

Community and Connections



Gentle Qigong

Thursdays, September 3, 10, 17 & October 1 | 11 a.m.–noon | \$10 suggested donation per class

Join Susan Roberts, a retired occupational therapist, author, and certified wellness educator, for a gentle, easy-to-learn Qigong practice, suitable for all ages and fitness levels. Susan has studied Wu Ming Qigong and traditional Chinese medicine since 2012 and combines her healthcare and wellness background to share simple, practical self-care practices. This 20-minute routine can help promote energy, balance, focus, and overall well-being while reducing stress and tension. No experience necessary. All are welcome! Register by calling (207) 626-7777 or visiting the Cohen Center reception desk.



Central Maine Foot Care

Wednesday, September 16 | By Appointment | \$55 per visit

Take care of your feet with professional foot and nail care from Lisa Nelson, RN, BSN, CFCN, of Central Maine Foot Care. Services include nail trimming and filing, callus and corn reduction, ingrown nail care, diabetic foot care and education, shoe inspections, nail restoration, and comprehensive foot and nail evaluations with personalized recommendations and referrals. To schedule an appointment, call Lisa directly at (207) 242-4047.



Birdwatching 101

Friday, September 18 | 10–11:30 a.m. | Donations appreciated

Join Maine Master Naturalist Brianna Minor for a fun introduction to birdwatching! Learn to identify common birds before heading to The Overlook deck to observe them in their natural habitat using binoculars. Bird guides will be provided. Bring binoculars if you have them, comfortable outdoor clothing, and your curiosity! Register at the Cohen Community Center or call (207) 626-7777.

Building Brain Healthy Habits

Thursday, September 24 | 10–11 a.m. | Donations appreciated

Join us as we welcome Ralph Dean, a volunteer with the Alzheimer's Association, for Building Brain Healthy Habits. Learn practical, research-backed strategies to help reduce the risk of cognitive decline and dementia, including healthy eating, regular exercise, and staying mentally active. Discover simple lifestyle changes you can make to support long-term brain health. Register at the Cohen Community Center or call (207) 626-7777 to reserve your spot.



New!

Winter is coming! Stay active and come play **PING PONG** at the Cohen Center!

Weekly Community Activities

All prices listed represent suggested donations and do not reflect a required fee

MONDAY

Cribbage
12:30 p.m. | \$3
Mahjong
12:30 p.m. | \$3

TUESDAY

Rug Hookers
9 a.m. | \$3
Wood Carvers
9 a.m. | \$3
Knitters
1 p.m. | \$3

WEDNESDAY

Mahjong
10 a.m. | \$3
Mahjong
12:30 p.m. | \$3

THURSDAY

Hand & Foot
12:30 p.m. | \$3
Quilting & Sewing
12:30 p.m. | \$3

FRIDAY

Remember Me
Spirit Reading
10 a.m. | \$25/30 min

Community Resources

Family Caregiver Support
Sept. 8 | Noon
Donations welcome

CMP Power Hour
Sept. 16 | 9 a.m.
AARP Chapter 511
Sept. 23 | 10 a.m.

Parkinson's Support Group
Sept. 3 | 12:30 p.m.
Medicare 101
Sept. 3 | 9-11:30 a.m.
Equality Maine Lunch
Sept. 10 | 10:30 a.m.
Veteran Assistance
Sept. 17 | 8 a.m.
Haircuts with Lisa
Sept. 17 | 10 a.m.

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Pasta Shells With Meat Sauce California Blend Vegetables Or Salad Bar Garlic Bread	2 	3 Chicken Stir Fry Rice Tarragon Carrots Or Salad Bar Dinner Roll	4 Shrimp Scampi Linguini Asparagus Or Salad Bar Dinner Roll
	8 Beans & Franks Coleslaw Or Salad Bar Hot Dog or Dinner Roll	9 Beef Pot Roast Mashed Potato Green Beans & Garlic Or Salad Bar Dinner Roll	10 Deli Day! Tuna, Turkey, Ham, or Seafood Salad Potato Salad 4 Bean Salad or Salad Bar Asst. Breads Country Memories	11 Salmon Pie Scalloped Potatos Spinach or Salad Bar Dinner Roll	
14 Creamy Dill Chicken Orzo Carrot Coins or Salad Bar Dinner Roll	15 Swedish Meatballs Roasted Potatoes Steamed Broccoli or Salad Bar Dinner Roll	16 Chicken Cordon Bleu Rice Pilaf Buttered Peas or Salad Bar Dinner Roll	17 Turkey with all the fixings, Mashed Potatoes, Butternut Squash or Salad Bar Dinner Roll Suggested Donation \$8	18 Beer Battered Cod Sweet Potato Spinach or Salad Bar Dinner Roll	
21 Pasta Primavera With Cheese Seasonal Vegetables Chickpeas Or Salad Bar Dinner Roll	22 BBQ Chicken Mashed Potato Corn Or Salad Bar Cornbread	23 	24 Chicken Tenderloins in a Cream Sauce Lemon Herb Orzo Carrots Or Salad Bar Dinner Roll Country Memories	25 Baked Stuffed Haddock Baked Potato Beets or Salad Bar Dinner Roll	
28 Baked Ham & Pineapple Scalloped Potato Seasoned Corn Or Salad Bar Dinner Roll	29 Chicken Marsala Penne Pasta Zucchini & Basil Or Salad Bar Dinner Roll	30 Orange Teriyaki Pork Rice Peas & Onions Or Salad Bar Dinner Roll		All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Salad, Coffee, Tea and Desserts.	

Congregate diners age 60 or older are not required to pay, contributions are by donation, are voluntary and can be confidential. congregated diners under 60, a fee of \$7.50 is required (unless noted otherwise).

We are an equal opportunity provider.