COHEN COMMUNITY CENTER

December 2026



Community and Connections

Antigym with Sara Valentine Tuesday Dec. 8 | 10-11:30 a.m. | Donations appreciated | Registration Required

Antigym® is a self-healing bodywork practice that relieves muscle tension, improves joint mobility & awakens the autonomous nervous system through conscious, small movements. Based on sound anatomical principles, the method brings awareness to tight and restricted areas of the body, helping to release them before - or after - pain and injury occurs. Antigym® is neither a therapy nor a sport; practitioners never force participants into postures and do not perform medical adjustments.

CCU Fraud Presentation with Wendy Brochu Thursday, Dec. 10 | 9:30-11 a.m. | Registration Required

Scammers are constantly finding new ways to trick people out of their money.
Would you know the warning signs? Join us Thursday, December 10, from 10-11 a.m., to learn how to recognize common scams, identify financial fraud, and take practical steps to protect yourself and your loved ones. Hear from Wendy Brochu of Connected Credit Union as she shares helpful information, real-life examples, and strategies you can put into practice.

Taxpayer Advocate Presentation Friday, Dec. 11 | 9-11 a.m. | Registration Required

Join us as we welcome Maria French, Taxpayer Advocate and Experience Officer for the State of Maine's Department of Administrative and Financial Services. Maria will also provide step-by-step guidance on completing a tax return to claim eligible credits and explain how Maine's Property Tax Deferral Program can help qualifying homeowners pay their property taxes. Have questions? Come learn, get answers, and discover benefits that may be available to you!

Music Field Trip! Augusta Symphony Orchestra at CONY High School-Holiday Lights Sunday Dec. 13 | 3 p.m. Registration Required! Donations Appreciated.

Mark your calendars! Augusta Symphony Orchestra will hold its annual holiday concert - Holiday Lights - on Sunday, December 13, at 3 p.m. The concert will be held at Cony High School this year and will feature the CODA Chorus.,Tchaikovsky's Nutcracker Suite, John Rutter Carols, Christmas at the Movies Medley, and more! **Van leaves from Cohen Center at 2:15 p.m.!**

Holiday Treats & Cookie Workshop Wednesday Dec. 16 | 1-2 p.m. | Registration Required

Sprinkle a little sweetness into your holiday season! Join us for some festive fun as we decorate delicious cookies and create yummy no-bake holiday treats! Come ready to create, decorate, and enjoy!

Maine Mature Drivers Project Thursday, Dec. 17 | 10-11:30 a.m. | Registration Required

How can you stay safe and confident behind the wheel as you age? Join Tom Meuser for an engaging presentation about driving and the changes that come with getting older.

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To register for any activity visit the Cohen Center reception desk or call, (207) 626-7777.

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 ● **Crafting w/ Lydia** 9 a.m. | $3 | Dec. 3 & 17	● **Remember Me Spirit Reading** 10 a.m. | $25/30 min

Community Resources

	Family Caregiver Support Dec. 8 | Noon Donations welcome	**CMP Power Hour** Dec. 16 | 9 a.m. **Foot Clinic** Dec. 16 | By appt. only (207) 242-4047 $85 for new, and $55 for returning clients **AARP Chapter 511** Dec. 9 | 10 a.m.	**Parkinson's Support Group** Dec. 3 | 12:30 p.m. **Equality Maine Lunch** Dec. 10 | 10:30 a.m **Veteran Assistance** Dec. 17 | 8 a.m. ● **Haircuts with Lisa** Dec. 17 | 10 a.m.	

● Appointment or Registration Required

Cohen Community Center

CONGREGATE DINING MENU

December 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Mashed Potato Carrots Dinner Roll	2 Beef Franks Baked beans Broccoli Dinner Roll	3 Ham & Pineapple Rice Beans Vegetable Medley	4 Baked Stuffed Haddock Baked Potato Buttered peas Dinner Roll
7 Beef Patty with Au Jus Scalloped Potato California Blend Dinner Roll	8 Chicken Tenderloins in a Cream Sauce Rice Pilaf Carrots Dinner Roll	9 Orange Teriyaki Roasted Pork Basmati Rice Peas & Onions	10 Cheese Ravioli with Meat Sauce Spimach Dinner roll	11 Shrimp Scampi Linguini Asparagus Dinner Roll
14 Chicken Teriyaki Jasmine Rice Broccoli Dinner Roll	15 Ground Beef Stroganoff Egg noodles Peas & mushrooms	16 Chicken Tikka Masala Basmati Rice Chickpeas	17 Turkey w/ all the fixing Mashed potato Butternut Squash Dinner Roll Country Memories	18 Salmon Pie Oven Fries Vegetable Medley Dinner Roll
21 Beef Patty with Mushroom Gravy Au gratin potato Peas Dinner Roll	22 Chicken Cacciatore Penne Pasta Ranch Broccoli Dinner Roll	23 Balsamic Glazed Chicken Jasmine Rice Carrots & Thyme Dinner Roll	24 Pot Roast Mashed Potato Green beans Dinner Roll	25 
28 Homestyle Chicken w/ White Gravy Baked Beans Greens Dinner Roll	29 Baked ziti with meat sauce California Vegetable Dinner Roll	30 Meat Loaf Mashed Potato Kale Dinner Roll	31 Chicken Stir Fry Lo Mein noodles Roasted peppers & onions. Dinner Roll Country Memories	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.