



Cohen Dining Menu

July 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
2 \$6.50 Cost For All Stuffed Chicken Breast Rice Pilaf Mixed Veg	3 Baked Ham  or Baked Stuffed Squash V Sweet Potato Corn Paul Barrett Theresa Hallowell	4  Center Closed	5 Pot Roast Mashed potatoes Green beans Fruit/fruit juice Garden Salad Bonnie Hendsbee	6 BBQ Chicken French Fries Confetti Corn Swingtime
9 \$6.50 Cost For All Baked Dill Salmon Rice Pilaf Veg	10 Pasta Primavera V  w/Chicken Vegetable medley Fruit/fruit juice Garden Salad Al Bergeron	11 Meatloaf Mashed Potato Mixed Vegetables Fruit/fruit juice Garden Salad Dave McInnis	12 Chicken Cacciatore Pasta Broccoli Fruit/fruit juice Garden Salad Country Gentlemen	13 Turkey & Gravy Mashed Potatoes Peas & Carrots Fruit/fruit juice Garden Salad Deb Sandler
16 \$6.50 Cost For All Beef Tips Buttered Noodles Ginger Carrots	17 Lemon Pepper Chicken  Falafel V Spinach Pie Greek Salad Paul Barrett Theresa Hallowell	18 Pork Chops Mashed Potatoes Green Beans Fruit/fruit juice Garden Salad Dave Fisher	19 Cheeseburgers Cole Slaw Potato Salad Vegetable Medley Fruit/fruit juice Swingtime	20 Stuffed Fish Fillet Parsley potatoes Carrots Fruit/fruit juice Garden salad Bonnie Hendsbee
23 \$6.50 Cost For All Roast Beef Gravy Baked Potato Bar	24 BBQ Pulled Pork  or Stuffed Peppers V Baked Beans Fruit Salad/Fruit Juice Garden Salad Mike Theriault	25 Chicken Chow Maine Fried Rice Egg Roll Fortune Cookie Fruit/fruit juice Garden Salad Ray Gagnard	26 Beef Chili Baked Potato Veg Medley Fruit/fruit juice Garden Salad Country Gentlemen	27 Baked Chicken & Gravy Rice pilaf Veg Fruit/fruit juice Dave McInnis
30 \$6.50 Cost For All Chicken Marsala Rice Pilaf	31 Shepherds Pie  or Vegetable Shepherds Pie V Herb Biscuits Peas & Carrots Deb Sandler	 Every date marked with a bushel of vegetables includes a vegetarian option.		

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

July 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>2</p> <p>12:00 p.m. Blood Pressure Screening</p>	<p>3</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>4</p>	<p>5</p> <p>★ 1:00-4:00 p.m. Bridge</p>	<p>6</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>9</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>★ 1:30-3:30 p.m. Matter of Balance</p>	<p>10</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>12:00-2:00 p.m. Family Caregiver Support</p> <p>1:00 p.m. Knitting</p>	<p>11</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>12</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>1:00- 4:00p.m. Bridge</p> <p>★ 1:30-3:30 p.m. Matter of Balance</p>	<p>13</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p> <p>10:30-12:30pm Clear Captions Phone</p>
<p>16</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>★ 1:30-3:30 p.m. Matter of Balance</p>	<p>17</p> <p>9:00 a.m. Rug Hooking</p> <p>10:00 - 1:30 pm Phone & Tablet class</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>18</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>19</p> <p>★ 1:00-4:00 p.m. Bridge</p> <p>★</p>	<p>20</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p> <p>★ 1:00-3:00 Marie Art Class</p>
<p>23</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>24</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>25</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>★ 10:00 a.m. -2:00 p.m. Ping Pong</p>	<p>26</p> <p>★ 9:00-11:00 a.m. Computer Lessons</p> <p>1:00-4:00 p.m. Bridge</p>	<p>27</p> <p>9:00 a.m. TOPS</p>
<p>30</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>31</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>LIVE UNITED</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.