



Cohen Community Center

DINING MENU

July 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>1</p> <p>Chicken Florentine Penne Pasta Spinach Dinner Roll</p>	<p>2</p> <p>Pulled Pork Baked Beans Zucchini Dinner Roll</p>	<p>3</p> <p>Turkey & Gravy Mashed Potatoes Peas & Carrots Dinner Roll</p>	
<p>7</p> <p>Chicken Cacciatore Penne Pasta Peas Dinner Roll</p>	<p>8</p> <p>Baked Ham Sweet Potatoes Cauliflower Dinner Roll</p>	<p>9</p> <p>Baked Chicken Tenders Parsley Potatoes Broccoli Dinner Roll</p>	<p>10</p> <p>Cuban Pork Rice Mixed Vegetables Dinner Roll</p>	<p>11</p> <p>Stuffed Pepper Casserole Rice Carrots Dinner Roll</p>
<p>14</p> <p>American Chop Suey Spinach Dinner Roll</p>	<p>15</p> <p>Chicken Stir Fry Rice Mixed Vegetables Dinner Roll</p>	<p>16</p> <p>Meatloaf Mashed Potatoes Green Beans Dinner Roll</p>	<p>17</p> <p>Chicken Marsala Rice Pilaf Zucchini Dinner Roll</p>	<p>18</p> <p>Beef Franks Baked Beans Beets Dinner Roll</p>
<p>21</p> <p>Cheesy Beef Macaroni Broccoli Dinner Roll</p>	<p>22</p> <p>Kielbasa Baked Beans Zucchini Dinner Roll</p>	<p>23</p> <p>New England Style Haddock Vegetable Dinner Roll</p>	<p>24</p> <p>Teriyaki Chicken Rice Carrots Dinner Roll</p>	<p>25</p> <p>Fish Filet Roasted Potato Green Beans Dinner Roll</p>
<p>28</p> <p>Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll</p>	<p>29</p> <p>Chicken Parmesan Pasta Broccoli Dinner Roll</p>	<p>30</p> <p>Shepherd's Pie Green Beans Dinner Roll</p>	<p>31</p> <p>Sweet & Sour Pork Rice Mixed Vegetables Dinner Roll</p>	<p>Community fundraising make the following available: Coffee, tea, desserts</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

July 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.	Knitters	\$3 per person
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	July 16 , 9 a.m.	C.M.P. Power Hour	Free
	July 16 , 10 a.m.	Nutrition Education Presentation	Free
	July 23 , 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
	July 3 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	July 3 , 10 a.m.	Family Caregiver Info Sessions	Free
	July 3 , 12 p.m.	Parkinson Support Group	Free
	July 10 , 10 a.m.	Equality Maine Lunch	Free
	July 17 , 8 a.m.	Veteran's Services	Free
	July 17 , 10 a.m.	Haircuts w/ Lisa	\$20 Suggested Donations
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	July 25 , 10 a.m.	Virtual Support Group	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.