



Cohen Community Center

DINING MENU

July 2024

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>Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll</p>	<p>2</p> <p>Chicken Pot Pie Biscuit Carrot Dinner Roll</p>	<p>3</p> <p>Shepherd's Pie Green Beans Dinner Roll</p>		<p>5</p> <p>Chicken & Cheese Tortellini Alfredo Mixed Vegetable Dinner Roll</p>
<p>8</p> <p>Sweet & Sour Meatballs Rice Pilaf Mixed Vegetables Dinner Roll</p>	<p>9</p> <p>Egg & Cheese Omelet Au Gratin Potatoes Spinach Dinner Roll <i>Paul & Theresa</i></p>	<p>10</p> <p>New England Style Stuffed Haddock Rice Zucchini</p>	<p>11</p> <p>BBQ Chicken Tenders Baked Beans Green Beans Dinner Roll <i>The Country Gentlemen</i></p>	<p>12</p> <p>Beef Patty w/ Gravy Mashed Potatoes Carrots Dinner Roll</p>
<p>15</p> <p>Spaghetti & Meatballs Mixed Vegetables Dinner Roll</p>	<p>16</p> <p>Chicken Stew Biscuit Carrots Dinner Roll</p>	<p>17</p> <p>Beef Tips Mashed Potatoes Zucchini Dinner Roll</p>	<p>18</p> <p>Roast Pork Parsley Potatoes Mixed Vegetables Dinner Roll</p>	<p>19</p> <p>Fish Filet Au Gratin Potatoes Peas Dinner Roll</p>
<p>22</p> <p>Beef Patty w/ Gravy Spanish Rice Corn Dinner Roll</p>	<p>23</p> <p>Penne & Sausage Broccoli Dinner Roll <i>Paul & Theresa</i></p>	<p>24</p> <p>Beef & Bean Chili Zucchini Dinner Roll</p>	<p>25</p> <p>Turkey & Gravy Mashed Potatoes Peas & Carrots Dinner Roll <i>The Country Gentlemen</i></p>	<p>26</p> <p>Creamy Chicken Rice Zucchini Dinner Roll</p>
<p>29</p> <p>Baked Ziti w/ Meat Sauce Spinach Dinner Roll</p>	<p>30</p> <p>Baked Chicken Tenders Rice Pilaf Cauliflower Dinner Roll</p>	<p>31</p> <p>Baked Ham Sweet Potatoes Broccoli Dinner Roll</p>	<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>

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

July 2024

★ 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
	3:30 p.m.	Tai Chi	\$20 Suggested Donation
	July 9, Noon	Family Caregiver Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	July 24, 9 a.m.	AARP Lunch & Meeting	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	3:30 p.m.	Tai Chi	\$20 Suggested Donation
	July 18, 8 a.m.	Veteran's Services	Free
	July 11, 10 a.m.	Equality Maine Lunch	Free
	July 11, 12:30 p.m.	Parkinson Support Group	Free
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	July 5, 12:30 p.m.	Book Club	\$2 per person

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**