


Muskie Dining Menu

August 2017

Lunch is offered to the public from 11:30 a.m. – 1:00 p.m., Monday—Friday

Mon	Tue	Wed	Thu	Fri
 <p>The United Way generously supports Spectrum Generations' Nutrition Program.</p>	1 Cheese Stuffed Shells in Sauce Zucchini Dessert	2 Cheeseburger Oven Fries Corn Dessert	3 Roast Pork Mashed Potato Green Beans Dessert \$6.50	4 Seasoned Haddock Rice Pilaf Vegetable Medley Dessert
7 Chicken Fingers Macaroni & Cheese Summer Vegetable Dessert	8 BBQ Riblet Baked Beans Zucchini Dessert	9 Deli Sandwiches Potato Salad Dessert	10 Baked Chicken Mashed Potato Carrots Dessert \$6.50	11 Salmon Fillet Mashed Potato Summer Squash Dessert
14 Spaghetti & Meatballs Vegetable Medley Dessert	15 Ham & Scalloped Potato Casserole Carrots Dessert	16 Beef Stroganoff Noodles Zucchini Dessert	17 BBQ Pork & BBQ Chicken Potatoes Coleslaw Dessert \$6.50	18 Seafood Newberg in Puff Pastry Green Beans Seasoned Rice Dessert
21 Swedish Meatballs Noodles Beets Dessert	22 Chicken Stir Fry Rice Carrots Dessert	23 Stuffed Peppers Rice Pilaf Summer Squash Dessert	24 Chicken Kiev Mashed Potato Vegetable Medley Dessert \$6.50	25 Lemon Herb Haddock Parsley Potatoes Zucchini Dessert
28 Cabbage Casserole Chive Potatoes Beets Dessert	29 Chicken Salad Potato Salad Summer Vegetable Dessert	30 Shepherds Pie Peas & Carrots Dessert	31 Turkey Roll Up with Stuffing & Gravy Mashed Potato Green Beans Dessert \$6.50	Breakfast Buffet every Friday from 8:00 a.m. - 10:00 a.m. Breakfast cost is \$5.50.

Thursdays are catered by Cohen on the Meadows Catering and \$6.50 is required by all.

Monday—Wednesday and on Fridays, a donation of \$5.00/meal for individuals 60 and older is appreciated.

If under age 60, a fee of \$6.50 is required. (Unless noted otherwise) Water, soda, coffee, and muffins available daily for \$1.00+ tax. Cash, check, credit and EBT cards are accepted.

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.

Muskie Center Activities

August 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service, pre-registration required.</p>	<p>2</p> <p>9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1</p>	<p>3</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>4</p> <p>8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1</p>
<p>7</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>8</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service, pre-registration required.</p>	<p>9</p> <p>9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1</p>	<p>10</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>11</p> <p>8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1 ★ 2:00-3:00 p.m. Medicare Clinic Pre-registration required.</p>
<p>14</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>15</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service, Pre-registration required.</p>	<p>16</p> <p>9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:00 p.m. Family Caregiver support group 12:30 p.m. Cribbage, \$1</p>	<p>17</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00 Exercise and COPD Workshop, Robin Maginn, Senior Personal Trainer</p>	<p>18</p> <p>8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1 ★ 12:30 p.m. Remember Me Readings, Pre-register</p>
<p>21</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>22</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service Pre-registration required.</p>	<p>23</p> <p>9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1</p>	<p>24</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>25</p> <p>8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1</p>
<p>28</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>29</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service Pre-registration required.</p>	<p>30</p> <p>9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1 ★ Belfast Trip Pre-registration required.</p>	<p>31</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	



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