



Cohen Community Center

# DINING MENU

## January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
			2 Chicken Stir-Fry Rice Mixed Vegetable Dinner Roll <i>The Country Gentlemen</i>	3 Beef Franks Baked Beans Beets Dinner Roll
6 Cheesy Beef Macaroni Broccoli Dinner Roll	7 Teriyaki Chicken Tenders Rice, Carrots Dinner Roll <i>Paul &amp; Theresa</i>	8 Sweet Potato Turkey Chili Rice Zucchini Dinner Roll	9 Beef Stroganoff Egg Noodles Beets Dinner Roll	10 Fish Filet Roasted Potatoes Corn Dinner Roll
13 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll	14 Chicken Broccoli Casserole Biscuit Mixed Vegetable	15 Shepherd's Pie Green Beans Dinner Roll	16 Baked Ham Mashed Potatoes Corn Dinner Roll <i>The Country Gentlemen</i>	17 Chicken & Penne Alfredo Mixed Vegetables Dinner Roll
<b>Closed</b> 20 Dr. Martin Luther King Jr. Day 	21 Turkey Tetrazzini Egg Noodles Carrots Dinner Roll <i>Paul &amp; Theresa</i>	22 Baked Stuffed Haddock Rice Pilaf Peas Dinner Roll	23 BBQ Chicken Baked Beans Corn Dinner Roll	24 Egg & Cheese Omelet Potatoes Spinach Dinner Roll
27 Sausage & Peppers Seasoned Rice Green Beans Dinner Roll	28 Chicken Stew Biscuit Carrots Dinner Roll	29 Beef Tips Mashed Potatoes Broccoli Dinner Roll	30 Roast Pork Au Gratin Potatoes Mixed Vegetables Dinner Roll <i>The Country Gentlemen</i>	31 Fish Filet Rice Pilaf Peas 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).*



# Cohen Community Center

# ACTIVITIES

## January 2025

★ Special event/by appointment only

	TIME	ACTIVITY	COST
<b>Mondays</b>	12:30 p.m.	Cribbage	\$3 per person
	12:30 p.m.	Mahjong	\$3 per person
<b>Tuesdays</b>	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
<b>Wednesdays</b>	12:30 p.m.	Mahjong	\$3 per person
	<b>January 15</b> , 9 a.m.	C.M.P. Power Hour	Free
<b>Thursdays</b>	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	<b>January 2</b> , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	<b>January 2</b> , 12:30 p.m.	Parkinson Support Group	Free
	<b>January 9</b> , 10 a.m.	Equality Maine Lunch	Free
	<b>January 16</b> , 8 a.m.	Veteran's Services	Free
<b>First &amp; Third Thursday</b> , 10 a.m.	Haircuts w/Lisa	\$20 Suggested Donations	
<b>Fridays</b>	10 a.m. - 12:15 p.m.	Spirit Reading	\$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**