



Cohen Community Center

DINING MENU

March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll</p>	<p style="text-align: right;">4</p> <p>Chicken & Broccoli Casserole Biscuit Mixed Vegetables Dinner Roll <i>Paul & Theresa</i></p>	<p style="text-align: right;">5</p> <p>Shepherd's Pie Green Beans Dinner Roll</p>	<p style="text-align: right;">6</p> <p>Baked Ham Mashed Potatoes Corn Dinner Roll</p>	<p style="text-align: right;">7</p> <p>Chicken & Penne Alfredo Mixed Vegetables Dinner Roll</p>
<p style="text-align: right;">10</p> <p>Beef Patty & Gravy Rice Pilaf Mixed Vegetables Dinner Roll</p>	<p style="text-align: right;">11</p> <p>Turkey Tetrazzini Egg Noodles Carrots Dinner Roll</p>	<p style="text-align: right;">12</p> <p>Black Beans & Sausage Rice Cauliflower Dinner Roll</p>	<p style="text-align: right;">13</p> <p>BBQ Chicken Baked Beans Corn Dinner Roll</p>	<p style="text-align: right;">14</p> <p>Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll</p>
<p style="text-align: right;">17</p> <p>Sausage & Peppers Seasoned Rice Green Beans Dinner Roll</p>	<p style="text-align: right;">18</p> <p>Chicken Stew Biscuit Carrots Dinner Roll <i>Paul & Theresa</i></p>	<p style="text-align: right;">19</p> <p>Beef Tips Mashed Potatoes Broccoli Dinner Roll</p>	<p style="text-align: right;">20</p> <p>Roast Pork Au Gratin Mixed Vegetables Dinner Roll</p>	<p style="text-align: right;">21</p> <p>Fish Filet Rice Pilaf Peas Dinner Roll</p>
<p style="text-align: right;">24</p> <p>Beef Patty Mashed Potatoes Corn Dinner Roll</p>	<p style="text-align: right;">25</p> <p>Chicken Parmesan Penne Pasta Spinach Dinner Roll</p>	<p style="text-align: right;">26</p> <p>Beef & Bean Chili Rice Cauliflower Dinner Roll</p>	<p style="text-align: right;">27</p> <p>Turkey & Gravy Mashed Potatoes Peas & Carrots Dinner Roll <i>The Country Gentlemen</i></p>	<p style="text-align: right;">28</p> <p>Creamy Chicken Rice Beets Dinner Roll</p>
<p style="text-align: right;">31</p> <p>Chicken Cacciatore Rice Peas Dinner Roll</p>	<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>		

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



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ACTIVITIES

March 2025

★ 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.	Knitters	\$3 per person
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	March 19, 9 a.m.	C.M.P. Power Hour	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	March 6, 9:30 a.m.	Medicare 101	\$20 suggested Donation
	March 5, 12:30 p.m.	Parkinson Support Group	Free
	March 13, 10 a.m.	Equality Maine Lunch	Free
	March 20, 8 a.m.	Veteran's Services	Free
	March 20, 10 a.m.	Haircuts w/ Lisa	\$20 Suggested Donations
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes

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**