



COHEN COMMUNITY CENTER

October 2026

Community and Connections

Wu Ming Qigong for Breast Health

Monday, October 5, 12, 19 and 26 | 11 a.m.–noon | Registration Required

Join Susan for a gentle, restorative Qigong practice designed to support breast health, boost energy, and cultivate inner calm. Through gentle movements, mindful breathing, and Qi (energy) awareness, you'll learn simple techniques inspired by traditional Chinese medicine that can help bring greater balance, harmony, and well-being into your daily life!

No experience necessary and all are welcome! To register, visit the Cohen reception desk or call (207) 873-4745. There is a \$10 suggested donation per class.

Central Maine Foot Care

Wednesday, October 14 | 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.

Birds: Amazing Adaptations and Abilities

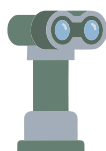
Friday, October 16 | 10–11:30 a.m. | Donations appreciated

Join Maine Master Naturalist Brianna Minor for a fascinating look at how birds fly, navigate, communicate, and survive. Discover the amazing adaptations of feathers, wings, beaks, senses, nesting, migration, and behavior—and learn about some of our local birds. Whether you're a bird enthusiast or simply curious about nature, there's something for everyone! To register, visit the Cohen reception desk or call (207) 620-1195.

Beltone - FREE hearing tests!

Friday, October 23 | 9:30 a.m.–1:30 p.m. | Registration Required

We're pleased to welcome Eric Herschell, HCP, from Beltone Hearing Center in Augusta, who will be on-site to support our community's hearing health. To register, visit the Cohen reception desk or call (207) 626-7777.



New - Deck Binoculars

Come Explore, Observe, and Enjoy Lunch on the Deck – Nature's Dining Room is Waiting for You!

Let reception know you'd like to use the binoculars, and we will get the set up for you to enjoy.

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

Qigong

11 a.m. | \$10

TUESDAY

Rug Hookers

9 a.m. | \$3

Wood Carvers

9 a.m. | \$3

Knitters

1 p.m. | \$3

Line Dancing

10:30 a.m. | \$3

WEDNESDAY

Mahjong

10 a.m. | \$3

Mahjong

12:30 p.m. | \$3

Crafting with Lydia

9 a.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

Oct. 13 | Noon
Donations welcome

CMP Power Hour

Oct. 21 | 9 a.m.
AARP Chapter 511
Oct. 28 | 10 a.m.

Parkinson's Support Group

Oct. 1 | 12:30 p.m.
Medicare 101
Oct. 1 | 9-11:30 a.m.
Equality Maine Lunch
Oct. 8 | 10:30 a.m.
Veteran Assistance
Oct. 15 | 8 a.m.
Haircuts with Lisa
Oct. 15 | 10 a.m.

October 2026

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

Monday

Tuesday

Wednesday

Thursday

Friday

All lunches are served with 1% milk, water, and fruit salad. Community Fundraising make the following available: Salad, Coffee, Tea and Desserts.			1 Beef Patty with Au Jus Thyme Potato California Blend Vegetables Salad bar Dinner Roll	2 Teriyaki Salmon Roasted red potatoes Spinach, Salad bar Dinner Roll
5 	6 Roast Pork Scalloped Potato Beets Salad bar Dinner Roll	7 Chicken Tikka Masala Basmati Rice Chickpeas Salad Bar Naan Bread	8 Cheese Ravioli with Meat Sauce Steamed Broccoli Salad bar Dinner roll	9 Lemon butter haddock Parsley Potatoes Peas & Onions Salad bar Dinner Roll
12  Indigenous Peoples' Day	13 Irish Banger (sausage) & beans Nutmeg Beets Salad bar Biscuit	14 Balsamic Glazed Chicken Tenderloin Jasmine Rice Carrots & Thyme Salad bar Dinner Roll	15 Turkey Mashed potato Butternut Squash Salad Bar Dinner Roll	16 Breaded Fish Sandwich Oven fries Coleslaw Salad bar
19 Southern Fried Chicken w/ white Gravy Baked Beans Garlic Spinach Salad bar Biscuit	20 Pasta Shells & Meat Sauce California Blend Vegetables Salad Bar Garlic Bread	21 NO Lunch today! Evening Congregate!	22 Chicken Stir Fry Rice Tarragon Carrots Salad Bar Dinner Roll	23 Baked Stuffed Haddock Baked Potato Squash Salad Bar Dinner Roll
26 Spaghetti & Meatballs Zucchini Salad Bar Garlic Bread	27 LS Beef Franks Baked beans Broccoli Salad Bar Hot dog rolls	28 Pot Roast Mashed Potato Garlic green beans Salad Bar Dinner Roll	29 Deli Day! Chicken Salad, Tuna Salad, Egg Salad or Potato Salad Salad Bar Asst. Breads	30 Salmon Pie Oven Fries Carrots Salad Bar Dinner Roll

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

We are an equal opportunity provider.