



Cohen Community Center

DINING MENU

June 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>1</p> <p>Spaghetti & Meatballs Zucchini & Tomatoes</p>	<p>2</p> <p>Beef franks Baked beans broccoli</p>	<p>3</p> <p>Beef pot roast Baked potato Garlic green beans</p>	<p>4</p> <p>Turkey with cranberry gravy <i>Country Memories</i></p>	<p>5</p> <p>Potato crusted cod Roasted potato peas</p>
<p>8</p> <p>Creamy dill chicken Orzo Carrot coins</p>	<p>9</p> <p>Swedish meatballs Roasted potato broccoli <i>Theresa and Paul</i></p>	<p>10</p> <p>Chicken cordon bleu Rice pilaf peas</p>	<p>11</p> <p>American chop suey Peppers, onions, mushrooms</p>	<p>12</p> <p>Cheese omelet Roasted red potatoes Seasoned spinach</p>
<p>15</p> <p>Pasta primavera with seasoned vegetables chickpeas</p>	<p>16</p> <p>BBQ chicken Rice pilaf Corn cornbread</p>	<p>17</p> <p>Meatloaf mashed potato Green beans</p>	<p>18</p> <p>Chicken tenderloins with cream sauce Lemon herb orzo carrots <i>Country Memories</i></p>	<p>19</p>
<p>22</p> <p>Ham and pineapple Au gratin Corn</p>	<p>23</p> <p>Chicken marsala Pasta Zucchini and Tomato with basil <i>Theresa and Paul</i></p>	<p>24</p> <p>Orange teriyaki pork Mashed sweet potato Peas and onions</p>	<p>25</p> <p>Beef patty with au jus Thyme potatoes California vegetable blend</p>	<p>26</p> <p>Fish sandwich with oven fries coleslaw</p>
<p>29</p> <p>French toast sticks Scrambled eggs Cinnamon apples</p>	<p>30</p> <p>Roast pork Scalloped potatoes beets</p>			<p>All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Coffee, Tea and 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).



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June 2026

Connections and Celebrations

Medicare 101 Coming to Hallowell!

Thursday, June 4 | 9:30 - 11:30 a.m. | Donations appreciated

Learn the basics of Medicare, including coverage options, eligibility and avoiding penalties . To register for this free event, visit the front desk receptionist at the Cohen Center.

Family Caregiver Support

Tuesday, June 9 | 10 - 11:30 a.m. | Donations appreciated

Becoming a caregiver can feel overwhelming but you don't have to navigate it alone. Spectrum generations family caregiver support program offers resources, education and support for caregivers in our community. To register for this free event, visit the front desk receptionist at the Cohen Center.

John Nale| What Happens After We Die?

Tuesday, June 16 | 10:30 - 11:30 a.m. | Registration Required

Attorney Nale will lead an engaging and informative discussion centered on an important question that affects us all. This is a great opportunity to ask questions in a small group setting. Register for this free event by calling (207) 620-1195 or visit the front desk receptionist.

Focus Group

Thursday, June 25 | 10 - 11:30 a.m. | Registration Required

Help shape the future of the Cohen Community Center! Join our focus group and share your ideas, feedback, and suggestions for future programs and events. To register, call (207) 620-1195 or stop by the reception desk.

Weekly Community Activities

All prices listed represent suggested donation amounts.

Monday	Tuesday	Wednesday	Thursday	Friday
Cribbage 12:30 p.m. \$3 Mahjong 12:30 p.m. \$3	Rug Hookers 9 a.m. \$3 Wood Carvers 9 a.m. \$3	Mahjong 12:30 p.m. \$3	Hand and Foot 12:30 p.m. \$3 Quilting & Sewing 12:30 p.m. \$3	Spirit Readings 10 a.m. - 12:15 p.m. \$25/30 min

Resource Connections

	Family Caregiver Support June 9, 10 a.m. - 11:30 a.m. Donations Welcome	Parkinson's Support Group June 4, 12:30 p.m. Footcare Clinic June 24, 8 a.m.- 1 p.m. \$55 CMP Power Hour June 17, 9 a.m. - 1 p.m. AARP Meeting June 24, 10 a.m. - noon	Veteran Assistance June 18 8 a.m. - 2 p.m. Haircuts with Lisa June 18, 10 a.m. Equality Maine June 11, 10:30 a.m.	Medicare 101 June 4, 1- 3 p.m. Donations Welcome
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