

## Nutrition Site

Join us for lunch! Serving 11:30 am, Monday-Friday. Enjoy a variety of healthy delicious meals with friends. 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.**

**Thursday, 12/1:** Cordon Bleu Lasagna/  
Veggie Lasagna

**Friday, 12/2:** Goulash Casserole/Soy  
Casserole

**Monday, 12/5:** Meatloaf/Soy Loaf

**Tuesday, 12/6:** Chicken/Cheese  
Sandwich

**Wednesday, 12/7:** Beef Tips & Noodles  
/Soy Tips or Salad

**Thursday, 12/8:** Chicken Casserole/Soy  
Casserole

**Friday, 12/9:** Pork Loin/Cottage Cheese

**Monday, 12/12:** Tuna Casserole/Veggie  
Patty

**Tuesday, 12/13:** Roast Beef/Veggie  
Patty

**Wednesday, 12/14:** Fish/Scalloped w/  
Soy or Salad

**Thursday, 12/15:** Spaghetti-Meat Balls/  
Sauce w/Soy

**Friday, 12/16:** Holiday Meal: Ham/Soy  
Loaf

**Monday, 12/19:** Beef Stew/Soy Stew

**Tuesday, 12/20:** Pepper Steak/Soy  
Strips

**Wednesday, 12/21:** Broccoli Soup/  
Cheese Sandwich or Salad

**Thursday, 12/22:** Vegetable Lasagna

**Friday, 12/23:** Chicken/Soy Loaf

**Monday, 12/26:** CLOSED


**Tuesday, 12/27:** Turkey/Yogurt

**Wednesday, 12/28:** Swiss Burger/Soy  
Patty or Salad

**Thursday, 12/29:** Chili Mac/Veggie  
Chili

**Friday, 12/30:** BBQ Ribs/Cottage  
Cheese

## Activity Calendar - December, 2011

MONDAY		TUESDAY	
			
5	<b>FESTIVAL OF WREATHS</b>	6	<b>FESTIVAL OF WREATHS</b>
8:30	Pool	8:30	Pool
9:00	Gentle Exercise	8:30	Bridge
9:30	TOPS Meeting	9:00	Gentle Exercise
<b>10:00</b>	<b>Intro to MS Publisher</b>	10:00	Nutrition Walk By\
10:30	Service Manager	<b>10:00</b>	<b>Natural Medicine for</b>
11:45	Ping Pong		<b>Healthy Joints &amp; Bones</b>
12:00	Making History	10:30	Home Health United Desk
12:30	Zumba	11:45	Ping Pong
1:30	Banjo Club	1:00	Movie Matinee: <i>Win, Win</i>
12		13	
8:30	Pool	8:30	Pool
9:00	Gentle Exercise	8:30	Bridge
9:30	TOPS Meeting	9:00	Gentle Exercise
10:00	Intro to MS Publisher	<b>10:00</b>	<b>Facebook Part 2</b>
10:30	Service Manager	<b>10:00</b>	<b>Make the Holidays Special</b>
11:45	Ping Pong	11:45	Ping Pong
12:00	Making History	<b>1:00</b>	<b>Book Bites: Author</b>
12:30	Zumba		<b>Alice D'Alessio</b>
		<b>6:00</b>	<b>Baking Sourdough Breads</b>
19		20	
8:30	Pool	8:30	Pool
9:00	Gentle Exercise	8:30	Bridge
9:30	TOPS Meeting	9:00	Gentle Exercise
10:00	Intro to MS Publisher	9:00	Elder Wisdom Circle
10:30	Service Manager	<b>10:00</b>	<b>Voter ID Workshop</b>
11:45	Ping Pong	11:00	Nutrition Education
1:30	Banjo Club	11:45	Ping Pong
12:00	Making History	1:00	Movie Matinee: <i>Christmas Vacation</i>
12:30	Zumba		
26		27	
<b>CLOSED FOR THE HOLIDAY</b>		8:30	Pool
<b>January 2:</b>		8:30	Bridge
<b>CLOSED FOR THE HOLIDAY</b>		9:00	Gentle Exercise
		11:45	Ping Pong
		12:00	Red Hat Mamas

