


Muskie Dining Menu

February 2018

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

Mon	Tue	Wed	Thu	Fri
			1 Roast Pork Mashed Potato Corn Dessert \$6.50	2 Lemon Herb Haddock Oven Fries Beets Dessert
5 Chicken Fingers Macaroni & Cheese Broccoli Dessert	6 Baked Chicken Parsley Potatoes Corn Dessert	7 BBQ Pork Baked Beans Vegetable Medley Dessert	8 Beef Tips Rice/Mashed Potato Green Beans Dessert \$6.50	9 Salmon Pie Chive Potatoes Carrots Dessert
12 Chicken Parmesan Mashed Potato Green Beans Dessert	13 Chicken Pot Pie in Puff Pastry Carrots Dessert	14 Baked Ham Scalloped Potatoes Beets Dessert	15 Turkey Dinner with all the Fixings Pumpkin Pie \$7.00	16 Haddock Roasted Potato Mixed Vegetable Dessert
19 Closed Presidents Day	20 Ham & Potato Casserole Carrots Dessert	21 Stuffed Cabbage Casserole Roasted Potatoes Beets Dessert	22 Pork Chop with Stuffing Mashed Potato Buttery Corn Dessert	23 Salmon Fillet Oven Fries Vegetable Medley Dessert
26 Veal & Gravy Mashed Potato Peas & Carrots Dessert	27 Beef Stew in a Bread Bowl Roasted Carrots & Parsnips Dessert	28 Chicken & Gravy Seasoned Rice Peas & Onions Dessert	 The United Way generously supports Spectrum Generations' Nutrition Program.	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

February 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
1			1 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer	2 National Wear Red Day! 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1
5 9:00 a.m. Richard Simmons Workout, \$1	6 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.	7 9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1	8 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer	9 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 9:00 a.m. Richard Simmons Workout, \$1 ★9:00-10:00 p.m. Tai Chi Class. Pre-register.	13 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 ★1:00-3:00 p.m. Medicare Clinic. Pre-Register	14 9:00 a.m. Richard Simmons Workout, \$1 ★9:00-10:00 p.m. Tai Chi Class. Pre-register. 9:30 a.m. Speak French Social Hour, \$3 12:00 p.m. Family Caregiver support group 12:30 p.m. Cribbage, \$1 required.	15 8:30 a.m. Yoga, \$5 ★9:00-12:30 p.m. Free Beltone Hearing Clinic. Pre-register. 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer	16 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1
19 9:00 a.m. Richard Simmons Workout, \$1 ★9:00-10:00 p.m. Tai Chi Class. Pre-register.	20 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	21 9:00 a.m. Richard Simmons Workout, \$1 ★9:00-10:00 p.m. Tai Chi Class. Pre-register. 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1	22 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer	23 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1
26 9:00 a.m. Richard Simmons Workout, \$1 ★9:00-10:00 p.m. Tai Chi Class. Pre-register.	27 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-registration required. ★1:00-3:00 Medicare Clinic. Pre-Register	28 9:00 a.m. Richard Simmons Workout, \$1 ★9:00-10:00 p.m. Tai Chi Class. Pre-register. 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1		 <p>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.