



Cohen Community Center

DINING MENU

March 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 American Chop Suey Spinach Dinner Roll	3 Chicken Stir Fry Lo Mein Noodles Vegetable Medley Dinner Roll	4 Stuffed Haddock Mashed Potatoes Green Beans Dinner Roll	5 Chicken Marsala Rice Pilaf Zucchini / Tomatoes Dinner Roll	6 Beef Frank Baked Beans Beets Dinner Roll
9 Pork Fried Rice Vegetable Egg Roll Steamed Broccoli Dinner Roll	10 Kielbasa Baked Beans Roasted Squash Dinner Roll	11 Beef Stroganoff Egg Noodles Vegetable Medley Dinner Roll	12 Chicken Teriyaki Seasoned Rice Carrots Dinner Roll Country Memories	13 Potato Crusted Fish Parsley Potato Green Beans Dinner Roll
16 Swedish Meatballs Rice pilaf Peas & Carrots Dinner Roll	17 Beef Pot Roast Mashed Potato Vegetable Medley Dinner Roll	18 Chicken Stew Biscuit Broccoli Dinner Roll	19 Shepherd's Pie Green Beans Dinner Roll	20 Chicken Alfredo Penne Zucchini & Onions Dinner Roll
23 Beef Patty/Gravy Rice Pilaf Vegetable medley Dinner Roll	24 Tuna Casserole Peas Dinner Roll	25 Spaghetti & Meatballs Buttered Carrots Dinner Roll	26 BBQ Chicken Baked Beans Zucchini/Peppers Dinner Roll Country Memories	27 Ham & Cheese Quiche Roasted potato Spinach Dinner Roll
30 Creamy Chicken Egg Noodles Broccoli Dinner Roll	31 Sausage w/Peppers Seasoned Rice Green Beans Dinner Roll		All lunches are served with 1% milk, water, fruit salad, and garden salad.	

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

March 2026

★ Special event/by appointment only

	TIME	ACTIVITY	COST
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 Group	\$3 per person
	Mar 10 , noon	Family Caregiver Support Group	Free
	Mar 24 , noon-1 p.m.	John Nale Round Table	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	Mar 4 , 12:30 p.m.	Parkinson's Support Group	Free
	Mar 18 , 8 a.m – 1:30 p.m.	Foot Care Clinic	\$55 per person
	Mar 18 , 9 a.m.	CMP Power Hour	Free
	Mar 18 , 10 a.m.	Kennebec Historical Society	By Donation
	Mar 25 , 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
	Mar 12 , 10:30 a.m.	Equality Maine Lunch	Free
	Mar 19 , 8 a.m.	Veteran's Services	Free
	Mar 19 , 10 a.m.	Haircuts with Lisa	\$20 suggested Donation
Fridays	10 a.m.- 12:15 p.m.	Remember Me Spirit Readings	\$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**