


Muskie Dining Menu

June 2017

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 Generation's Nutrition Program.</p>	<p>Breakfast each Friday from 8:00 - 10:00 a.m. Breakfast is \$5.50. Breakfast sandwiches are made to order Monday - Friday for \$2.00</p>		<p>1</p> <p>Pot Roast Mashed Potato Green Beans Dessert \$6.50</p>	<p>2</p> <p>Lemon Herb Haddock Rice Pilaf Vegetable Medley Dessert</p>
<p>5</p> <p>Baked Beans & Franks Coleslaw Beets Dessert</p>	<p>6</p> <p>Roast Beef Mashed Potato Vegetable Medley Dessert</p>	<p>7</p> <p>Chicken Cacciatore Pasta Broccoli Dessert</p>	<p>8</p> <p>Meatloaf Mashed Potato Peas & Carrots Dessert \$6.50</p>	<p>9</p> <p>Salmon Fillet Mashed Potato Carrots Dessert</p>
<p>12</p> <p>Chicken Pot Pie over Biscuit Carrots Dessert</p>	<p>13</p> <p>Stuffed Cabbage Casserole Zucchini Dessert</p>	<p>14</p> <p>Cheeseburger Corn Oven Fries Dessert</p>	<p>15</p> <p>Turkey Dinner with all the fixings Dessert \$7.00</p>	<p>16</p> <p>Herb & Butter Haddock Parsley Potato Corn Dessert</p>
<p>19</p> <p>Chicken Fingers Macaroni & Cheese Broccoli Dessert</p>	<p>20</p> <p>Baked Ham Baked Beans Green Beans Dessert</p>	<p>21</p> <p>Chicken & Gravy Mashed Potatoes Carrots Dessert</p>	<p>22</p> <p>Roast Pork Mashed Potatoes Summer Squash Dessert \$6.50</p>	<p>23</p> <p>Salmon Pie Rice Pilaf Beets Dessert</p>
<p>26</p> <p>Spaghetti & Meatballs Vegetable Medley Dessert</p>	<p>27</p> <p>Ham & Scalloped Potato Casserole Carrots Dessert</p>	<p>28</p> <p>Beef Stroganoff Noodles Zucchini Dessert</p>	<p>29</p> <p>Baked Chicken Scalloped Potato Carrots Dessert \$6.50</p>	<p>30</p> <p>Lemon Herb Haddock Rice Pilaf Vegetable Medley Dessert</p>

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

June 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
			<p>1</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, Pre-registration required. ★ 1:00 p.m. Matter of Balance, pre-registration</p>	<p>2</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>5</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>6</p> <p>9:00 a.m. Quilters, \$1 1:00 p.m. Hand & Foot \$1 ★ 10:00 & 11:00 a.m. Computer Lesson Pre-registration required. ★ 1:00 p.m. Notary Service, pre-registration required. ★ 1:00 p.m. Matter of Balance, pre-registration required. ★ 1:00-3 p.m. Medicare Clinic, pre-register.</p>	<p>7</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>8</p> <p>11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer ★ 1:00 p.m. Matter of Balance, pre-registration required. ★ 2:00-3:00 p.m. It's All About the Posture, Class with Robin Maginn, Senior</p>	<p>9</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>12</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>13</p> <p>9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 10:00 & 11:00 a.m. Computer Lesson Pre-registration required. ★ 1:00 p.m. Notary Service, pre-registration required. ★ 1:00 p.m. Matter of Balance, pre-registration required.</p>	<p>14</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>15</p> <p>11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer ★ 1:00 p.m. Matter of Balance, pre-registration required.</p>	<p>16</p> <p>8:00 a.m. Public breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 Pre-registration required. 1:00 p.m. 63 card game, \$1</p>
<p>19</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>20</p> <p>9:00 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★ 10:00 & 11:00 a.m. Computer Lesson Pre-registration required. ★ 1:00 p.m. Notary Service, pre-register. ★ 1:00 p.m. Matter of Balance, pre-register. ★ 5:00-7 p.m. Medicare Clinic, pre-register.</p>	<p>21</p> <p>★ 9:00 a.m. Elder Abuse Presentation, pre-registration required. 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>22</p> <p>11:00 a.m. Bridge, \$2 ★ 12:00-12:45 p.m. Get Up & Go, Exercise Class, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer ★ 1:00 p.m. Matter of Balance, pre-registration</p>	<p>23</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>26</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>27</p> <p>8:30 a.m. Yoga, \$5 9:00 a.m. Quilters, \$1 1:00 p.m. Hand & Foot \$1 ★ 10:00 & 11:00 a.m. Computer Lesson Pre-registration required. ★ 1:00 p.m. Notary pre-registration required.</p>	<p>28</p> <p>★ 8:30 a.m. Botanical Garden Trip, pre-registration required. 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>29</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, Pre-registration required. ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>30</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>



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