





# Cohen Dining Menu

**November 2017**

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
30 <b>November</b> 	31	1 Spaghetti & Meatballs	2 Chicken Pot Pie 🎵 <i>Country Gentleman</i>	3 American Chop Suey 🎵 Bonnie Hendsbee
6 Roast Chicken Dinner With Stuffing \$6.50 Cost For All	7 Beef Stew	8 Stuffed Haddock 🎵 Deb Sandler	9 Pork Stir Fry Swingtime  Veterans Eat Free.	
13 Seafood Lasagna \$6.50 Cost For All 🎵 Mike Theriault	14 Turkey Chili 🎵 Bonnie Hendsbee	15 Beef and Pepper Medley	16 Baked Ham 🎵 Country Gentlemen	17 Chicken Parmesan 🎵 Dave Fisher
20 Turkey Dinner With Stuffing \$6.50 Cost For All	21 Pork Stir Fry 🎵 Deb Sandler	22 Shepherd's Pie 🎵 Dave McInnis	23 Closed on Thursday and Friday  24 HAPPY THANKSGIVING	
27 Baked Stuff Haddock \$6.50 Cost For All	28 American Chop Suey	29 Chicken Pot Pie 🎵 Mike Theriault	30 Ham and Corn Chowder 🎵 Swingtime	1 

**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.

\*\*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)**




SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER

# Cohen Center Activities

November 2017

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
30 	31	1 12:30 p.m. Mahjong 1:00 p.m. Game Day	2 ★ 8:30 a.m. Matter of Balance Coach Training ★ 10:15 a.m. Meditation Class 1:00 p.m. Bridge	3 ★ 8:30 a.m. Matter of Balance Coach Training 9:00 a.m. TOPS 12:30 p.m. Book Club
6 12:00 p.m. Blood Pressure Screening 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	7 9:00 a.m. Rug hooking 11:30 a.m. Pumpkin Pie Challenge ★ 12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting ★ 4:00 p.m. Diabetes Prevention Program	8 ★ 9:00 a.m. Ask The Lawyer ★ 10:45 a.m. One-on-one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day ★ 1:30 p.m. Balance & Tone With Kim	9 9:00 a.m. TOPS 1:00 p.m. Bridge 1:00 p.m. Spirit Readings	10 
13 ★ 10:00 a.m. Foot Care Clinic 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	14 9:00 a.m. Rug hooking 11:30 a.m. Chicken Dance 12:00 p.m. Caregiver Support Group ★ 12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving Carving 1:00 p.m. Knitting/Crocheting ★ 4:00 p.m. Diabetes Prevention Program	15 ★ 10:45 a.m. One-on-one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day ★ 1:30 p.m. Balance & Tone With Kim	16 1:00 p.m. Bridge	17 9:00 a.m. TOPS 12:30 p.m. Book Club
20 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	21 9:00 a.m. Rug hooking 11:30 a.m. "Leaf Your Stress Go" ★ 12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting ★ 4:00 p.m. Diabetes Prevention	22 ★ 10:45 a.m. One-on-one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day ★ 1:30 p.m. Balance & Tone With Kim	23 24 Closed on Thursday and Friday  HAPPY THANKSGIVING	
27 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	28 9:00 a.m. Rug hooking 11:30 a.m. Get your Game On. ★ 12:30 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting ★ 4:00 p.m. Diabetes Prevention Program	29 ★ 10:45 a.m. One-on-one computer lessons 12:30 p.m. Mahjong 1:00 p.m. Game Day ★ 1:30 p.m. Balance & Tone With Kim	30 ★ 10:00 a.m. Foot Care Clinic 1:00 p.m. Bridge	1



Spectrum Generations is an Equal Opportunity Provider.

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