



COHEN COMMUNITY CENTER

August 2026

Community and Connections

Estate Planning with Attorney Nale

Tuesday, August 18 | 10:30–11:30 a.m. | Donations appreciated

Join Attorney Nale for an informative discussion on the importance of planning for the future. Learn how the decisions you make today can help protect your family, avoid unnecessary stress and conflict, and provide peace of mind for you and your loved ones. Bring your questions and gain practical guidance in a relaxed, small-group setting. Register at the Cohen Center or call (207) 626-7777.

Central Maine Foot Care

Wednesday, August 19 | 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.

Great Falls Model Railroad Club Presentation

Tuesday, August 25 | 10–11 a.m. | Donations appreciated

Join members of the Great Falls Model Railroad Club for an engaging introduction to the world of model railroading. Whether you're new to the hobby or a seasoned enthusiast, you'll learn about building layouts, operating model trains, and what makes this hobby so enjoyable. Enjoy a fun presentation, ask questions, and connect with fellow train enthusiasts. Register at the Cohen Center or call (207) 626-7777.

Fraud, Scams & Financial Safety for Older Adults

Thursday, August 27 | 10–11:30 a.m. | Donations appreciated

Join us for an informative presentation on protecting yourself and your loved ones from financial fraud. Wendy Brochu and Adam Cappucci of Connected Credit Union, along with Gwyn Perlmutter, Spectrum Generations' Medicare & Money Minders Program Coordinator, will discuss Medicare fraud, common scams, warning signs, real-life examples, prevention strategies, available resources, and how to report fraud. Stay informed, empowered, and better prepared to recognize and avoid financial exploitation. Register at the Cohen Center or call (207) 626-7777.

Free Hearing Screenings

Friday, August 28 | 9:30 a.m.–1:30 p.m. | Free

Eric Herschell, HCP, from Beltone Hearing Center in Augusta will be at the Cohen Community Center providing free private hearing screenings. Learn more about your hearing health, get answers to your questions about hearing loss, and receive personalized guidance in a comfortable, welcoming setting. Registration is required, and appointments fill quickly. Call the Cohen Community Center at (207) 626-7777 to reserve your spot.

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

12:30 p.m. | \$3

THURSDAY

Hand & Foot

12:30 p.m. | \$3

Quilting & Sewing

12:30 p.m. | \$3

FRIDAY

Remember Me

10 a.m. | \$25/30 min

Spirit Reading

10 a.m. | \$25/30 min

Community Resources

Family Caregiver Support

August 11 | Noon
Donations welcome

CMP Power Hour

August 19 | 9 a.m.
AARP Chapter 511
August 26 | 10 a.m.

Parkinson's Support Group

August 6 | 12:30 p.m.
Medicare 101
August 6 | 9–11:30 a.m.
Veteran Assistance
August 20 | 8 a.m.
Haircuts with Lisa
August 20 | 10 a.m.
Equality Maine Lunch
August 13 | 10:30 a.m.

CONGREGATE DINING MENU

August

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

Monday

Tuesday

Wednesday

Thursday

Friday

3 Pasta Primavera With Cheese Seasonal Vegetables Chickpeas Dinner Roll	4 BBQ Chicken Mashed Potato Spinach Dinner Roll	5 Meat Loaf Mashed Potato Green Beans Dinner Roll	6 Chicken Tenderloins in a Cream Sauce Lemon Herb Orzo Carrots Dinner Roll	7 Teriyaki Salmon Rice Pilaf Santa Cruz Vegetables Dinner Roll
10 Baked Ham & Pineapple Scalloped Potato Seasoned Corn Dinner Roll	11 Chicken Marsala Rice Pilaf Zucchini & Tomatoes Dinner Roll	12 Orange Teriyaki Pork Mashed Sweet Potato Peas & Onions Dinner Roll	13 Beef Patty with Au Jus Thyme Potato California Blend Dinner Roll Country Memories	14 Breaded Fish Filet Sweet Potatoes Ranch Broccoli Dinner Roll
17 Cheese Ravioli with Meat Sauce Steamed Broccoli Dinner roll	18 Roast Pork Scalloped Potato Beets Dinner Roll	19 Chicken Tikka Masala Basmati Rice Peas Naan Bread	20 Baked Stuffed Haddock Mashed Potato Green Beans Dinner Roll	21 Beef Pot Pie Buttered Peas Biscuit
24 Beef Patty with Mushroom Gravy Mashed Potato Green Beans Almondine Dinner Roll	25 Irish Banger (sausage) Baked Beans Nutmeg Beet Roll	26 Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme Dinner Roll	27 Chicken Cacciatore Penne Pasta Ranch Broccoli Dinner Roll Country Memories	28 French Toast Sticks Home Fries Sausage Spiced Apples
31 Southern Fried Chicken with Gravy Baked Beans Garlic Spinach Corn Bread				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.