



Cohen Community Center

DINING MENU

October 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 lunches are served with 1% milk, water, fruit salad, and garden salad.</p>	<p>Community fundraising make the following available: Coffee, tea, desserts</p>	<p>1 Baked Chicken Tenders Parsley Potatoes Broccoli Dinner Roll</p>	<p>2 Stuffed Pepper Casserole Rice Mixed Vegetables Dinner Roll</p>	<p>3 Sausage & Gravy Biscuit Green Beans Dinner Roll</p>
<p>6 American Chop Suey Spinach Dinner Roll</p>	<p>7 Chicken Stir Fry Rice Mixed Vegetables Dinner Roll <i>Paul & Theresa</i></p>	<p>8 Turkey & Black Bean Chili Green Beans & Garlic Dinner Roll</p>	<p>9 Chicken Marsala Rice Pilaf Zucchini & Tomato Dinner Roll <i>The Country Gentlemen</i></p>	<p>10 Beef Franks Baked Beans Beets Dinner Roll</p>
	<p>14 Kielbasa Baked Beans Zucchini Dinner Roll</p>	<p>15 Cheese Ravioli w/ Meat Sauce Spinach Dinner Roll</p>	<p>16 Teriyaki Chicken Tenders Rice Seasoned Carrots Dinner Roll</p>	<p>17 Fish Sticks Parsley Potatoes Green Beans Dinner Roll</p>
<p>20 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll</p>	<p>21 Chicken Stew Biscuit Broccoli Dinner Roll <i>Paul & Theresa</i></p>	<p>22 Shepherd's Pie Seasoned Green Beans Dinner Roll</p>	<p>23 Pot Roast Mashed Potatoes Carrots Dinner Roll <i>The Country Gentlemen</i></p>	<p>24 Chicken Alfredo Penne Pasta Zucchini & Onions Dinner Roll</p>
<p>27 Beef Patty & Gravy Rice Pilaf Mixed Vegetables Dinner Roll</p>	<p>28 Spaghetti & Meatballs Buttery Carrots Dinner Roll</p>	<p>29 Tuna Noodle Casserole Seasoned Peas Dinner Roll</p>	<p>30 BBQ Chicken Baked Beans Zucchini & Peppers Dinner Roll</p>	<p>31 Egg & Cheese Omelet Roasted Potatoes Spinach 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

October 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
	October 6 , 1 p.m.	Beginning Watercolor Class	\$5 per person
	October 27 , 9 a.m.	Belton Hearing Clinic	Suggested Donation
Tuesdays	9 a.m.	Rug Hookers	\$3 per person
	9 a.m.	Wood Carvers	\$3 per person
	1 p.m.	Knitters	\$3 per person
	October 14 , 12 p.m.	Family Caregivers Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	October 15 , 9 a.m.	C.M.P. Power Hour	Free
	October 22 , 10 a.m.	AARP Meeting & Lunch	Free
	October 22 , 8 a.m.	Foot Care Clinic	Suggested Donation
	October 29 , 9:30 a.m.	Historical Society Presentation	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	October 2 , 9:30 a.m.	Medicare 101	\$20 suggested Donation
	October 2 , 10 a.m.	Family Caregiver Info Sessions	Free
	October 2 , 12 p.m.	Parkinson Support Group	Free
	October 2 , 10 a.m.	Nutrition Education Presentation	Free
	October 9 , 10:30 a.m.	Equality Maine Network for Older Adults	Free
	October 16 , 8 a.m.	Veteran's Services	Free
	October 16 , 9:30 a.m.	Haircuts w/ Lisa	\$20 Suggested Donations
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	October 24 , 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.