

# Activity Calendar - April, 2011

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

## Nutrition Site

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

Enjoy a 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 \$6.00; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$3.00.

**Friday, 4/1:** Baked Fish

**Monday, 4/4:** Meatloaf

**Tuesday, 4/5:** Salisbury Steak

**Wednesday, 4/6:** Baked Chicken or Salad

**Thursday, 4/7:** Turkey Ham

**Friday, 4/8:** Hamburger

**Monday, 4/11:** Lasagna

**Tuesday, 4/12:** Roast Pork

**Wednesday, 4/13:** Meat Sauce Spaghetti or Salad

**Thursday, 4/14:** Soup/Sandwich

**Friday, 4/15:** Chicken Alfredo

**Monday, 4/18:** Beef Tips/Noodles

**Tuesday, 4/19:** Roast Turkey

**Wednesday, 4/20:** Chicken Tetrazzini or Salad

**Thursday, 4/21:** Meatloaf

**Friday, 4/22:** Tuna Casserole

**Monday, 4/25:** Goulash Casserole

**Tuesday, 4/26:** Baked Fish

**Wednesday, 4/27:** Spaghetti/Meatballs or Salad

**Thursday, 4/28:** Beef Stew

**Friday, 4/29:** Turkey Ham

### Winter Farmer's Market

at the Senior Center  
Saturdays until April 10  
8 am – 12 Noon  
Breakfast Served. Fee varies.



MONDAY		TUESDAY	
4 8:30 Pool 9:30 TOPS Meeting <b>10:00 Social Security &amp; Medicare</b> 10:00 Gentle Exercise 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 1:00 PLATO	5 8:30 Pool 8:30 Bridge <b>8:30 Calligraphy</b> 10:00 Gentle Exercise 10:00 Nutrition Walk-By 10:00 PLATO 11:45 Ping-Pong 1:00 Movie Matinee: <i>Flipped</i> 1-1:30 PLATO	11 8:30 Pool 9:30 TOPS Meeting 10:00 PLATO 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 1:00 PLATO 1:30 Banjo Club	12 8:30 Pool 8:30 Bridge 8:30 Calligraphy 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong <b>1:00 Book Bites: Kathleen Ernst</b> 1-1:30 PLATO
18 8:30 Pool 9:30 TOPS Meeting 10:00 PLATO 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 1:00 PLATO	19 8:30 Pool 8:30 Bridge 8:30 Calligraphy 9:00 Elder Wisdom Circle <b>10:00 Scanners: What Can They Do?</b> 10:00 PLATO 10:00 Gentle Exercise 10:30 Home Health United Desk 11:00 Nutrition Education 11:45 Ping Pong 1:00 Movie Matinee: <i>The Town</i> 1-1:30 PLATO	25 8:30 Pool 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 1:00 PLATO 1:30 Banjo Club	26 8:30 Pool 8:30 Bridge 8:30 Calligraphy 10:00 Gentle Exercise <b>10:00 Using your Computer</b> 10:00 PLATO 11:45 Ping Pong 12:15 Red Hat Mamas 1-1:30 PLATO

WEDNESDAY		THURSDAY		FRIDAY	
6 8:30 Pool 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 10:00 PLATO 10:00 Daily Bread <b>10:15 Arthritis Fnd. Exercise</b> 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 Impossible: Physics Beyond 12:00 TimeBank Office Hours <b>1:00 Dance Exercise</b> 1-1:30 PLATO 1:30 Spanish Conversation <b>6:00 Cooking: Eastern European</b>	7 8:30 Pool <b>8:30 Driver Safety AARP</b> <b>9:30 Advocacy Training</b> 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong <b>1:00 Women's Mental Health</b> 1:00 Mah Jongg Returns! 1:00 Afternoon Dance 1:30 PLATO 2:30 Gay & Gray Discussion Group	13 8:30 Pool 9:00 Rediscover Shakespeare 10:00 PLATO 10:15 Arthritis Foundation Exercise 10:45 Book Club 11:45 Ping Pong 12:00 Impossible: Physics Beyond 12:00 TimeBank Office Hours 1:00 Dance Exercise 1-1:30 PLATO 1:30 Spanish Conversation Group <b>3:00 Living Well w/Chronic Cond.</b> 6:00 Latino Support Group 6:00 Cooking: Eastern European	14 <b>NO POOL TODAY</b> <b>8:00 Volunteer Recog. Breakfast Annual Meeting</b> 9:30 Advocacy Training 9:30 Pre-School Crafts 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 1:00 Afternoon Dance 1:00 Write and Share Your Stories 1:30 PLATO	1 9:00 AARP Tax Assistance 10:00 Gentle Exercise <b>10:00 Estate Planning 101</b> 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Open Computer Lab (Note time change) 1:30 PLATO	8 9:00 AARP Tax Assistance [final] 10:00 Gentle Exercise 10:30 Medicare Information Booth 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Open Computer Lab 1:00 Dane County SOS Meeting 1:30 PLATO
				<b>SATURDAY</b>	
				16 <b>5:00 JUNIOR/SENIOR PROM Jailhouse Rock Jukebox</b>	
				<b>SUNDAY</b>	
				17 <b>12:30 Sunday Meal with Steven James plus Bingo</b>	
20 8:30 Pool 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 10:00 PLATO 10:15 Arthritis Foundation Exercise 10:30 Hospice Office Hours 11:45 Ping Pong 11:30 Blood Pressure Screening 12:00 Impossible: Physics Beyond 12:00 TimeBank Office Hours 1:00 Dance Exercise 1-1:30 PLATO 1:30 Spanish Conversation Group 3:00 Living Well w/Chronic Cond. 6:00 Cooking: Eastern European	21 8:30 Pool 9:30 Advocacy Training 10:00 Gentle Exercise <b>10:00 Online with Your Librarians: Spring Cleaning: Craigslist &amp; Madison Stuff Exchange Reverse Mortgage</b> 10:00 PLATO 11:45 Ping Pong 1:00 Afternoon Dance 1:30 PLATO 2:30 Gay & Gray Discussion Group	22 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Medicare Information Booth 1:00 Open Computer Lab 1:00 Non-Traditional Doll Making 1:30 PLATO	<b>EARTH DAY!</b>		
27 8:30 Pool 9:00 Rediscover Shakespeare 10:00 PLATO <b>10:00 Word Processing Basics</b> 10:15 Arthritis Foundation Exercise 11:45 Ping Pong 12:00 Impossible: Physics Beyond 12:00 TimeBank Office Hours 12:30 Guitarist Joe Spoelstra 1:00 Dance Exercise 1-1:30 PLATO 1:30 Spanish Conversation Group 3:00 Living Well w/Chronic Cond. <b>5:00 Cake Decorating Workshop</b>	28 8:30 Pool 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 1:00 Write and Share Your Stories 1:00 Afternoon Dance 1:30 PLATO	29 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 12:00 Bridge <b>12:15 Midtown Jazz Performance</b> 12:30 Wii Lessons 1:00 Open Computer Lab 1:00 Non-traditional Doll Making <b>1:00 Leaf Printing on Fabric</b> 1:30 PLATO			