




Cohen Community Center

CONGREGATE DINING MENU

May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
All lunches are served with 1% milk, water, fruit salad, and garden salad.	Community fundraising make the following available: Coffee, tea, desserts			1 Scrambled eggs Ham Home fries Spinach or salad Muffin
4 Baked ham & pineapple Scalloped potatoes Parsley seasoned corn or salad	5 Chicken marsala Rice pilaf Zucchini & basil tomato	6 Orange Teriyaki Roast pork Mashed potatoes Peas & onions	7 Shepherd's Pie Green beans <i>Country Memories</i>	8 Potato crusted cod Lemon jasmine rice Ranch broccoli
11 Pork jambalaya Summer squash & diced tomato	12 Roast pork Scalloped potatoes Beets	13 Chicken Tikka masala Basmati rice chickpeas	14 Baked stuffed haddock Mashed potatoes Green beans	15 Beef Pot pie Biscuits Peas
18 Beef patty & mushroom gravy Mashed potatoes Green bean almondine	19 Bangers & Baked beans Nutmeg beets	20 Chicken cordon bleu Sweet potato peas	21 Meatloaf Mashed potatoes carrots <i>Country Memories</i>	22 Chicken Cacciatore Penne pasta Ranch broccoli
Closed 25 	26 Shells & meat sauce Cali vegetable blend Garlic bread	27 Sweet & sour pork Basmati rice Stir-fry vegetable blend	28 Chicken Stir-fry Lo Mein noodles Tarragon carrots	29 Teriyaki Salmon Roasted potato Basil summer squash

Monday through Friday Congregate Dining – congregated diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential; congregated diners under 60, a fee of \$7.50 is required (unless noted otherwise).



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Connections and Celebrations

Virtual 2-Week Diabetes Education

May 12 & 19 | 4:30 - 5:30 p.m. | Suggested donation of \$5-\$10

Join Kirsten Solomon, RDN & Alex James RDN for a 2-week seminar. To register for this course, call or text (207) 620-1648, email ksolomon@spectrumgenerations.org, or stop by the Cohen or Muskie reception desk.

Introduction to Poetry with Author Claire Hersom

May 28 | 1 - 2 p.m. | FREE

Join us April 30 at the Cohen Community Center for a free, all level poetry workshop with award-winning poet Claire Hersom.

The Sound Connection

May 20 | 10 - 11 a.m. | Donations accepted and appreciated

Hear from Dr Lindsay Allison about the connection between hearing loss, tinnitus, and brain health. Discover how better hearing can improve memory and overall well-being. To register, visit the reception desk at the Cohen Center.

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 Knitters 1 p.m. \$2	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 May 12 10 - 11:30 a.m. Donations Welcome	Parkinson's Support Group May 7 12:30 p.m. Footcare Clinic May 13 8 a.m. - 1 p.m. \$55 CMP Power Hour May 20 9 a.m. - 1 p.m. AARP Meeting May 27 10 a.m. - noon	Veteran Assistance May 21 8 a.m. - 2 p.m. Haircuts with Lisa May 21 10 a.m. Equality Maine May 14 10:30 a.m.	Medicare 101 May 7 1 - 3 p.m. Donations Welcome
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