


Muskie Dining Menu

May 2017

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

Mon	Tue	Wed	Thu	Fri
1 Macaroni & Cheese Chicken Fingers Broccoli Dessert	2 BBQ Riblet Baked Beans Green Beans Dessert	3 Soup & Sandwich Coleslaw Salad Chips Dessert	4 Baked Chicken Mashed Potato Corn Dessert \$6.50	5 Lemon Herb Haddock Baked Potato Green Beans Dessert
8 Spaghetti & Meatballs Vegetable Medley Dessert	9 Ham & Potato Casserole Carrots Dessert	10 Beef Stroganoff Noodles Zucchini Dessert	11 Mother's Day Roast Pork & Haddock Scalloped Potatoes Carrots Dessert \$6.50	12 Seafood Newburg over Puff Pastry Seasoned Rice Vegetable Medley Dessert
15 Swedish Meatballs Noodles Seasonal Vegetable Dessert	16 Chicken Stir Fry Rice Carrots Dessert	17 Pork Fritter Mashed Potato Green Beans Dessert	18 Turkey Dinner with all the Fixings Green Beans Dessert \$7.00	19 Seasoned Haddock Chive Potatoes Zucchini Dessert
22 Chicken Parmesan Mashed Potato Broccoli Dessert	23 Deli Day Assorted Sandwiches Soups Salads Dessert	24 Lasagna Summer Vegetables Dessert	25 Shepherd's Pie Peas & Carrots Dessert \$6.50	26 Salmon Pie Scalloped Potato Broccoli Dessert
29 Closed Memorial Day	30 Ham Sweet Potato Corn Dessert	31 Chicken Lorraine Rice Carrots Dessert	 <p>LIVE UNITED The United Way generously supports Spectrum Generation's Nutrition Program.</p>	<p>Breakfast each Friday from 8:00 - 10:00 a.m. Breakfast is \$5.50. Breakfast sandwiches are made to order Monday - Friday for \$2.00</p>

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 suggested. 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

May 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>2</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters, \$1 1:00 p.m. Hand & Foot, \$1 ★ 1 & 2:00 p.m. Computer lesson, \$7 Pre-register ★ 1:00 p.m. Medicare 101, pre-registration required ★ 1:00 p.m. Notary Service pre-registration required.</p>	<p>3</p> <p>8:00 a.m. Tai Chi 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>4</p> <p>8:30 a.m. Yoga, \$5 11:00 p.m. Bridge, \$2 ★ 12:00-2:30 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>5</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>8</p> <p>8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>9</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters & Crafts, \$1 1:00 p.m. Hand & Foot game, \$1 ★ 1:00 p.m. Notary Service, pre-registration required. ★ 1:00 & 2:00 p.m. Computer Lesson, \$7 Pre-registration required.</p>	<p>10</p> <p>★ 8:30 a.m. Oxford Casino, Pre-registration required. 8:00 a.m. Tai Chi 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>11</p> <p>8:30 a.m. Yoga, \$5 11:00 p.m. Bridge, \$2 ★ 11:00 a.m. Ibis, free presentation ★ 12:00-2:00 p.m. Robin Maginn, Senior Personal Trainer ★ 2:00 p.m. It's All About the Arms, \$10 exercise class pre-registration required</p>	<p>12</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>15</p> <p>8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>16</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot game \$1 ★ 1:00 p.m. Notary Service, pre-registration required. ★ 1:00 & 2:00 p.m. Computer Lesson Pre-registration required.</p>	<p>17</p> <p>8:00 a.m. Tai Chi 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>18</p> <p>8:30 a.m. Yoga, \$5 11:00 p.m. Bridge, \$2 ★ 12:00-2:30 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>19</p> <p>8:00 a.m. Public breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 ★ 12:30 p.m. Remember Me Readings, \$25 pre-registration required. 1:00 p.m. 63 card game, \$1</p>
<p>22</p> <p>8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>23</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. ★ 1 & 2:00 p.m. Computer lesson. Pre-register ★ 5:30 p.m. Medicare 101, pre-registration required</p>	<p>24</p> <p>8:00 a.m. Tai Chi 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>25</p> <p>8 - 3:00 p.m. Plant, Jewelry, White Elephant Sale 8:30 a.m. Yoga, \$5 ★ 12:00-2:30 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>26</p> <p>8:00 a.m. Public breakfast, \$5.50 8 - 3:00 p.m. Plant, Jewelry, White Elephant Sale 9:00 a.m. Richard Simmons Workout \$1 1:00 p.m. 63 card game, \$1</p>
<p>29</p> <p>Closed Memorial Day</p>	<p>30</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters & Crafts, \$1 1:00 p.m. Hand & Foot game, \$1 ★ 1:00 p.m. Matter of Balance, pre-registration required. ★ 1:00 p.m. Notary pre-registration required. ★ 1 & 2:00 p.m. Computer Lesson, pre-register</p>	<p>31</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>		



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