



Cohen Community Center

DINING MENU

May 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>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 BBQ Chicken Baked Beans Zucchini Dinner Roll <i>The Country Gentlemen</i></p>	<p>2 Egg & Cheese Omelet Sweet Potatoes Spinach Dinner Roll</p>
<p>5 Sausage with Peppers & Onions Seasoned Rice Green Beans Dinner Roll</p>	<p>6 Ham & Scalloped Potato Carrots Dinner Roll</p>	<p>7 Sweet and Sour Meatballs Egg Noodles Broccoli Dinner Roll</p>	<p>8 Roast Pork Sweet Potato Mixed Vegetables Dinner Roll</p>	<p>9 Fish Filet Rice Pilaf Peas Dinner Roll</p>
<p>12 BBQ Beef Patty Parsley Potatoes Corn Dinner Roll</p>	<p>13 Chicken Florentine Penne Pasta Spinach Dinner Roll <i>Paul & Theresa</i></p>	<p>14 Pulled Pork Baked Beans Zucchini Dinner Roll</p>	<p>15 Turkey & Gravy Mashed Potato Peas & Carrots Dinner Roll <i>The Country Gentlemen</i></p>	<p>16 Chicken & White Bean Skillet Roasted Potatoes Beets Dinner Roll</p>
<p>19 Chicken Cacciatore Penne Pasta Peas Dinner Roll</p>	<p>20 Baked Ham Sweet Potatoes Broccoli Dinner Roll</p>	<p>21 Baked Chicken Tenders Parsley Potatoes Broccoli Dinner Roll</p>	<p>22 Cuban Pork Rice Mixed Vegetables Dinner Roll</p>	<p>23 Stuffed Pepper Casserole Rice Carrots Dinner Roll</p>
<p>26 CLOSED </p>	<p>27 Chicken Stir-fry Rice Mixed Vegetable Dinner Roll <i>Paul & Theresa</i></p>	<p>28 Meatloaf Mashed Potato Green Beans Dinner Roll</p>	<p>29 Chicken Marsala Rice Pilaf Zucchini Dinner Roll <i>The Country Gentlemen</i></p>	<p>30 Beef Franks Baked Beans Beets 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).



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ACTIVITIES

May 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.	Bridge	\$3 per person
	1 p.m.	Knitters	\$3 per person
	★ May 6, 12:30 p.m. - 2 p.m.	I'll Remember For You (book presentation)	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	May 14, 8 a.m. - 3 p.m.	Foot Care for Seniors	\$55
	May 21, 9 a.m.	C.M.P. Power Hour	Free
	May 21, 10 a.m.	AARP Government Fraud Presentation	Visitors Welcome
	May 28, 10 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
	May 1, 9:30 a.m.	Medicare 101	\$20 Suggested Donation
	May 8, 10:30 a.m.	Equality Maine Lunch Network for Older Adults	Free
	May 22, 8 a.m.	Veteran's Services	Free
	May 22, 10 a.m.	Haircuts w/ Lisa	\$20 Suggested Donation
Fridays	★ 10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	★ May 9, 10 a.m. - 12:30 p.m.	Meet the Medium	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



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