



Cohen Community Center

DINING MENU

July 2026

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>All lunches are served with 1% milk, water, fruit salad, and garden salad.</p> | <p>Community fundraising make the following available: Coffee, tea, soups, salads and desserts</p> | <p>1 Chicken Tikka Masala Basmati Rice Chickpeas Dinner Roll</p> | <p>2 Beef Pot Pie Biscuit Buttered Peas</p> | <p>3 Closed in observance of Independence Day</p> |
| <p>6 Beef Patty with Mushroom Gravy Mashed Potato Green Bean Almondine Dinner Roll</p> | <p>7 Irish Banger (Sausage) Baked Beans Nutmeg Beets Dinner Roll</p> | <p>8 Balsamic Glazed Chicken Tenderloins Jasmine Rice Carrots & Thyme Dinner Roll</p> | <p>9 Chicken Cacciatore Penne Pasta Ranch Broccoli Dinner Roll</p> | <p>10 Potato Crusted Cod Rice Pilaf Santa Cruz Vegetable Blend (yellow & orange carrots & green beans)</p> |
| <p>13 Southern fried Chicken Baked beans Garlic spinach Dinner roll</p> | <p>14 Pasta Shells & Meat Sauce California blend Vegetable Dinner roll</p> | <p>15 Sweet & Sour Pork Basmati Rice Stir-Fry Vegetable Blend Dinner Roll</p> | <p>16 Haddock Mornay Mashed Sweet Potato Peas Dinner Roll Country Memories</p> | <p>17 BBQ Meatballs Roasted Potatoes Basil Seasoned Squash Dinner Roll</p> |
| <p>20 Spaghetti & Meatballs Zucchini & Tomato Dinner roll</p> | <p>21 Beef Franks (x2) Baked Beans Broccoli Rolls</p> | <p>22 Beef Pot Roast Baked potato Garlic Green beans Dinner Roll</p> | <p>23 Turkey with Cranberry Gravy Mashed potato Island Vegetables Dinner Roll</p> | <p>24 Dining closed for private event</p> |
| <p>27 Creamy Dill Chicken Orzo Blend Coined Carrots Dinner Rolls</p> | <p>28 Swedish Meatballs Egg noodles Broccoli Dinner Roll</p> | <p>29 Chicken Cordon Bleu Rice Pilaf Peas Dinner Roll</p> | <p>30 American Chop Suey Peppers, onions & mushrooms Dinner Roll Country Memories</p> | <p>31 Ham & Cheese Quiche Roasted potato Spiced Apples Salad Dinner Roll</p> |

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).

We are an equal opportunity provider.

Connections and Celebrations



Without a Map: A Caregiver's Journey Through the Wilderness of Heart and Mind

Thursday, July 23 | 10-11:30 a.m. | Donations Appreciated

Join us on Thursday, July 23 at 10 a.m. at the Cohen Community Center as author and educator Lisa Steele-Maley shares her experience caring for her father through dementia. Drawing from her book, *Without a Map*, Lisa will reflect on the joys, challenges, and lessons of caregiving while leading a thoughtful discussion about caring for others—and ourselves. Also joining us will be Julia Rand, who will introduce a new interactive guidebook designed to support dementia caregivers.



Fraud, Scams, & Abuse for Older Adults Workshop

Wednesday, July 29 | 10-11:30 a.m. | Donations appreciated

Learn how to recognize and protect yourself from fraud, scams, and financial abuse targeting older adults. Join Hillary Barone, Financial Wellness Specialist with Anorum Credit Union, for a presentation on common scams in Maine, warning signs of exploitation, and steps to take if you become a victim. Includes a question-and-answer session. Register at the Muskie Center or call (207) 873-4745.



Managing Serious Illness

Thursday, July 30 | 10-11 a.m. | Donations appreciated

Join Nurse Educator Lissa Rockwood for a discussion on navigating serious illness and end-of-life care. Learn about care options that prioritize comfort and dignity, advance directives, healthcare proxies, and how to ensure your healthcare wishes are honored. Includes a question-and-answer session. Register at the Muskie Center or call (207) 873-4745.

Weekly Community Activities

All prices listed represent suggested donation amounts.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|------------------------------------|--|---|
| Bands & Balance 9:45 a.m. \$3 Cribbage 12:30 p.m. \$3 Mahjong 12:30 p.m. \$3 | Rug Hookers 9 a.m. \$3 Knitters 1 p.m. \$3 | 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 minutes |

Resource Connections

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| | Family Caregiver Support July 14 Noon - 2 p.m. Donations Welcome | CMP Power Hour July 15 9 a.m. - 1 p.m. AARP Chapter 511 July 22 10 a.m. - Noon | Parkinson's Support Group July 2 12:30 p.m. Equality Maine July 9 10:30 a.m. Veteran Assistance July 16 8 a.m. - 2 p.m. Haircuts with Lisa July 16 10 a.m. | |
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