

Spectrum Generations' Cohen Community Center

Dining Menu: September 2019

Monday: \$6.50 for all
 Tuesday—Friday
 Under Age 60: \$6.50
 60 and Older: \$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 Center Closed 	3  Walnut Burgers V Beef Burgers Fries Corn Paul Barrett Theresa Hallowell	4 Shepherd's Pie Mixed Veg	5 Pork Tenderloin Baked Sweet Potatoes Snap Peas & Peppers Deb Sandler	6 Roast Chicken w/ Gravy Mashed Potatoes & Peas Swingtime
9 No Lunch Served	10  Vegan Stir Fry V Shrimp Stir Fry Veg. Fried Rice Mike Theriault	11 Chicken Pot Pie Broccoli	12 Roast Turkey Mashed Potatoes Stuffing Cranberry Sauce Country Gentlemen	13 Pork Roast Gravy Rice Pilaf Squash Dave McInnis
16 \$6.50 Cost For All New England Baked Haddock With Shrimp Sauce Yellow Rice	17  Ratatouille V Grilled Chicken Rice Paul Barrett Theresa Hallowell	18 Fish Fillet Parsley Potatoes Cheese Sauce Peas & Carrots Bert Ayotte	19 Ham & Au Gratin Potatoes Pearl Onions & Green Beans	20 Beef Tips & Gravy Rice Peppers & Onions Denny Harnish
23 \$6.50 Cost For All Sauerbraten Apple Red Cabbage Spatzle	24  Vegetable Lasagna V Meat Lasagna Garlic Bread Deb Sandler	25 Gemelli Pasta w/Meatballs & Marinara Sauce Zucchini Dave McInnis	26 Beef Enchiladas Rice Corn & Tomatoes Country Gentlemen	27 Turkey Tetrazzini Cavatappi Pasta Swingtime
30 No Lunch Served Cohen Community Center closed				

All meals come with, salad, fruit, dessert and coffee/milk

Please note that the menu is subject to change.

Spectrum Generations' Cohen Community Center is located at 22 Town Farm Rd., Hallowell

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' Cohen Community Center

Activities: September 2019 ☆ special event/by appointment

Mon	Tue	Wed	Thu	Fri
<p>2 Center Closed</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 & Crocheting</p>	<p>4</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>5</p> <p>9:30 a.m. Discussion Series: <i>The Frances Perkins Center</i></p> <p>1:00 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>1:00 p.m. Mexican Train Dominos</p>	<p>10</p> <p>9:00 a.m. Rug Hooking</p> <p>☆ 10:00 a.m. Ask the Financial Advisor</p> <p>12:00 pm. Family Care Givers Support</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting & Crocheting</p>	<p>11</p> <p>☆ 9:00 a.m. Ask The Lawyer</p> <p>9:00 a.m. Mystic Soul</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>12</p> <p>1:00 p.m. Bridge</p> <p>☆ 1:00 p.m. Medicare 101</p>	<p>13</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>16</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>1:00 p.m. Mexican Train Dominos</p>	<p>17</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting & Crocheting</p>	<p>18</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>19</p> <p>☆ 10:00 a.m. Cell Phone Class</p> <p>1:00 p.m. Bridge</p>	<p>20</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>23</p> <p>☆ 8:30 a.m. Medicare 101</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p> <p>1:00 p.m. Mexican Train Dominos</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 & Crocheting</p>	<p>25</p> <p>☆ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>26</p> <p>9:30 a.m. Pathways Rehabilitation Services will discuss driving after recovering from medical conditions.</p> <p>1:00 p.m. Bridge</p>	<p>27</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>30</p> <p>Cohen Community Center will be closed for our Annual Employee Retreat</p>				

