Spectrum Generations' Muskie Community Center

Dining Menu: October 2019

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

Mon	Tue	Wed	Thu	Fri
LIVE UNITED United Way The United Way generously supports Spectrum Generations' Nutrition Program.	1 Baked Cheese Stuffed Shells Spinach Dessert	2 Chicken & Gravy Mashed Potatoes Steamed Peas Dessert	3 Baked Ham Sweet Potato Green Beans Dessert **$6.50**	4 Lemon Herb Haddock Chive Potatoes Vegetable Medley Dessert
7 Veal & Gravy Noodles Green Beans Dessert	8 BBQ Chicken Rice Pilaf Corn Dessert	9 Meatloaf Mashed Potato Carrots Dessert	10 Pot Roast Mashed Potato Corn Dessert **$6.50**	11 Salmon Fillet Rice Pilaf Spinach Dessert
 Closed	15 Chicken Cordon Bleu Parsley Potatoes Butternut Squash Dessert	16 Beef Stroganoff Parsnips & Carrots Dessert	17 Turkey Dinner with all the Fixings Pumpkin Pie **$7.00**	18 Haddock Fillet Roasted Potato Spinach Dessert
21 Spaghetti & Meatballs Carrots Dessert	22 Chicken Teriyaki Rice Cauliflower Dessert	23 Shepherds Pie Green Beans Dessert	24 Roast Pork Mashed Potato Peas & Carrots Dessert **$6.50**	25 Salmon Pie Roasted Potato Carrots Dessert
28 Chicken Fingers Macaroni & Cheese Broccoli Dessert	29 Baked Chicken Parsley Potatoes Corn Dessert	30 Stuffed Peppers Scalloped Potatoes Spinach Dessert	31 Beef Tips Mashed Potatoes Rice, Green Beans Dessert **$6.50**	**Breakfast Buffet Fridays** from 8:00 — 10:00 a.m. Breakfast cost: **$6.00**

Spectrum Generations' Muskie Community Center is located at 38 Gold St., Waterville

Thursdays are catered by Cohen on the Meadows Catering and **$6.50 is required by all, $7.00 for Turkey Dinner.**
Monday—Wednesday and 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.

Spectrum Generations' Muskie Community Center

Activities: October 2019

☆ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
	1 **8:30 a.m.** Yoga, $5 **9:00 a.m.** Quilters $1 ☆**12:30 p.m.** Computer Class $7, Appointment Required **1:00 p.m.** Hand & Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	2 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** Speak French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00 - 3:30p.m.** Cooking Matters for Adults. Pre-Registration required.	3 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	4 **8:00 a.m.** Public Breakfast Buffet, $6.00 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 p.m.** 63 Card Game, $1
7 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 - 3:45 p.m..** Pony Canasta $1	8 **8:30 a.m.** Yoga, $5 **9:00 a.m.** Quilters $1 ☆**12:30 p.m.** Computer Class $7, Appointment Required ☆**1:00 - 3:00p.m.** Medicare Clinic, Pre-Registration required. **1:00 p.m.** Hand & Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	9 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** Speak French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00 - 3:30p.m.** Cooking Matters for Adults. Pre-Registration required.	10 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	11 **8:00 a.m.** Public Breakfast Buffet $6.00 **9:00 a.m.** Richard Simmons Workout, $1 ☆**10:30 - 3:30p.m.** AARP Safe Drivers Course. Pre-Registration required. **1:00 p.m.** 63 Card Game, $1
14 Closed	15 **8:30 a.m.** Yoga, $5 **9:00 a.m.** Quilters $1 ☆**12:30 p.m.** Computer Class $7, Appointment Required **1:00 p.m.** Hand and Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	16 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** Speak French Social Hour, $3 **12:30** Cribbage, $1 **1:00 p.m.** Family Caregiver Support Group, Public! ☆**2:00 - 3:30p.m.** Cooking Matters for Adults. Pre-Registration required.	17 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	18 **8:00 a.m.** Public Breakfast Buffet, $6.00 ☆**8:30** Falls Prevention Screenings. Pre-register **9:00 a.m.** Richard Simmons Workout, $1 ☆**12:30** Remember Me Readings. Pre-register **1:00pm** 63 Card Game, $1
21 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 - 3:45 p.m..** Pony Canasta $1	22 **8:30 a.m.** Yoga, $5 **9:00 a.m.** Quilters $1 ☆**12:30 p.m.** Computer Class $7, Appointment Required **1:00 p.m.** Hand and Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	23 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00 - 3:30p.m.** Cooking Matters for Adults. Pre-Registration required.	24 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	25 **8:00 a.m.** Public Breakfast Buffet, $6.00 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 p.m.** 63 Card Game, $1
28 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 - 3:45 p.m..** Pony Canasta $1	29 **8:30 a.m.** Yoga, $5 **9:00 a.m.** Quilters $1 ☆**12:30 p.m.** Computer Class $7, Appointment Required **1:00 p.m.** Hand and Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	30 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00 - 3:30p.m.** Cooking Matters for Adults. Pre-Registration required.	31 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	LIVE UNITED United Way The United Way Generously supports Spectrum Generations' Nutrition Program.

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