




Cohen Community Center

DINING MENU

August 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>All meals are served with</p> <ul style="list-style-type: none"> • soup de jour • garden salad • fruit cup • bread and butter • milk, coffee & water | | | | <p>1</p> <p>Chicken Alfredo</p> <p>Penne</p> <p>Zucchini</p> <p>Dinner Roll</p> |
| <p>4</p> <p>Beef Patty w/ Gravy</p> <p>Rice Pilaf</p> <p>Mixed Vegetables</p> <p>Dinner Roll</p> | <p>5</p> <p>Spaghetti & Meatballs</p> <p>Carrots</p> <p>Dinner Roll</p> <p><i>Paul & Theresa</i></p> | <p>6</p> <p>Baked Stuff Haddock</p> <p>Mashed Potatoes</p> <p>Broccoli</p> <p>Dinner Roll</p> | <p>7</p> <p>BBQ Chicken</p> <p>Baked Beans</p> <p>Zucchini</p> <p>Dinner Roll</p> | <p>8</p> <p>Egg & Cheese Omelet</p> <p>Au Gratin Potatoes</p> <p>Spinach</p> <p>Dinner Roll</p> |
| <p>11</p> <p>Sausage & Peppers</p> <p>Seasoned Rice</p> <p>Green Beans</p> <p>Dinner Roll</p> | <p>12</p> <p>Ham</p> <p>Au Gratin Potatoes</p> <p>Carrots</p> <p>Dinner Roll</p> | <p>13</p> <p>Sweet & Sour Meatballs</p> <p>Mashed Potatoes</p> <p>Broccoli</p> <p>Dinner Roll</p> | <p>14</p> <p>Roast Pork</p> <p>Sweet Potatoes</p> <p>Mixed Vegetable</p> <p>Dinner Roll</p> <p><i>The Country Gentlemen</i></p> | <p>15</p> <p>Fish Filet</p> <p>Rice Pilaf</p> <p>Peas</p> <p>Dinner Roll</p> |
| <p>18</p> <p>BBQ Beef Patty</p> <p>Parsley Potatoes</p> <p>Corn</p> <p>Dinner Roll</p> | <p>19</p> <p>Chicken Florentine</p> <p>Penne Pasta</p> <p>Spinach</p> <p>Dinner Roll</p> <p><i>Paul & Theresa</i></p> | <p>20</p> <p>Pulled Pork</p> <p>Baked Beans</p> <p>Zucchini</p> <p>Dinner Roll</p> | <p>21</p> <p>Turkey & Gravy</p> <p>Mashed Potatoes</p> <p>Peas & Carrots</p> <p>Dinner Roll</p> | <p>22</p> <p>Chicken & White Bean Skillet</p> <p>Roasted Potatoes</p> <p>Beets</p> <p>Dinner Roll</p> |
| <p>25</p> <p>Chicken Cacciatore</p> <p>Penne</p> <p>Peas</p> <p>Dinner Roll</p> | <p>26</p> <p>Baked Ham</p> <p>Sweet Potatoes</p> <p>Cauliflower</p> <p>Dinner Roll</p> | <p></p> <p>For All Staff Day</p> | <p>28</p> <p>New England Style</p> <p>Haddock</p> <p>Rice Pilaf</p> <p>Green Beans</p> <p>Dinner Roll</p> <p><i>The Country Gentlemen</i></p> | <p>29</p> <p>Stuffed Pepper Casserole</p> <p>Rice</p> <p>Carrots</p> <p>Dinner Roll</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).



Cohen Community Center

ACTIVITIES

August 2025

★ 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. | Knitters | \$3 per person |
| | August 19, 11 am. | Harvest of the Month | Free |
| Wednesdays | 12:30 p.m. | Mahjong | \$3 per person |
| | 12:30 p.m. | Quilting & Sewing | \$3 per person |
| | August 20, 9 a.m. | C.M.P. Power Hour | Free |
| | August 27, 10 a.m. | AARP Meeting & Lunch | Visitors Welcome |
| Thursdays | 12:30 p.m. | Hand & Foot and More | \$3 per person |
| | 12:30 p.m. | Quilting & Sewing | \$3 per person |
| | August 7, 9:30 a.m. | Medicare 101 | \$20 suggested donation |
| | August 7, 10 a.m. | Nutrition Education Presentation | Free |
| | August 7, 12:30 p.m. | Parkinson's Support Group | Free |
| | August 14, 10 a.m. | EQ ME NOA Private Lunch | Free |
| | August 21, 8 a.m. | Veteran's Services | Free |
| Fridays | August 21, 10 a.m. | Haircuts w/Lisa | \$20 suggested donation |
| | 10 a.m. | Remember Me | \$25 for 30 minutes |
| | August 15, 12:15 p.m. | Van Trip – Beatles Tribute band | \$15 per person |
| | August 22, 10 a.m. | Virtual Support Group | Free |

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



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.