



Cohen Community Center

DINING MENU

April 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Ham Sweet Potato Cauliflower Dinner Roll	2 Baked Stuffed Haddock Parsley Potatoes Broccoli Dinner Roll	3 Cuban Pork Rice Vegetable Medley Dinner Roll	4 Stuffed Pepper Casserole Rice Carrots Dinner Roll
7 American Chop Suey Spinach Dinner Roll	8 Chicken Stir Fry Rice Vegetable Medley Dinner Roll <i>Paul & Theresa</i>	9 Meatloaf Mashed Potatoes Green Beans Dinner Roll	10 Chicken Marsala Rice Pilaf Zucchini Dinner Roll <i>The Country Gentlemen</i>	11 Beef Franks Baked Beans Beets Dinner Roll
14 Cheesy Beef Macaroni Broccoli Dinner Roll	15 Kielbasa Baked Beans Summer Squash Dinner Roll	16 Cheese Ravioli w/ Meat Sauce Spinach Dinner Roll	17 Teriyaki Chicken Tenders Rice Carrots Dinner Roll	18 Fish Filet Roasted Potatoes Green Beans Dinner Roll
21 Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll	22 Chicken Parmesan Roasted Potatoes Broccoli Dinner Roll <i>Paul & Theresa</i>	23 Shepherd's Pie Green Beans Dinner Roll	24 Sweet & Sour Pork Rice Vegetable Medley Dinner Roll <i>The Country Gentlemen</i>	25 Chicken Penne Alfredo Zucchini Dinner Roll
28 Beef Patty w/ Gravy Rice Pilaf Vegetable Medley Dinner Roll	29 Spaghetti & Meatballs Carrots Dinner Roll	30 Baked Haddock Rice Peas Dinner Roll	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).



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ACTIVITIES

April 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.	Bridge	\$3 per person
	1 p.m.	Knitters	\$3 per person
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	April 2, 12:30 p.m.	Parkinson Support Group	Free
	April 16, 9 a.m.	C.M.P. Power Hour	Free
	April 23, 10 a.m.	AARP Lunch & Meeting	Visitors Welcome
	April 30, 9:30 a.m.	Dealing with Dementia	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	April 3, 9:30 a.m.	Medicare 101	\$20 Suggested Donation
	April 3, 10 a.m.	Nutrition Presentation	Free
	April 10, 10:30 a.m.	Equality Maine Lunch Network for Older Adults	Free
	April 17, 8 a.m.	Veteran's Services	Free
	April 17, 10 a.m.	Haircuts w/ Lisa	\$20 Suggested Donation
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 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



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