WEDNESDAY	THURSDAY	FRIDAY
	<p>1 <b>FESTIVAL OF WREATHS</b>                      8:30 Pool                      9:00 Gentle Exercise                      10:00 <b>Japan: International Focus</b>                      10:00 PLATO                      11:45 Ping Pong                      12:00 Meaning of Life                      1:00 Afternoon Dance                      1:30 PLATO (2)                      2:00 Gay &amp; Gray Discussion Group</p>	<p>2 <b>FESTIVAL OF WREATHS</b>                      9:00 Gentle Exercise                      9:00 Rediscover Shakespeare                      10:00 PLATO (2)                      11:45 Ping Pong                      12:00 Bridge                      12:00 <b>WREATH PICK-UP</b>                      12:30 <b>Special Edition Performance</b>                      12:30 Wii Games                      12:30 <b>Non-Traditional Doll Making Class</b>                      12:30 Open Computer Lab                      1:30 PLATO</p>
<p>7 <b>FESTIVAL OF WREATHS</b>                      8:30 Pool                      9:00 Dialogue Across the Ages                      9:00 <b>NESCO Latino Seniors Class</b>                      9:00 Foot Care Clinic                      10:00 <b>Facebook for Beginners</b>                      10:00 Daily Bread                      11:30 Blood Pressure Screening                      11:45 Ping Pong                      1:00 Dance Exercise                      1:30 Spanish Conversation</p>	<p>8 <b>FESTIVAL OF WREATHS</b>                      8:30 Pool                      9:00 Gentle Exercise                      9:30 Preschool Crafts                      10:00 PLATO                      11:45 Ping-Pong                      12:00 Meaning of Life                      1:00 Afternoon Dance                      1:30 PLATO (2)                      2:30 Veterans Coffee Chat</p>	<p>9 <b>FESTIVAL OF WREATHS</b>                      9:00 Gentle Exercise                      10:00 PLATO (2)                      10:30 Medicare Information Booth                      11:30 Dane Co SOS Holidaiy Party                      NO Ping Pong today                      12:00 Bridge                      12:30 Open Computer Lab                      12:30 Wii Games                      12:30 Non-Traditional Doll Making Class                      1:30 PLATO                      2:00 <b>CLASSIC ENGLISH TEA</b></p> <p style="text-align: center;"><b>SUNDAY</b></p> <p>11                      12:30 Sunday Meal with <b>VSA Choir</b> plus Bingo</p>
<p>14                      8:30 Pool                      9:00 NESCO Latino Seniors Class                      10:00 <b>Facebook Tips &amp; Tricks</b>                      10:00 <b>Protecting Wealth</b>                      11:45 Ping Pong                      1:30 Spanish Conversation</p>	<p>15                      8:30 Pool                      9:00 Gentle Exercise                      10:00 <b>Energy-Saving Workshop</b>                      10:45 Book Club                      11:45 Ping Pong                      11:30 <b>South Madison Coalition Holiday Volunteer Party</b>                      12:00 Meaning of Life                      1:30 <b>Afternoon Dance [note time]</b>                      2:00 Gay &amp; Gray Discussion Group</p>	<p>16                      9:00 Gentle Exercise                      9:00 Rediscover Shakespeare                      11:45 Ping Pong                      12:00 Bridge                      12:30 <b>Paris Blues Performs</b>                      12:30 Non-Traditional Doll Making Class                      12:30 Wii Games                      12:30 Open Computer Lab</p>
<p>21                      8:30 Pool                      10:30 Hospice Office Hours                      11:45 Ping Pong                      1:30 Spanish Conversation</p>	<p>22                      8:30 Pool                      9:00 Gentle Exercise                      11:45 Ping Pong                      12:00 Meaning of Life                      1:00 Afternoon Dance</p> <p style="text-align: center;"><b>FIRST DAY OF WINTER</b></p> 	<p>23                      9:00 Gentle Exercise                      11:45 Ping Pong                      12:00 Bridge                      12:30 Non-Traditional Doll Making Class                      12:30 Wii Games                      12:30 Open Computer Lab                      12:30 Medicare Information Booth</p> <p style="text-align: center;"><b>SUNDAY</b></p> <p>25                      12:30 <b>HOLIDAY MEAL with Entertainer John Duggleby plus Bingo</b></p>
<p>28                      8:30 Pool                      11:45 Ping Pong                      1:30 Spanish Conversation                      6:00 Diabetes Support Group (in Spanish)</p>	<p>29                      8:30 Pool                      9:00 Gentle Exercise                      11:45 Ping Pong                      12:00 Meaning of Life                      1:00 Afternoon Dance                      2:00 Gay &amp; Gray Discussion Group</p>	<p>30                      9:00 Gentle Exercise                      11:45 Ping Pong                      12:00 Bridge                      12:30 Wii Games                      12:30 Open Computer Lab</p>