



Cohen Community Center

DINING MENU

April 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Balsamic Glazed Chicken Tenders Rice Carrots & Thyme	2 Chicken Cacciatore Penne pasta Ranch Broccoli	3 2 French Toast Sticks Homefries Sausage Spiced Apples
6 Southern Fried Chicken & White Gravy Baked beans Garlic spinach	7 Shells with meat sauce Cauliflower, Broccoli and carrot blend	8 Sweet & sour pork Basmati rice Stir fry vegetable blend	9 Chicken story-fry Lo mein Tarragon carrots Country Memories	10 Potato crusted cod Baked potato Seasonal squash
13 Spaghetti & meatballs Zucchini & tomato	14 Beef franks Baked beans Broccoli	15 Pot roast Mashed potatoes Peas & carrots	16 Turkey & Cran gravy Mashed potatoes Island vegetable blend	17 Teriyaki salmon Scalloped potatoes Green beans almondine
20 Creamy dill chicken Orzo blend Carrot coins	21 Swedish meatballs Roasted potatoes Steamed broccoli	22 Chicken cordon bleu Rice pilaf Buttered peas	23 Meatloaf Mashed potatoes Green beans Country Memories	24 Spinach Quiche Roasted red potatoes Butternut squash
27 Pasta primavera with cheese Seasonal veggies chickpeas	28 BBQ chicken tenderloins Mashed potatoes Buttered corn	29 Baked stuffed haddock Rice pilaf peas	30 Pains Au Chicken in a cream sauce Lemon herb orzo Roasted carrots	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).



Cohen Community Center

ACTIVITIES

April 2026

★ Special event/by appointment only

	TIME	ACTIVITY	DONATION REQUEST
Mondays	12:30 pm	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
	Apr 14 , 12 p.m.	Family Caregiver Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	Apr 1 , 12:30 p.m.	Parkinson's Support Group	Free
	Apr 15 , 8 a.m. – 1 p.m.	Foot Care Clinic	\$55 per person
	Apr 15 , 9 a.m.	CMP Power Hour	Free
	Apr 22 , 10 a.m.	AARP Meeting and Lunch	Visitors Welcome
Thursdays	12:30 p.m.	Hand & Foot	\$3 per person
	12:30 p.m.	Quilting and Sewing	\$3 per person
	Apr 9 , 10:30 a.m.	Equality ME Network For Older Adults Lunch	Free
	Apr 16 , 8 a.m.	Veteran's Services	Free
	Apr 16 , 10 a.m.	Haircuts with Lisa	\$20 suggested Donation
April 30 , 1-2 p.m.	Introduction to Poetry/Claire Hersom		
Fridays	10 a.m.- 12:15 p.m.	Remember Me	\$25/30 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**