


Muskie Dining Menu

January 2018

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

Mon	Tue	Wed	Thu	Fri
1 Closed for New Year's Day	2 Ham & Scalloped Potato Casserole Glazed Carrots Dessert	3 Stuffed Peppers Parsley Potatoes Beets Dessert	4 Stuffed Turkey Roll Mashed Potato Green Beans Dessert \$6.50	5 Lemon Herb Haddock Chive Potatoes Vegetable Medley Dessert
8 Veal & Gravy Roasted Potatoes Green Beans Dessert	9 Beef Tips Roasted Carrots & Parsnips Dessert	10 Chicken & Gravy Mashed Potatoes Buttered Peas Dessert	11 Baked Ham Sweet Potato Green Beans Dessert \$6.50	12 Salmon Pie Roasted Potatoes Broccoli Dessert
15 MLK Breakfast Closed For Lunch	16 Lasagna Vegetable Medley Dessert	17 Meatloaf Mashed Potato Carrots Dessert	18 Turkey Dinner with all the Fixings Pumpkin Pie \$7.00	19 Seasoned Haddock Roasted Potato Vegetable Medley Dessert
22 Salisbury Steak Rice Pilaf Green Beans Dessert	23 Chicken Cordon Bleu Parsley Potatoes Carrots Dessert	24 Stuffed Cabbage Casserole Roasted Potatoes Beets Dessert	25 Pot Roast Mashed Potato Peas & Onions Dessert	26 Salmon Fillet Chive Potatoes Zucchini Dessert
29 Spaghetti & Meatballs Carrots Dessert	30 Chicken Stir Fry Rice Vegetable Medley Dessert	31 Shepherds Pie Green Beans 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

January 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Closed for New Year's Day</p>	<p>2</p> <p>8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service, pre-registration required.</p>	<p>3</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>4</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 \$5, Pre-Register ★1:00-2:00 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>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>9</p> <p>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>10</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>11</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 \$5, Pre-Register ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</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>9:00 a.m. Richard Simmons Workout, \$1 ★1:00-3:00 p.m. Medicare Clinic. Pre-registration required</p>	<p>16</p> <p>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>17</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 required.</p>	<p>18</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 \$5, Pre-register. ★1:00-2:00 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, Pre-register 1:00 p.m. 63 card game, \$1 ★1:00-3:00 p.m. Medicare Clinic. Pre-Register</p>
<p>22</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>23</p> <p>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 Medicare Clinic. Pre-Register</p>	<p>24</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>25</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 \$5, Pre-Register ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>26</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 ★10:00-11:00 a.m. Free Legal presentation with John Nale, Pre-register</p>
<p>29</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>30</p> <p>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>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>	<p>LIVE UNITED</p>  <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.