







Cohen Dining Menu

June 2017

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

Mon	Tue	Wed	Thu	Fri
29 LIVE UNITED  The United Way generously supports Spectrum Generation's Nutrition Program.	30	31	1 Garlic-Roast Pork  Theresa Hallowell	2 Summer Vegetable Quiche  Bonnie Hendsbee
5 \$6.50 Glazed Ham  Tuckie Marvin	6 American Chop Suey  Bert Ayotte	7 BBQ Pork Tenderloin  Deb Sandler	8 Chicken Fricassee  Country Gentleman	9 Healthy Aging Expo 9 a.m.—2 p.m. Pulled Pork or Veggie Wraps
12 \$6.50 Chicken Parmesan	13 Lemon and Herb Haddock	14 Beef Tips  Dave McInnis	15 Chicken Stir Fry  Swingtime Band	16 Veggie Chili  Dave Fisher
19 \$6.50 Ham or Turkey Italians  Tuckie Marvin	20 Sweetish Meatballs  Ray Gaignard	21 Roast Turkey  Mike Theriault	22 Chicken Alfredo  Country Gentleman	23 Shepherd's Pie  Dave McInnis
26 \$6.50 Baked Haddock	27 Chicken Pot Pie  Swingtime Band	28 Mixed Berry French Toast  Theresa Hallowell	29 Roast Chicken  Bert Ayotte	30 Sweet and Sour Pork  Deb Sandler

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

June 2017

★ Special event/by appointment only
Call 626-7777

Mon	Tue	Wed	Thu	Fri
29 Please call to pre-register for events/activities! 207-626-7777	30 	31	1 1:00 p.m. Bridge	2 8:00 a.m. TOPS 12:30 p.m. Book club ★ 1:00 p.m. Spirit Readings 1:00 p.m. Cribbage
5 ★ 8:30a.m. Medicare 101 Session (call to book appointment) ★ 10:00 a.m. Identifying Elder Abuse 12:00 p.m. Blood Pressure clinic 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage ★ 6:00 p.m. Baptiste Yoga (Free intro class!)	6 9:00 a.m. Rug hooking 9:30 a.m. LAC Meeting ★ 12:00 p.m. Personalized Fitness Assessments 12:00p.m. Caregiver Support Group 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting	7 8:00 a.m. TOPS 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 ★ 2:00 p.m. Line Dancing Circuit	8 Activities will be cancelled today due to setup for our Healthy Aging Expo. We apologize for any inconvenience.	9 Healthy Aging Expo 9 a.m.—2 p.m. (Usual activities are cancelled)
12 ★ 9:00 a.m. Tai Chi for Health & Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage ★ 6:00 p.m. Baptiste Yoga	13 9:00 a.m. Rug hooking ★ 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting ★ 2:00 p.m. It's All About Posture	14 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 ★ 2:00 p.m. Line Dancing Circuit	15 1:00 p.m. Bridge	16 8:00 a.m. TOPS ★ 9:00 a.m. Tai Chi for Health & Balance 12:30 p.m. Book club ★ 2:00 p.m. Line Dancing Circuit
19 ★ 9:00 a.m. Tai Chi for Health & Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage ★ 6:00 p.m. Baptiste Yoga	20 9:00 a.m. Rug hooking ★ 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting	21 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 ★ 2:00 p.m. Line Dancing ★ 4:30 p.m. Medicare 101 (call to book appointment)	22 1:00 p.m. Bridge	23 8:00 a.m. TOPS 9:00 a.m. Tai Chi for Health & Balance ★ 1:00 p.m. Spirit Readings ★ 2:00 p.m. Line Dancing Circuit
26 ★ 9:00 a.m. Tai Chi for Health & Balance ★ 10:00 a.m. Senior Scams: Are You At Risk? 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage ★ 6:00 p.m. Baptiste Yoga	27 9:00 a.m. Rug hooking ★ 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting	28 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 ★ 2:00 p.m. Line Dancing Circuit	29 1:00 p.m. Bridge	30 8:00 a.m. TOPS ★ 9:00 a.m. Tai Chi for Health & Balance ★ 2:00 p.m. Line Dancing Circuit



Spectrum Generations is an Equal Opportunity Provider.

Please let us know if you require special accommodations at least two weeks prior to the event.