

## Nutrition Site - November, 2009

Join us for lunch! Serving 11:30 am, Monday-Friday.

Join us for an enjoyable variety of healthy delicious meals with pleasant pals. Reservations are required at least one day in advance by calling 266-6416. The cost to provide a meal is \$5.75; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$3.00.

Transportation is available for \$1 round trip through Transit Solutions (294-8747).

**Monday, November 2:** Swiss Steak, Rice, Apricots

**Tuesday, November 3:** Pork Cutlet, Potatoes, Applesauce

**Wednesday, November 4:** Lasagna, Green Beans, Bananas

**Thursday, November 5:** Baked Chicken, Potatoes, Peas

**Friday, November 6:** White Chili, Coleslaw, Cookie

**Monday, November 9:** Swiss Burger, Potatoes, Pineapple

**Tuesday, November 10:** Meatloaf, Mashed Potatoes, Squash

**Wednesday, November 11:** Roast Beef, Potatoes, Cake

**Thursday, November 12:** Broccoli Cheese Soup, Egg Salad, Pears

**Friday, November 13:** Beef Stew, Biscuit, Cookie

**Monday, November 16:** Ham Loaf, Scalloped Potatoes

**Tuesday, November 17:** Baked Fish, Au Gratin Potatoes, Dessert

**Wednesday, November 18:** Hamburger, Grilled Potatoes, Cookie

**Thursday, November 19:** Lasagna, Tossed Salad, Oranges

**Friday, November 20:** Turkey, Mashed Potatoes, Pumpkin Pie

**Monday, November 23:** Shrimp Noodle Bake, Cake

**Tuesday, November 24:** Meat Sauce, Spaghetti, Pineapple

**Wednesday, November 25:** Roast Pork, Rice Pilaf, Cookie

**Thursday, November 26:** THANKSGIVING - NO MEAL

**Friday, November 27:** NO MEAL

**Monday, November 30:** Potato Soup, Tuna Salad, Cookie



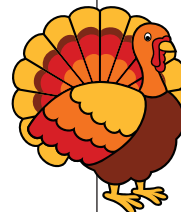
## Activity Calendar - November, 2009

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 Advanced Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO Class 10:30 Service Manager 11:45 Ping-Pong 12:00 Intro to Computers 12:00 Understanding Linguistics 12:30 Zumba Class 1:00 PLATO Class	<b>3</b> 8:30 Bridge 9:30 eBay Strategies 10:00 Gentle Exercise 10:00 Nutrition Walk-By 10:00 PLATO Class 11:00 Pocket Billiards 11:45 Ping-Pong 1:00 Movie 1:30 PLATO Class	<b>4</b> 9:00 Dialogue Across Ages 9:30 Guide to Mental Fitness 9:30 Foot Care Clinic <b>10:00 Daily Bread</b> 10:00 PLATO Class 11:30 Blood Pressure Screening 12:00 Quantum Mechanics 1:00 PLATO Class 1:30 Spanish Conversation Group 1:30 PLATO Class <b>6:00 Cooking: Mexican</b> 6:00 Latino Support Group	<b>5</b> 10:00 Gentle Exercise 10:00 PLATO Class 11:45 Ping-Pong 1:00 Afternoon Dance 1:30 PLATO Class 2:30 LGBT Discussion Group 5:30 LGBT Senior Alliance Event	<b>6</b> <b>9:30 Opera for the Young at Heart</b> 9:30 Life Stories 10:00 Gentle Exercise 10:00 Advanced Spanish 11:45 Ping-Pong 12:00 Bridge 12:30 Open Computer Lab 12:30 Wii Bowling 1:00 PLATO Class 1:00 Dane County SOS
