



Cohen Community Center

DINING MENU

January 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
All lunches are served with 1% milk, water, fruit salad, and garden salad.	Community fundraising make the following available: Coffee, tea, desserts			Turkey & Gravy Mashed Potato Peas & Carrots Dinner Roll
5 Chicken Cacciatore Penne Steamed Peas Dinner Roll	6 Baked Ham Mashed Potato Buttered Carrots Dinner Roll <i>Theresa and Paul</i>	7 Baked Chicken Tenders Parsley Potato Broccoli Dinner Roll	8 Baked Stuffed Haddock Rice Pilaf Mixed Vegetables Dinner Roll	9 Sausage & Gravy Biscuit Green Beans
12 American Chop Suey Tasty Spinach Dinner Roll	13 Chicken Stir-fry Rice Mixed Vegetable Dinner Roll	14 Cuban Roast Pork Sweet Potato Peas Dinner Roll	15 Chicken Marsala Rice Pilaf Zucchini & Tomato Dinner Roll <i>Country Memories</i>	16 Beef Franks Baked Beans Beets Dinner Roll
19 MARTIN LUTHER KING JR. DAY	20 Cheese Ravioli w/ Meat Sauce Spinach Dinner Roll <i>Theresa and Paul</i>	21 Meatloaf Mashed Potato Buttered Peas Dinner Roll	22 Teriyaki Chicken Tenderloin Rice Carrots Dinner Roll	23 Potato Crusted Cod Parsley Potato Green Beans Dinner Roll
26 Swedish Meatballs Rice Pilaf Peas and Carrots Dinner Roll	27 Chicken Stew Biscuit Broccoli	28 Baked Ziti Mixed Vegetables Dinner Roll	29 Shepherd's Pie Green Beans Dinner Roll <i>Country Memories</i>	30 Chicken Alfredo Penne Zucchini & Onions 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).



ACTIVITIES

January 2026

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	12:30 pm 12:30 p.m.	Cribbage Mahjong	\$3 per person \$3 per person
Tuesdays	9 a.m. 9 a.m. 1 p.m. Jan 13 , noon	Rug Hookers Wood Carvers Knitters Family Caregiver Support Group	\$3 per person \$3 per person \$3 per person Free
Wednesdays	12:30 p.m. Jan 7 , 9:30 a.m.—1 p.m. Jan 14 , 8 a.m. – 1 p.m. Jan 21 , 9 a.m. Jan 21 , 12:30 p.m. Jan 28 , 10 a.m.	Mahjong Beltone Hearing Clinic Foot Care Clinic CMP Power Hour Parkinson's Support Group AARP Meeting and Lunch	\$3 per person Free \$55 per person Free Free Visitors Welcome
Thursdays	12:30 p.m. 12:30 p.m. Jan 8 , 10:30 a.m. Jan 15 , 8 a.m. Jan 15 , 10 a.m.	Hand & Foot Quilting and Sewing Equality Maine-Network for Older Adults lunch Veteran's Services Haircuts with Lisa	\$3 per person \$3 per person Free Free \$20 suggested Donation
Fridays	10 a.m.– 12:15 p.m.	Remember Me	\$25/30 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**

