



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
<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 <i>Happy New Year</i> ***2026***</p>	<p>2 Turkey & Gravy Mashed Potato Peas & Carrots Dinner Roll</p>
<p>5 Chicken Cacciatore Penne Steamed Peas Dinner Roll</p>	<p>6 Baked Ham Mashed Potato Buttered Carrots Dinner Roll Theresa and Paul</p>	<p>7 Baked Chicken Tenders Parsley Potato Broccoli Dinner Roll</p>	<p>8 Baked Stuffed Haddock Rice Pilaf Mixed Vegetables Dinner Roll</p>	<p>9 Sausage & Gravy Biscuit Green Beans</p>
<p>12 American Chop Suey Tasty Spinach Dinner Roll</p>	<p>13 Chicken Stir-fry Rice Mixed Vegetable Dinner Roll</p>	<p>14 Cuban Roast Pork Sweet Potato Peas Dinner Roll</p>	<p>15 Chicken Marsala Rice Pilaf Zucchini & Tomato Dinner Roll Country Memories</p>	<p>16 Beef Franks Baked Beans Beets Dinner Roll</p>
<p>19 *** MARTIN LUTHER KING JR. DAY ***</p>	<p>20 Cheese Ravioli w/ Meat Sauce Spinach Dinner Roll Theresa and Paul</p>	<p>21 Meatloaf Mashed Potato Buttered Peas Dinner Roll</p>	<p>22 Teriyaki Chicken Tenderloin Rice Carrots Dinner Roll</p>	<p>23 Potato Crusted Cod Parsley Potato Green Beans Dinner Roll</p>
<p>26 Swedish Meatballs Rice Pilaf Peas and Carrots Dinner Roll</p>	<p>27 Chicken Stew Biscuit Broccoli</p>	<p>28 Baked Ziti Mixed Vegetables Dinner Roll</p>	<p>29 Shepherd's Pie Green Beans Dinner Roll Country Memories</p>	<p>30 Chicken Alfredo Penne Zucchini & Onions Dinner Roll</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).



Cohen Community Center

ACTIVITIES

January 2026

★ Special event/by appointment only

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



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.