



Cohen Community Center

DINING MENU

May 2024

Lunch is offered to the public 11:00 a.m. to 12:30 p.m. Monday through Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All lunches are served with 1% milk, water, fruit salad, and garden salad.</p>	<p>Community fundraising make the following available: Coffee, tea, desserts</p>	<p>1 Meatloaf & Gravy Mashed Potatoes Peas Dinner Roll</p>	<p>2 Turkey Burger Rice Pilaf Corn <i>The Country Gentlemen</i></p>	<p>3 Beef Franks Baked Beans Beets Dinner Roll</p>
<p>6 Mac & Cheese w/ Ham Broccoli Dinner Roll</p>	<p>7 Teriyaki Chicken Rice Carrots Dinner Roll <i>Paul & Theresa</i></p>	<p>8 Sweet Potato Turkey Chili Zucchini Dinner Roll</p>	<p>9 Sweet & Sour Pork Potatoes Green Beans Dinner Roll</p>	<p>10 Fish Filet Seasoned Rice Corn Dinner Roll</p>
<p>13 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll</p>	<p>14 Chicken Pot Pie Biscuit Carrots Dinner Roll</p>	<p>15 Shepherd's Pie Green Beans Dinner Roll</p>	<p>16 Baked Ham Mashed Potatoes Corn Dinner Roll <i>The Country Gentlemen</i></p>	<p>17 Chicken & Cheese Tortellini Alfredo Mixed Vegetables Dinner Roll</p>
<p>20 Sweet & Sour Meatballs Rice Pilaf Mixed Vegetables Dinner Roll</p>	<p>21 Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll <i>Paul & Theresa</i></p>	<p>22 Black Beans & Sausage Rice Zucchini Dinner Roll</p>	<p>23 BBQ Chicken Tenders Baked Beans Green Beans Dinner Roll</p>	<p>24 Beef Patty w/ Gravy Mashed Potatoes Carrots Dinner Roll</p>
<p>Memorial Day</p>	<p>28 Chicken Stew Biscuit Carrots Dinner Roll</p>	<p>29 Beef Tips Mashed Potatoes Zucchini Dinner Roll</p>	<p>30 Roast Pork Parsley Potatoes Mixed Vegetable's Dinner Roll <i>The Country Gentlemen</i></p>	<p>31 Fish Filet Au Gratin Potatoes Peas Dinner Roll</p>

Monday through Friday Congregate Dining – congregated diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential; congregated diners under 60, a fee of \$7.50 is required (unless noted otherwise).



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ACTIVITIES

May 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	May 20 , 10 a.m.	Volunteer Orientation	Free
	12:30 p.m.	Cribbage	\$3 per person
	12:30 p.m.	Mahjong	\$3 per person
Tuesdays	9 a.m.	Rug Hookers	\$3 per person
	9 a.m.	Wood Carvers	\$3 per person
	May 14 , Noon	Family Caregiver Support Group	Free
	1 p.m.	Knitters	\$3 per person
	3:30 p.m.	Tai Chi ★	\$20 suggested donation
Wednesdays	May 15 , 8 a.m.	AARP Coffee Klatch	Free
	May 15 , 9 a.m.	C.M.P. Power Hour	Free
	May 22 , 9 a.m.	AARP Meeting	Free
	12:30 p.m.	Mahjong	\$3 per person
Thursdays	May 2 , 9:30 a.m.	Medicare 101 ★	\$20 suggested donation
	May 2 , 12:30 p.m.	Parkinson Support Group	Free
	May 9 , 10:30 a.m.— 12:30 p.m.	Equality Maine Luncheon ★	Free
	May 16 , 8 a.m.	Veteran's Services ★	Free
	12:30 p.m.	Quilting & Sewing	\$3 per person
	12:30 p.m.	Hand & Foot and More	\$3 per person
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading ★	\$25 for 30 minutes
	May 3 , 12:30 p.m.	Book Club	\$2 per person

Weather Cancellations & Delays

In the event of bad weather, please call 626-7777 or (800) 639-1553 for a recorded message announcing any agency closings before heading to the Cohen Community Center. Spectrum Generations will announce any delays or closings on our Facebook page as well as: **TV Channels 2, 5, 6, 8, or 13** and on **FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9,** and **AM Radio Station 1160**