


Muskie Dining Menu

April 2018

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

Mon	Tue	Wed	Thu	Fri
2 Veal Parmesan Mashed Potato Green Beans Dessert	3 Chicken Pot Pie Over Biscuits Carrots Dessert	4 Pork Fritter Roasted Potatoes Beets Dessert	5 Chicken Cordon Bleu Vegetable Medley Spinach Dessert \$6.50	6 Buttercrumb Haddock Rice Pilaf Corn Dessert
9 Stuffed Cabbage Casserole Roasted Potato Beets Dessert	10 Ham & Potato Casserole Carrots Dessert	11 Chicken Lorraine Rice Vegetable Medley Dessert	12 Baked Ham Mashed Potato Glazed Carrots Dessert \$6.50	13 Salmon Pie Mashed Potato Vegetable Medley Dessert
16 Fish Fillet Sandwich Oven Fries Coleslaw Dessert	17 Italian Sausage Rice Spinach Dessert	18 Chicken & Gravy Mashed Potato or Rice Peas & Carrots Dessert	19 Turkey Dinner with all the Fixings Pumpkin Pie \$7.00	20 Seasoned Haddock Oven Fries Broccoli Dessert
23 Swedish Meatballs Mashed Potatoes Beets Dessert	24 Chicken Patty Sandwich Oven Fries Coleslaw Dessert	25 Meatloaf Mashed Potato Carrots Dessert	26 Beef Tips Mashed Potato/Rice Peas & Carrots Dessert \$6.50	27 Buttercrumb Haddock Parsley Potatoes Mixed Vegetable Dessert
30 Chicken Fingers Macaroni & Cheese Broccoli Dessert			 <p>The United Way generously supports Spectrum Generations' Nutrition Program.</p>	Breakfast Buffet Fridays from 8:00 — 10:00 a.m. Breakfast cost: \$5.50

Thursdays are catered by Cohen on the Meadows Catering \$6.50 is required by all, \$7.00 for Turkey Dinner. 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

April 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
<p>2 9:00 a.m. Richard Simmons Workout, \$1 ★2:00 - 3:00 p.m. Healthy Food for Every Age class. Pre-register</p>	<p>3 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★10:00 a.m. Computer Class. Pre-register. 1:00 pm Hand & Foot \$1 ★1:00 p.m. Notary Service, pre-register. ★1:00-3:00pm Medicare Clinic, Pre-register</p>	<p>4 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>5 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>6 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>9 9:00 a.m. Richard Simmons Workout, \$1 ★2:00 - 3:00 p.m. Healthy Food for Every Age class</p>	<p>10 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★10:00 a.m. Computer Class. Pre-registration required. 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service, pre-registration required.</p>	<p>11 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>12 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>13 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>16 9:00 a.m. Richard Simmons Workout, \$1 ★2:00 - 3:00 p.m. Healthy Food for Every Age class</p>	<p>17 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★10:00 a.m. Computer Class. Pre-register 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service, Pre-register</p>	<p>18 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>19 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>20 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 ★12:30 Remember Me Readings. Pre-register 1:00 p.m. 63 Card Game, \$1 ★1:00-3:00 Medicare Clinic. Pre-Register</p>
<p>23 9:00 a.m. Richard Simmons Workout, \$1 ★2:00 - 3:00 p.m. Healthy Food for Every Age class</p>	<p>24 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★10:00 a.m. Computer Class. Pre-register. 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service Pre-register</p>	<p>25 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>26 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>27 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>30 9:00 a.m. Richard Simmons Workout, \$1</p>				<p>LIVE UNITED  The United Way Generously supports Spectrum Generations' Nutrition Program.</p>



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