



Cohen Community Center

# DINING MENU

March 2024

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"> <li>• soup du jour •</li> <li>• garden salad •</li> <li>• fruit cup •</li> <li>• bread and butter •</li> <li>• milk, coffee &amp; water</li> </ul>				<p><b>1</b></p> <p>Beef Franks Baked Beans Beets</p>
<p><b>4</b></p> <p>Chicken Alfredo Pasta Green Beans</p>	<p><b>5</b></p> <p>Chicken Pot Pie Carrots Paul &amp; Theresa</p>	<p><b>6</b></p> <p>Beef Patty w/ Gravy Rice Pilaf Peas</p>	<p><b>7</b></p> <p>Sweet Potato &amp; Turkey Chili Brown Rice</p>	<p><b>8</b></p> <p>American Chop Suey Peas &amp; Carrots</p>
<p><b>11</b></p> <p>Breaded Pork Patty w/ Gravy Baked Beans Spinach</p>	<p><b>12</b></p> <p>Creamy Chicken Rice Vegetable Medley</p>	<p><b>13</b></p> <p>Roast Turkey Mashed Potatoes Peas &amp; Carrots</p>	<p><b>14</b></p> <p>Stuffed Pepper Casserole Carrots</p>	<p><b>15</b></p> <p>Fish Filet Au Gratin Potatoes Broccoli</p>
<p><b>18</b></p> <p>Mac &amp; Cheese w/ Ham Vegetable Medley</p>	<p><b>19</b></p> <p>Baked Chicken Rice Corn Paul &amp; Theresa</p>	<p><b>20</b></p> <p>Cheese Omelet w/ Ham Au Gratin Potatoes Spinach</p>	<p><b>21</b></p> <p>Baked Stuffed Haddock Rice Pilaf Carrots</p>	<p><b>22</b></p> <p>Sweet &amp; Sour Pork Rice Vegetable Medley</p>
<p><b>25</b></p> <p>Beef &amp; Broccoli Rice Carrots</p>	<p><b>26</b></p> <p>Ziti w/ Meat Sauce Spinach</p>	<p><b>27</b></p> <p>Chicken Parmesan Penne Broccoli</p>	<p><b>28</b></p> <p>Pot Roast Mashed Potatoes Green Beans The Country Gentlemen</p>	<p><b>29</b></p> <p>Chicken &amp; Gravy Rice Peas</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).*



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# ACTIVITIES

March 2024

★ 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
	3:30 p.m.	Tai Chi	\$20 Suggested Donation
	<b>March 12, Noon</b>	Family Caregiver Support Group	Free
Wednesdays	12:30 p.m.	Mahjong	\$3 per person
	<b>March 20, 9 a.m.</b>	C.M.P. Power Hour	Free
	<b>March 20, 8 a.m.</b>	AARP Coffee Klatch	Free
	<b>March 27, 10 a.m.</b>	AARP Meeting	Free
Thursdays	12:30 p.m.	Hand & Foot and More	\$3 per person
	12:30 p.m.	Quilting & Sewing	\$3 per person
	3:30 p.m.	Tai Chi	\$20 Suggested Donation
	<b>March 7, 9:30 a.m.</b>	Medicare 101	\$20 suggested donation
	<b>March 7, 12:30 p.m.</b>	Parkinson Support Group	Free
	<b>March 21, 8 a.m.</b>	Veteran's Services	Free
Fridays	10 a.m. - 12:15 p.m.	Spirit Reading	\$25 for 30 minutes
	<b>March 1, 12:30 p.m.</b>	Book Club	\$2 per person

## 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.