



Cohen Community Center

DINING MENU

November 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 Creamy Chicken Rice Beets Dinner Roll
4 Chicken Cacciatore Rice, Peas Dinner Roll	5 Baked Ham Sweet Potatoes Broccoli Dinner Roll <i>Paul & Theresa</i>	6 Baked Haddock Rice Pilaf Carrots Dinner Roll	7 Pot Roast Mashed Potatoes Green Beans Dinner Roll <i>The Country Gentlemen</i>	8 Veterans eat for FREE! Stuffed Pepper Casserole Rice, Carrots Dinner Roll
	12 Chicken Cordon Bleu Au Gratin Green Beans Dinner Roll	13 Meatloaf Mashed Potatoes Peas, Dinner Roll	14 Chicken Stir Fry Rice Vegetable Melody Dinner Roll	15 Beef Franks Baked Beans Beets Dinner Roll
18 Cheeseburger Maccaroni Broccoli Dinner Roll	19 Teriyaki Chicken Tenders, Rice, Carrots Dinner Roll <i>Paul & Theresa</i>	20 Turkey & Sweet Potato Chili Zucchini Dinner Roll	21 Beef Stroganoff Egg Noodles Beets Dinner Roll <i>The Country Gentlemen</i>	22 Fish Filet Roasted Potatoes Corn Dinner Roll
25 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll	26 Chicken Broccoli Casserole Biscuit Vegetable Medley Dinner Roll	27 New England Style Haddock Mashed Potatoes Green Beans Dinner Roll		

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).



Cohen Community Center

ACTIVITIES

November 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
	November 12 , Noon	Family Caregiver Support Group	Free
November 27 , 10 a.m.	Nutrition Presentation	Free	
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	November 13 , 10 a.m.	AARP Lunch & Meeting	Visitors Welcome
	November 20 , 8 a.m.	AARP Coffee Klatch	Free
	November 20 , 9 a.m.	C.M.P. Power Hour	Free
	November 20 , 8:30 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
	November 7 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	November 7 , 12:30 p.m.	Parkinson Support Group	Free
	November 14 , 10 a.m.	Equality Maine Lunch	Free
November 21 , 8 a.m.	Veteran's Services	Free	
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	November 1 , 12:30 p.m.	Book Club	\$2 per person
	November 8 , 11 a.m.	Veterans eat for FREE	Free

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**