



# Muskie Dining Menu

July 2017

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

Mon	Tue	Wed	Thu	Fri
3 Chicken Stir Fry Seasoned Rice Carrots Dessert	4 <b>CLOSED</b> <b>Independence Day!</b> 	5 Pork Fritter Mashed Potato Green Beans Dessert	6 Baked Ham Sweet Potato Corn Dessert <b>\$6.50</b>	7 Seasoned Haddock Chive Potatoes Zucchini Dessert
10 Chicken Parmesan Mashed Potato Broccoli Dessert	11 Deli Day Assorted Sandwiches & Salads Soup Dessert	12 Shepherds Pie Peas & Carrots Dessert	13 Sliced Turkey & Stuffing Roll Up Mashed Potato Green Beans Dessert <b>\$6.50</b>	14 Salmon Fillet Scalloped Potato Broccoli Dessert
17 Chicken Kiev Rice Pilaf Cauliflower Dessert	18 Sliced Ham Mashed Potato Corn Dessert	19 Chicken Lorraine Seasoned Rice Carrots Dessert	20 Pot Roast Mashed Potato Green Beans Dessert <b>\$6.50</b>	21 Lemon Herb Haddock Rice Pilaf Vegetable Medley Dessert
24 Baked Beans & Franks Coleslaw Beets Dessert	25 Roast Leg of Lamb Mashed Potato Vegetable Medley Dessert	26 Meatloaf Mashed Potato Peas & Carrots Dessert	27 Baked Chicken Roasted Potatoes Corn Dessert <b>\$6.50</b>	28 Salmon Pie Scalloped Potato Carrots Dessert
31 Chicken Pot Pie over Biscuit Carrots Dessert			<b>LIVE UNITED</b>  The United Way generously supports Spectrum Generation's Nutrition Program.	<b>Breakfast Buffet</b> <b>every Friday</b> from 8:00 a.m. - 10:00 a.m. Breakfast cost is <b>\$5.50.</b>

**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

July 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>4 <b>CLOSED</b> <i>Independence Day!</i></p> 	<p>5</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>6</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★12:00-12:45 p.m. Get Up &amp; Go, Exercise Class, Pre-registration required. ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>7</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>10</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>11</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand &amp; Foot \$1 ★1:00 p.m. Notary Service, pre-registration required. ★1:00-3:00 p.m. Medicare Clinic, Pre-registration required.</p>	<p>12</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>13</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★12:00-12:45 p.m. Get Up &amp; Go, Exercise Class, Pre-registration required. ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer ★2:00-3:00 p.m. It's All About Posture Class with Robin Maginn, Senior Personal Trainer. Pre-registration required.</p>	<p>14</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 ★1:30-3:00 p.m. The Joke Doctor, Tickets required.</p>
<p>17</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>18</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand &amp; Foot \$1 ★1:00 p.m. Notary Service, Pre-registration required.</p>	<p>19</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</p>	<p>20</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★12:00-12:45 p.m. Get Up &amp; Go, Exercise Class, Pre-registration required. ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>21</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 ★12:30 p.m. Remember Me Readings, Pre-register</p>
<p>24</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>25</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters \$1 1:00 p.m. Hand &amp; Foot \$1 ★1:00 p.m. Notary Service Pre-registration required.</p>	<p>26</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>27</p> <p>8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★12:00-12:45 p.m. Get Up &amp; Go, Exercise Class, Pre-registration required. ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>28</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>31</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>				



Spectrum Generations is an Equal Opportunity Provider.

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