


Muskie Dining Menu

May 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>	1 BBQ Riblet Baked Beans Green Beans Dessert	2 Soup & Sandwich Coleslaw Salad Chips Dessert	3 Baked Chicken Mashed Potato Corn Dessert \$6.50	4 Lemon Herbed Haddock Baked Potato Green Beans Dessert
7 Spaghetti & Meatballs Vegetable Medley Dessert	8 Ham & Potato Casserole Carrots Dessert	9 Beef Stroganoff Noodles Zucchini Dessert	10 Mothers Day Roast Pork Haddock Scalloped Potatoes Carrots, & Dessert \$7.00	11 Seafood Newburg Puff Pastry Seasoned Rice Vegetable Medley Dessert
14 Swedish Meatballs Noodles Seasonal Vegetable Dessert	15 Chicken Stir Fry Rice Carrots Dessert	16 BBQ Pork Riblets Baked Beans Green Beans Dessert	17 Turkey Dinner with All the Fixings Pumpkin Pie \$7.00	18 Seasoned Haddock Chive Potatoes Zucchini Dessert
21 Chicken Parmesan Mashed Potato Broccoli Dessert	22 Chicken Salad Sandwich Soup Du jour Potato Salad Coleslaw Dessert	23 Shepherds Pie Peas & Carrots Dessert	24 Memorial Day Hamburgers & Hotdogs Soup Du Jour, Corn Oven Fries, Dessert \$6.50	25 Salmon Pie Scalloped Potato Broccoli Dessert
28 Closed Memorial Day	29 Ham Sweet Potato Corn Dessert	30 Chicken Lorraine Rice Carrots Dessert	31 Pot Roast Mashed Potato Green Beans Dessert \$6.50	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

May 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
	<p>1 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★10:00 a.m. Computer Class. Pre-register. 1:00 pm Hand & Foot \$1 ★1:00 p.m. Notary Service, pre-register.</p>	<p>2 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>3 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>4 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>7 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>8 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. ★ 1:00-3:00 Medicare Clinic. Pre-Register</p>	<p>9 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>10 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>11 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>14 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>15 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</p>	<p>16 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>17 8:00-3:00 p.m. Plant, Jewelry, White Elephant Sale 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>18 8:00-3:00 p.m. Plant, Jewelry, White Elephant Sale 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 ★12:30 Remember Me Readings. Pre-register 1:00pm 63 Card Game \$1</p>
<p>21 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>22 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</p>	<p>23 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>24 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>25 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>28 Closed Memorial Day</p>	<p>29 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</p>	<p>30 ★9:00 a.m. Augusta Shopping Trip, Pre-register 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>31 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>LIVE UNITED  The United Way Generously supports Spectrum Generations' Nutrition Program.</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.