COHEN COMMUNITY CENTER
November 2026

Community and Connections

Veterans Day Luncheon 🇺🇸
Tuesday Nov. 10 | 11 a.m. - 12:30 p.m. | Donations Appreciated.

Join us as we proudly honor and celebrate the Veterans in our community! Come for the food. Stay for the fellowship, and celebrate those who served! ⭐ *VETERANS EAT FREE!* ⭐ Guests ages 59 & under pay only $7.50.

SPECIAL GUESTS | We're honored to welcome: **Honor Flight of Maine, Vet2Vet and Maine Bureau of Veterans' Services.**

A Caregiver's Journey: Finding Meaning, Connection, and Support
Monday, Nov. 16 | 10 - 11:30 a.m. | Registration Required! Donations Appreciated.

Join us, as Lisa shares her story and leads a meaningful conversation about caregiving, compassion, resilience, and the importance of caring for ourselves while caring for others. Lisa is an author, educator, interfaith minister, spiritual companion, and Executive Director/Dean of the Chaplaincy Institute of Maine. Also joining us will be Julia Rand, MPH, of Healthy Living for ME, who will introduce a new guidebook and resources available to support caregivers of individuals living with dementia. All are welcome. Come connect, learn, and find support in community.

Ask the Attorney with John Nale
Monday, Nov. 16 | 10 - 11:30 a.m. | Registration Required! Donations Appreciated.

Join Attorney John Nale for an informal roundtable discussion where community members are invited to ask questions and learn more about legal topics that matter to them. This is a great opportunity to receive general information and guidance from an experienced elder law attorney in a welcoming setting.

Managing Serious Illness
Wednesday, Nov. 18 | 11:15 a.m. - 12:30 a.m.

We're pleased to welcome Lissa Rockwood, Nurse Educator, for a compassionate, informative conversation about navigating serious illness and end-of-life care. Understanding your options can bring comfort, confidence, and peace of mind for you and your loved ones. Learn more about prioritizing quality of life while receiving thoughtful, dignified care. No formal registration required — simply visit the table! Get information, have your questions answered, and explore care options at your own pace.

Responding to Dementia - Related Behaviors
Monday Nov. 30 | 10 - 11:30 a.m. | Registration Required! Donations Appreciated.

Join us for an empowering presentation by Ralph Dean, a volunteer with the Alzheimer's Association. Learn how to decode behavioral changes, address unmet needs, and bring peace back to your caregiving journey.



Weekly Community Activities

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cribbage 12:30 p.m. | $3 **Mahjong** 12:30 p.m. | $3	**Rug Hookers** 9 a.m. | $3 **Wood Carvers** 9 a.m. | $3 **Knitters** 1 p.m. | $3 **Line Dancing** 10:30 a.m. | $3	**Mahjong** 10 a.m. | $3 **Mahjong** 12:30 p.m. | $3	**Hand & Foot** 12:30 p.m. | $3 **Quilting & Sewing** 12:30 p.m. | $3	**Remember Me Spirit Reading** 10 a.m. | $25/30 min

Community Resources

	Family Caregiver Support Nov. 10 | Noon Donations welcome	**CMP Power Hour** Nov. 18 | 9 a.m. **Foot Clinic** Nov. 18 | By appt. only (207) 242-4047 $85 for new, and $55 for returning clients **AARP Chapter 511** Nov. 25 | 10 a.m.	**Parkinson's Support Group** Nov. 5 | 12:30 p.m. **Equality Maine Lunch** Nov. 12 | 10:30 a.m **Veteran Assistance** Nov. 19 | 8 a.m. **Haircuts with Lisa** Nov. 19 | 10 a.m.	

Cohen Community Center

CONGREGATE DINING MENU

November 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Patty with Mushroom Gravy Oven fries Peas Dinner Roll	**3** Irish Banger (sausage) & Mashed Potatoes Steamed Beets Dinner Roll	**4** Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme Dinner Roll	**5** Chicken Cacciatore Penne Pasta Ranch Broccoli Dinner Roll	**6** Lemon Butter Haddock Red Roasted Potatoes Spinach Dinner Roll
9 Homestyle Chicken w/ White Gravy Baked Beans Collard Greens Dinner Roll	**10** Veteran's Day Lunch Pot Roast Mashed Potato Garlic green beans Almondine Dinner Roll	**11**  Veteran's Day	**12** Chicken Stir Fry Rice Roasted red peppers & onions. Dinner Roll	**13** Teriyaki Salmon Parsley Potatoes Buttered Peas Dinner Roll
16 Spaghetti & Meatballs Steamed Kale Dinner Roll	**17** Shepherd's Pie Peas Dinner Roll	**18** Creamy Dill Chicken Rice Pilaf Carrots Dinner Roll	**19** Turkey w/ all the fixing Mashed potato Butternut Squash Dinner Roll Country Memories	**20** Battered Cod Oven fries Mushrooms, Peppers & Onions Dinner Roll
23 Assorted Quiche Au Gratin Potato Green Beans Dinner Roll	**24** Swedish Meatballs Egg Noodles Vegetable Medley Dinner Roll	**25** Chicken Cordon Bleu Black Beans & Rice Kale with Garlic Dinner Roll	**26** 	**27** 
30 Chicken & White Bean Skillet Egg Noodles Collard Greens 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. Congregate diners under 60, a fee of $7.50 is required (unless noted otherwise).

We are an equal opportunity provider.

Weather Closings: Before heading to the Cohen Community Center during bad weather, call (207) 626-7777 or (800) 639-1553 for closing updates. Announcements are also posted on Spectrum Generations' Facebook page and local TV and radio stations.