<b>9</b> 9:00 Adv. Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO Class 10:30 Service Manager 11:45 Ping-Pong 12:00 Understanding Linguistics 12:00 Intro to Computers 12:30 Zumba Class 1:00 Plato Class 1:30 Banjo Club	<b>10</b> 8:30 Bridge 9:00 CELEBRATE SUCCESS 10:00 Gentle Exercise - CANCEL 10:00 PLATO class 11:45 Ping-Pong - CANCEL 1:00 PLATO Class 1:00 Book Bites at Madison Library	<b>11</b> 9:30 <b>Holiday Letters &amp; Labels</b> 9:30 Guide to Mental Fitness 10:00 Poetry Appreciation 10:00 PLATO Class 12:00 Quantum Mechanics 1:00 PLATO Class 1:30 PLATO Class 1:30 Spanish Conversation Group 5:00 Mifflin Street Investors 6:00 Cooking: Mexican 6:00 Latino Support Group	<b>12</b> 9:00 Preschool Crafts <b>10:00 Medicare Savings Program</b> 10:00 Gentle Exercise 10:00 PLATO Class 11:45 Ping-Pong 1:00 Afternoon Dance 1:00 Poetry Circle 1:30 PLATO Class 2:00 Healthcare 101	<b>13</b> 9:30 Life Stories 10:00 Gentle Exercise 10:00 Advanced Spanish 11:45 Ping-Pong 12:00 Bridge 12:30 Open Computer Lab 12:30 Wii Bowling 1:00 PLATO Class 1:00 Dane Co. SOS Program: Homestead Credits
<b>16</b> 9:00 Adv. Word Processing 9:30 TOPS 10:00 Gentle Exercise 10:00 PLATO Class 10:30 Service Manager 11:45 Ping-Pong 12:00 Understanding Linguistics 12:00 <b>Computer Tips and Tricks</b> 12:30 Zumba Class 1:00 PLATO Class 1:30 Banjo Club	<b>17</b> 8:30 Bridge 9:00 Elder Wisdom Circle 10:00 Gentle Exercise 10:00 PLATO Class 11:00 Nutritional Education 11:45 Ping-Pong 1:00 PLATO Class 1:00 <b>Crafter's Circle</b> 1:00 Movie Matinee 2:30 WI Senior Games	<b>18</b> 8:30 DROP OFF Wreaths 9:30 Guide to Mental Fitness 9:30 Foot Care Clinic 9:30 Holiday Letters & Labels 10:00 PLATO Class 11:30 Blood Pressure Screening 12:00 Quantum Mechanics 1:00 PLATO Class 1:30 PLATO Class 1:30 Spanish Conversation Group 6:00 Latino Caregiver Workshop 6:00 Cooking: Mexican	<b>19</b> 10:00 Gentle Exercise <b>10:00 Identity Theft Class</b> 10:00 PLATO Class 10:00 Nutrition Education 11:45 Ping-Pong 1:00 Afternoon Dance <b>1:00 Circle of Life Retreat</b> 1:30 PLATO Class 2:30 LGBT Discussion Group <b>6:00 Tea Blending</b>	<b>20</b> 9:00 Bob Ross Painting Class 9:30 Life Stories 10:00 Gentle Exercise 10:00 Advanced Spanish 11:45 Ping-Pong 12:00 Bridge 12:30 Open Computer Lab 12:30 Wii Bowling 1:00 PLATO Class 1:00 Book Bites: Madison Library
<b>23</b> 8:30 FESTIVAL of WREATHS 9:00 Advanced Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO Class 10:30 Service Manager 11:45 Ping-Pong 12:00 Understanding Linguistics 12:30 Zumba Class 1:00 PLATO Class 1:30 Banjo Club <b>6:00 Candy Making Class</b>	<b>24</b> 8:30 Bridge 10:00 Gentle Exercise 10:00 PLATO Class 11:45 Ping-Pong 12:00 Red Hat Mamas <b>12:00 Walk It! Sign up</b> 1:30 PLATO Class 2:00 Health Care 101	<b>25</b> 9:30 Guide to Mental Fitness 10:00 PLATO Class 11:45 Ping-Pong 12:00 Quantum Mechanics 1:00 PLATO Class 1:00 Poetry Circle 1:30 PLATO Class 1:30 Spanish Conversation 6:00 Latino Caregivers	<b>CLOSED FOR THANKSGIVING</b>  <b>CLOSED FOR THANKSGIVING</b>	
<b>30</b> 9:00 Advanced Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping-Pong 12:00 Understanding Linguistics 12:30 Zumba Class	<b>All programs are held at the Senior Center.</b> <b>There is no charge for programs except when noted.</b>		<b>Elevator Maintenance</b> <b>The elevator at the Overture parking ramp will be closed November 3-5. We apologize for any inconvenience.</b>	