

Nutrition Site

Join us for lunch! Serving 11:30 am Monday-Friday. Enjoy a variety of healthy delicious meals with pleasant people. Reservations are required at least one day in advance by calling 266-6416. The cost to provide a meal is \$6.25; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$3.00. **Vegetarian Option (VO) will be listed as the second option.**

Monday, 8/1: Brat/Veggie Dogs
Tuesday, 8/2: Roast Beef/Veggie Patty
Wednesday, 8/3: Shrimp Pasta Salad or Pasta Salad
Thursday, 8/4: Turkey Sand./Cheese Sand.
Friday, 8/5: Sweet-Sour Chicken/Soy Casserole

Monday, 8/8: Roast Pork/Veggie Lasagna
Tuesday, 8/9: Chicken Cacciatore/Soy Meat Sauce
Wednesday, 8/10: Ham/Veggie Patty or Salad
Thursday, 8/11: Tuna Mac. Salad/Cottage Cheese
Friday, 8/12: Meatloaf/Veggie Loaf

Monday, 8/15: Chicken/Broccoli Cheese Sauce
Tuesday, 8/16: BBQ Beef-Bun/Soy Sloppy Joe
Wednesday, 8/17: Fish/Hashbrown Soy Cass. or Salad
Thursday, 8/18: Pork Cutlet/Cheese Sandwich
Friday, 8/19: Potatoes w/ham/Veggie Dogs

Monday, 8/22: Chicken Parmesan/Soy Meat Sauce
Tuesday, 8/23: Hamburger/Veggie Patty
Wednesday, 8/24: Amer. Chop Suey/ Soy Chop Suey or Salad
Thursday, 8/25: Veg. Soup/Cottage Cheese
Friday, 8/26: Chicken/Egg Salad

Monday, 8/29: Sloppy Joe/Soy BBQ
Tuesday, 8/30: Turkey/Veggie Lasagna
Wednesday, 8/31: Chicken Casserole/Swiss Cheese-Rye or Salad

Activity Calendar - August, 2011

MONDAY	TUESDAY
1 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba	2 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Nutrition Walk By 10:30 Home Health United Desk 11:45 Ping Pong 1:00 Movie Matinee: True Grit
8 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:30 Banjo Club	9 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Healthcare: How to Get the Best 11:45 Ping Pong
15 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:30 Service Manager 12:30 Zumba 11:45 Ping Pong	16 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 11:00 Nutrition Education 11:45 Ping Pong 1:00 Movie Matinee: The Adjustment Bureau 6:00 Public Meeting: City of Madison Budget
22 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba Cancelled Today 1:30 Banjo Club	23 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Facebook 101 11:45 Ping Pong 1:00 Book Bites: Author Jeff Havens
FLOOR REFINISHING	FLOOR REFINISHING
29 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba Cancelled Today	30 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Red Hat Mamas 1:00 Wisconsin Wonderland

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Pool 9:30 Foot Care Clinic 10:00 Daily Bread 10:00 Word Intermediate Class 10:00 PLATO 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 History of Freedom 1:30 Spanish Conversation Group 5:30 Cooking: Italian	4 8:30 Pool 9:00 Gentle Exercise 10:00 Digital Photos: Manage/Edit 11:00 FoodShare: Is Money Tight? 11:45 Ping Pong 1:00 Women and Heart Disease 1:00 Afternoon Dance 1:00 Mah Jongg	5 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab
10 8:30 Pool 11:45 Ping Pong 12:00 History of Freedom 12:00 TimeBank 1:30 Spanish Conversation Group 5:30 Cooking: Italian 6:00 Latino Support Group	11 8:30 Pool 9:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance 2:00 Gay & Gray Discussion Group	12 9:00 Gentle Exercise 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab 1:00 Dane County SOS meeting
		SUNDAY
		14 12:30 Sunday Meal with DeWayne Keyes & his Harmonica + Bingo
17 8:30 Pool 9:30 Foot Care Clinic 10:30 Hospice Office Hours 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 History of Freedom 1:30 Spanish Conversation Group 6:00 Cooking: Pancakes & Crepes	18 8:30 Pool 9:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance	19 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab
FLOOR REFINISHING	FLOOR REFINISHING	FLOOR REFINISHING
24 8:30 Pool 10:00 Being Old: The Good News 11:45 Ping Pong 12:00 History of Freedom 12:00 TimeBank 1:30 Spanish Conversation Group 6:00 Cooking: Pancakes & Crepes 6:00 Latino Caregivers	25 8:30 Pool 9:00 Gentle Exercise 11:45 Ping Pong Afternoon Dance Cancelled 2:00 Gay & Gray Discussion Group 2:30 Luau & Steel Drums	26 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:15 Guitarist Joe Spoelstra 12:30 Wii Games 12:30 Open Computer Lab 12:30 Medicare Information Booth
FLOOR REFINISHING	FLOOR REFINISHING	FLOOR REFINISHING
31 8:30 Pool 10:00 Tips & Tricks on Computer 11:45 Ping Pong 12:00 History of Freedom 1:30 Spanish Conversation Group		GOODWILL COLLECTION TRAILER AUGUST 11 - 14 IN THE COURTYARD DONATIONS WELCOME!