



Cohen Community Center

DINING MENU

November 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Creamy Chicken Egg Noodles Broccoli Dinner Roll	4 Sausage Peppers & Onions Seasoned Rice Sub Roll	5 Roast Pork Sweet Potato Mixed Vegetable Dinner Roll	6 Meatloaf Mashed Potato Carrot Coins Dinner Roll	7 Breaded Fish Filet Au Gratin Potato Peas & Pearl Onions Dinner Roll
10 Chicken Cordon Bleu Sweet Potato Mixed Vegetable Dinner Roll	 CLOSED	12 Baked Haddock Rice Pilaf Green Beans Dinner Roll	13 Turkey & Gravy Mashed Potato Peas & Carrots Dinner Roll	14 Chicken & White Bean Skillet Roasted Potato Beets Dinner Roll
17 Chicken Cacciatore Penne Steamed Peas Dinner Roll	18 Baked Ham Mashed Potato Buttered Carrots Dinner Roll	19 Baked Chicken Tenders Parsley Potato Broccoli Dinner Roll	20 Stuffed Pepper Casserole Rice Mixed Vegetables Dinner Roll	21 Sausage & Gravy Biscuit Green Beans
24 American Chop Suey Tasty Spinach Dinner Roll	25 Chicken Stir-fry Rice Mixed Vegetable Dinner Roll	26 Turkey & Black Bean Chili Sweet Potato Green Beans & Garlic Dinner Roll	 CLOSED	CLOSED
			All lunches are served with 1% milk, water, fruit salad, and garden salad.	Community fundraising make the following available: Coffee, tea, desserts

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

November 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
Mondays	12:30 pm	Cribbage	\$3 per person
	12:30 p.m.	Mahjong	\$3 per person
	Nov. 3	Start of The Giving Tree	Donation
	Nov 10 , 10-11 a.m.	Estate Planning with John Nale	Free
	Nov 10 , 11 a.m.-12:30 p.m.	Honor Flight Maine & Vet2Vet	Free
Tuesdays	9 a.m.	Rug Hookers	\$3 per person
	9 a.m.	Wood Carvers	\$3 per person
	1 p.m.	Knitters	\$3 per person
	Nov 4 , 11 a.m.	Harvest of the Month- Apples	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	Nov 12 , noon	Family Caregiver Support Group	Donations Accepted
	Nov. 19 , 9 a.m.	CMP Power Hour	Free
	Nov. 19 , 10 a.m.	AARP Meeting & Lunch	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	Nov 6 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	Nov 6 , 10 a.m.	Nutrition Education Presentation	Free
	Nov 6 , 12:30 p.m.	Parkinson's Support Group	Free
	Nov 13 , 10:30 a.m.	Equality Maine — Network for Older Adults Luncheon	Free
	Nov 20 , 8 a.m.	Veteran's Services	Free
Fridays	10 a.m. - 12:15 p.m.	Spirit Readings	\$25 for 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.