

Muskie Dining Menu

November 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 Generations' Nutrition Program.</p>		1 Cheese Manicotti Spinach Soup Dessert	2 BBQ Pulled Pork Baked Beans Coleslaw Dessert \$6.50	3 Haddock Scalloped Potato Carrots Dessert
6 Chicken Parmesan Potatoes Green Beans Dessert	7 Chicken Pot Pie Carrots Dessert	8 Stuffing on Pork Chop Baked Potato Mixed Vegetable Dessert	9 Veterans Eat Free Baked Ham, Seasoned Baked Chicken Mashed Potato, Glazed Carrots, Special Dessert \$6.50 Non-Veteran	
13 Cheeseburger Oven Fries Corn Dessert	14 Ham & Potato Casserole Carrots Dessert	15 Chicken Lorraine Mashed Potato Rice Vegetable Medley Dessert	16 Turkey Dinner with all the Fixings Pumpkin Pie \$7.00	17 Lemon Herb Haddock Rice Pilaf Vegetable Medley Dessert
20 Veal & Gravy Mashed Potatoes Green Beans Dessert	21 Italian Sausage and Peppers Seasoned Rice Spinach Dessert	22 Baked Ham Mashed Potato Peas & Carrots Dessert	23 Closed Thanksgiving Day 	24 All Spectrum Generations locations are Closed today
27 Swedish Meatballs Noodles Beets Dessert	28 Traditional Lasagna Spinach Dessert	29 Meatloaf Mashed Potato Green Beans Dessert	30 Seasoned Baked Chicken Chive Potatoes Carrots Dessert \$6.50	Breakfast Buffet Fridays from 8:00 a.m. - 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.


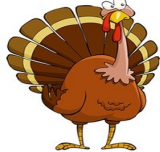

All proceeds from Cohen on the Meadows catering are reinvested into Spectrum Generations' Nutrition programs.
For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

Spectrum Generations is an Equal Opportunity Provider.

Muskie Center Activities

November 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
		<p>1</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>2</p> <p>★ 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>3</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>6</p> <p>9:00 a.m. Richard Simmons Workout, \$1 ★</p>	<p>7</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>8</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>9</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>10</p> 
<p>13</p> <p>9:00 a.m. Richard Simmons Workout, \$1 ★ 1:00-3:00 p.m. Medicare Clinic. Pre-registration required</p>	<p>14</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>15</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>16</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 p.m. It's All About Hip Flexors with Robin Maginn, Senior Personal Trainer</p>	<p>17</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</p>
<p>20</p> <p>9:00 a.m. Richard Simmons Workout, \$1 ★ 10:00-11:30 p.m. Wireless of Maine iPad & iPhone Workshop. Pre-registration required</p>	<p>21</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-register</p>	<p>22</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>23</p> <p>Closed Thanksgiving Day</p> 	<p>24</p> <p>All Spectrum Generations locations are Closed today</p>
<p>27</p> <p>9:00 a.m. Richard Simmons Workout, \$1</p>	<p>28</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>29</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 ★ 9:00 a.m. Holiday Shopping Trip. Pre-registration is required.</p>	<p>30</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>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.