



Cohen Community Center

DINING MENU

October 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Teriyaki Chicken Tenders Rice Carrots Dinner Roll	2 Sweet Potato Turkey Chili Zucchini Dinner Roll	3 Beef Stroganoff Egg Noodles Beets Dinner Roll	4 Fish Filet Roasted Potatoes Corn Dinner Roll
7 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll	8 Chicken Broccoli Casserole Biscuit Mixed Vegetables Dinner Roll <i>Paul & Theresa</i>	9 Shepherd's Pie Green Beans Dinner Roll	10 Baked Ham Mashed Potatoes Corn Dinner Roll <i>The Country Gentlemen</i>	11 Chicken & Penne Alfredo Mixed Vegetables Dinner Roll
INDIGENOUS PEOPLES' DAY	15 Turkey Tetrazzini Egg Noodles Carrots Dinner Roll	16 Baked Stuffed Haddock Mashed Potatoes Green Beans Dinner Roll	17 BBQ Chicken Baked Beans Corn Dinner Roll	18 Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll
21 Sausage & Peppers Seasoned Rice Green Beans Dinner Roll	22 Chicken Stew Biscuit Carrots Dinner Roll	23 Beef Tips Mashed Potatoes Broccoli Dinner Roll	24 Roast Pork Roasted Potatoes Mixed Vegetables Dinner Roll <i>The Country Gentlemen</i>	25 Fish Filet Rice Pilaf Peas Dinner Roll
28 Beef Patty Mashed Potatoes Corn Dinner Roll	29 Chicken Parmesan Penne Pasta Spinach Dinner Roll <i>Paul & Theresa</i>	30 New England Style Haddock Rice Pilaf Peas & Carrots Dinner Roll	31 Turkey & Gravy Mashed Potatoes Peas & Carrots Dinner Roll	

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).



Cohen Community Center

ACTIVITIES

October 2024

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	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
	1 p.m.	Bridge	\$3 per person
	1 p.m.	Knitters	\$3 per person
	October 8 , Noon	Family Caregiver Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	October 16 , 8 a.m.	AARP Coffee Klatch	Free
	October 16 , 9 a.m.	C.M.P. Power Hour	Free
	October 23 , 9 a.m.	AARP Lunch & Meeting	Visitors Welcome
	October 30 , 10 a.m.	Vaccine Clinic	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	October 3 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	October 3 , 12:30 p.m.	Parkinson Support Group	Free
	October 10 , 10 a.m.	Equality Maine Lunch	Free
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	October 4 , 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**