. Baptiste Yoga</p>	<p>18</p> <p>9:00 a.m. Rug hooking</p> <p>★ 12:00 p.m. Personalized Fitness Assessments</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting/Crocheting</p>	<p>19</p> <p>★ 9:30 a.m. One-on-one computer lessons</p> <p>★ 10:00 a.m. Departure, Van trip to New Harbor</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>	<p>20</p> <p>☑ 10:00 a.m. Poetry Reading</p> <p>1:00 p.m. Bridge</p>	<p>21</p> <p>8:00 a.m. TOPS</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>☑ 12:30 p.m. Book club</p> <p>2:00 p.m. Line Dancing Circuit</p>
<p>24</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>☑ 6:00 p.m. Baptiste Yoga</p>	<p>25</p> <p>9:00 a.m. Rug hooking</p> <p>★ 12:00 p.m. Personalized Fitness Assessments</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting/Crocheting</p>	<p>26</p> <p>★ 9:30 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>	<p>27</p> <p>1:00 p.m. Bridge</p>	<p>28</p> <p>8:00 a.m. TOPS</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>★ 1:00 p.m. Spirit Readings</p> <p>☑ 2:00 p.m. Line Dancing Circuit</p>
<p>31</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>All Day: Paws Walk of Fame</p>	<p>1</p> 	<p>2</p>	<p>3</p>	<p>4</p> <p>See a star on the calendar? It means that you <u>must</u> register ahead of time.</p> <p>A check mark on the calendar means that registration is <u>suggested</u>.</p> <p>Call 626-7777 to register.</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.