



Cohen Community Center

DINING MENU

August 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
Community fundraising make the following available: Coffee, tea, desserts	All lunches are served with 1% milk, water, fruit salad, and garden salad.		1 Pot Roast Mashed Potatoes Green Beans Dinner Roll	2 Beef & Bean Burrito Spanish Rice Vegetable Medley Dinner Roll
5 American Chop Suey Zucchini Dinner Roll	6 Chicken Cordon Bleu Au Gratin Potatoes Summer Squash Dinner Roll <i>Paul & Theresa</i>	7 Meatloaf Mashed Potatoes Peas Dinner Roll	8 Turkey Burger Rice Pilaf Corn Dinner Roll <i>The Country Gentlemen</i>	9 Beef Franks Baked Beans Beets Dinner Roll
12 Maccaroni & Cheese w/ Ham Broccoli Dinner Roll	13 Teriyaki Chicken Tenders Rice, Carrots Dinner Roll	14 Sweet Potato Turkey Chili Zucchini Dinner Roll	15 Sweet & Sour Pork Potatoes Green Beans Dinner Roll	16 Fish Filet Seasoned Rice Corn Dinner Roll
19 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll	20 Chicken Pot Pie Biscuit, Carrots Dinner Roll <i>Paul & Theresa</i>	21 Shepherd's Pie Green Beans Dinner Roll	22 Ham Mashed Potatoes Corn <i>The Country Gentlemen</i>	23 Chicken & Cheese Tortellini Alfredo Vegetable Medley Dinner Roll
26 Closed for Staff Appreciation Day	27 Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll	28 Black Beans & Sausage Rice Zucchini Dinner Roll	29 BBQ Chicken Tenders Baked Beans Green Beans Dinner Roll	30 Spaghetti & Meatballs Vegetable Medley 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).



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ACTIVITIES

August 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
	August 12 , 10 a.m.	Nutrition Presentation & Cooking Demo Learn all about Tomatoes	Free
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
	August 13 , Noon	Family Caregiver Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	August 21 , 8 a.m.	AARP Coffee Klatch	Free
	August 21 , 9 a.m.	C.M.P. Power Hour	Free
	August 28 , 9 a.m.	AARP Lunch & Meeting	Visitors Welcome!
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	August 1 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	August 1 , 12:30 p.m.	Parkinson Support Group	Free
	August 8 , 10 a.m.	Equality Maine Lunch	Free
	August 15 , 8 a.m.	Veteran's Services	Free
August 15 , 9 a.m.	Fraud Prevention Connected Credit Union	Free	
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	August 2 , 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**

