


# Muskie Dining Menu

August 2018

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>	<b>Breakfast Buffet Fridays</b> from 8:00 — 10:00 a.m. Breakfast cost: <b>\$5.50</b>	<b>1</b> Cheeseburger Oven Fries Corn Dessert	<b>2</b> Roast Pork Mashed Potato Green Beans Dessert <b>\$6.50</b>	<b>3</b> Seasoned Haddock Rice Pilaf Vegetable Medley Dessert
<b>6</b> Chicken Fingers Macaroni & Cheese Summer Vegetable Dessert	<b>7</b> Sliced Lemon-Pepper Turkey Baked Potato Zucchini Dessert	<b>8</b> Deli Sandwiches Potato Salad Dessert	<b>9</b> Baked Chicken Mashed Potato Carrots Dessert <b>\$6.50</b>	<b>10</b> Salmon Fillet Mashed Potato Summer Squash Dessert
<b>13</b> Spaghetti & Meatballs Vegetable Medley Dessert	<b>14</b> Ham & Scalloped Potato Casserole Carrots Dessert	<b>15</b> Beef Stroganoff Noodles Zucchini Dessert	<b>16</b> BBQ Pork BBQ Chicken Potatoes Coleslaw Dessert <b>\$6.50</b>	<b>17</b> Seafood Newberg in Puff Pastry Seasoned Rice Green Beans Dessert
<b>20</b> Swedish Meatballs Noodles Beets Dessert	<b>21</b> Chicken Stir Fry Rice Carrots Dessert	<b>22</b> Stuffed Peppers Rice Pilaf Summer Squash Dessert	<b>23</b> Chicken Cordon Bleu Mashed Potatoes Vegetable Medley Dessert <b>\$6.50</b>	<b>24</b> Lemon Herb Haddock Parsley Potatoes Zucchini Dessert
<b>27</b> Cabbage Casserole Chive Potatoes Beets Dessert	<b>28</b> Chicken Salad Potato Salad Summer Vegetable Dessert	<b>29</b> Shepherds Pie Peas & Carrots Dessert	<b>30</b> Lobster Luncheon <b>Ticket purchase at reception required.</b> <b>\$10 Single, \$16 Twin</b>	<b>31</b> Salmon Pie Scalloped Potato Summer Vegetable Dessert

**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

August 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
 <p>The United Way Generously supports Spectrum Generations' Nutrition Program.</p>		<p><b>1</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3</p>	<p><b>2</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2</p>	<p><b>3</b>  <b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 Card Game, \$1</p>
<p><b>6</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1</p>	<p><b>7</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★ <b>1:00 p.m.</b> Notary Public, Appointment required.  ★ <b>1:00 - 3:00 p.m.</b> Medicare Clinic, Pre-registration required</p>	<p><b>8</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3</p>	<p><b>9</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2</p>	<p><b>10</b>  <b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  ★ <b>10:00 p.m.</b> KVCAP Energy Saving Program Presentation. Free &amp; open to Public, Pre-register.  <b>1:00 p.m.</b> 63 Card Game, \$1</p>
<p><b>13</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1</p>	<p><b>14</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★ <b>1:00 p.m.</b> Notary Public, Appointment required.</p>	<p><b>15</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3  <b>12:00 p.m.</b> Family Caregiver Support Group, Open to Public!</p>	<p><b>16</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2</p>	<p><b>17</b>  <b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  ★ <b>12:30</b> Remember Me Readings. Pre-register  <b>1:00pm</b> 63 Card Game, \$1</p>
<p><b>20</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1</p>	<p><b>21</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★ <b>1:00 p.m.</b> Notary Public, Appointment required.</p>	<p><b>22</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>9:30 a.m.</b> Speak French Social Hour, \$3</p>	<p><b>23</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2</p>	<p><b>24</b> <b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 Cards \$1</p>
<p><b>27</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  ★ <b>10:00 a.m.</b> Digital Camera &amp; Cellphone Workshop. Appointment required.</p>	<p><b>28</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>9:45 a.m.</b> Quilters \$1  <b>1:00 p.m.</b> Hand &amp; Foot \$1  ★ <b>1:00 p.m.</b> Notary Public, Appointment required.</p>	<p><b>29</b>  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  ★ <b>9:00 p.m.</b> Fort Edgemcobe State Park Trip, Pre-register.  <b>9:30 a.m.</b> Speak French Social Hour, \$3</p>	<p><b>30</b>  <b>8:30 a.m.</b> Yoga, \$5  <b>11:00 a.m.</b> Bridge, \$2</p>	<p><b>31</b>  <b>8:00 a.m.</b> Public Breakfast, \$5.50  <b>9:00 a.m.</b> Richard Simmons Workout, \$1  <b>1:00 p.m.</b> 63 Card Game, \$1</p>



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