

## 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.

**Tuesday, 2/1:** Sliced Turkey Ham

**Wednesday, 2/2:** Tuna Salad, Bun OR Stuffed Tomato w/Chicken Salad

**Thursday, 2/3:** Vegetable Lasagna

**Friday, 2/4:** Swiss Steak

**Monday, 2/7:** Roasted Turkey

**Tuesday, 2/8:** Egg Salad, Bun

**Wednesday, 2/9:** Spaghetti w/Meat OR Taco Salad

**Thursday, 2/10:** Roast Beef

**Friday, 2/11:** Swiss Burger, Bun

**Monday, 2/14:** Baked Chicken

**Tuesday, 2/15:** Chili Mac

**Wednesday, 2/16:** Pork Cutlet OR Chef Salad

**Thursday, 2/17:** Beef Stew

**Friday, 2/18:** Baked Fish

**Monday, 2/21:** Hamburger, Bun

**Tuesday, 2/22:** Salisbury Steak

**Wednesday, 2/23:** Tuna Casserole OR Chicken Fajita Salad

**Thursday, 2/24:** Meatloaf

**Friday, 2/25:** Turkey Ham

**Monday, 2/28:** Lasagna

## Sudoku

### Answers

4	6	5	2	1	9	7	8	3
3	2	8	7	6	5	9	4	1
1	7	9	8	4	3	5	2	6
7	4	3	5	2	1	8	6	9
8	9	6	3	7	4	1	5	2
2	5	1	6	9	8	3	7	4
6	3	2	1	5	7	4	9	8
5	8	4	9	3	2	6	1	7
9	1	7	4	8	6	2	3	5

## Activity Calendar - February, 2011

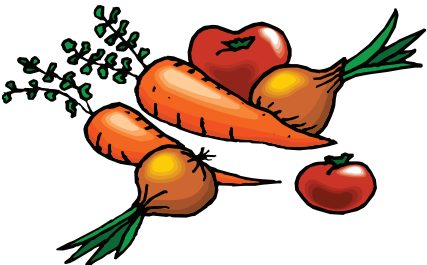
MONDAY	TUESDAY
	1 8:30 Bridge 9:30 Internet Explorer Intro Leis Paced 10:00 Gentle Exercise 10:00 Nutrition Walk-By 11:45 Ping-Pong 1:00 Movie Matinee: <i>Charlie St. Cloud</i>
7 9:00 MS Works: Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:30 Banjo Club	8 8:30 Bridge 9:30 Internet Explorer Intro Leis Paced <b>9:30 Massage for Relaxation</b> <b>10:00 Got Internet?</b> <b>10:30 Financial Blunders</b> 10:00 Gentle Exercise 11:45 Ping Pong <b>1:00 PLATO Special film showing After the Wedding</b>
14 9:00 MS Works: Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba	15 8:30 Bridge 9:00 Elder Wisdom Circle 9:30 Internet Explorer Intro Leis Paced 10:00 Gentle Exercise 11:00 Nutrition Education <b>11:00 HHU Help Desk</b> 11:45 Ping Pong 1:00 Movie Matinee: <i>Salt</i> <b>1:00 Book Review: Author Richard Chamberlin</b>
21 9:00 MS Works: Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 PLATO 1:30 Banjo Club	22 8:30 Bridge 9:30 Internet Explorer Intro Leis Paced 10:00 PLATO 10:00 Gentle Exercise 11:45 Ping Pong 12:15 Red Hat Mamas 1:00 PLATO 1:30 PLATO
28 9:00 MS Works: Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 PLATO	

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 10:00 Daily Bread 11:30 Blood Pressure Screening 11:45 Ping Pong 12:30 TimeBank Office Hours 1:00 PLATO 1:30 Spanish Conversation	3 9:30 Digital Camera Workshop Leisure Pace 10:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance 2:30 Gay & Gray Discussion Group	4 <b>9:00 AARP Tax Assistance</b> 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons <b>1:00 Open Computer Lab (Note time change)</b>
9 9:00 Rediscover Shakespeare 10:45 Book Club 11:45 Ping Pong 12:30 TimeBank Office Hours <b>1:00 Book Bites: John Cooper</b> 1:00 PLATO 1:30 Spanish Conversation 5:00 Mifflin Street Investors 6:00 Latino Support Group	10 <b>9:30 Digital Camera: Portraits</b> 9:30 Preschool Crafts 10:00 Gentle Exercise <b>10:00 Swallowing Clinic</b> <b>10:30 Vintage Clothing &amp; Jewelry</b> 11:45 Ping-Pong 1:00 Afternoon Dance <b>1:00 Write &amp; Share Your Stories</b>	11 9:00 AARP Tax Assistance 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:15 Guitar Artist Joe Spoelstra 12:30 Wii Lessons 1:00 Open Computer Lab (Note time change)  NO SOS Meeting this month
		<b>SUNDAY</b>
		13 <b>12:30 Sunday Meal with Entertainers Casey &amp; Greg + Bingo</b>
16 9:00 Rediscover Shakespeare <b>9:00 PC Computer Intro</b> 9:30 Foot Care Clinic 10:30 Hospice Office Hours 11:45 Ping Pong 11:30 Blood Pressure Screening <b>12:00 Impossible: Physics Beyond the Edge</b> 12:30 TimeBank Office Hours 1:00 PLATO <b>1:30 PLATO PREVIEW</b> 1:30 Spanish Conversation Group <b>6:00 Cooking: Quick &amp; Tasty Soups</b> 6:00 Latino Caregivers	17 9:30 Digital Camera: Portraits <b>10:00 Online With Your Librarians: Researching Your Next Big Purchase</b> 10:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance 2:30 Gay & Gray Discussion Group <b>6:00 VFW Band and Dinner</b>	18 9:00 AARP Tax Assistance 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons <b>1:00 Open Computer Lab (Note time change)</b>
		<b>SATURDAY</b>
		19 <b>9:00 We Need to Talk: Older Drivers</b>
23 9:00 Rediscover Shakespeare 9:00 PC Computer Intro 10:00 PLATO 11:45 Ping Pong 12:00 Impossible: Physics Beyond the Edge 12:30 TimeBank Office Hours 1:00 PLATO 1:30 PLATO 1:30 Spanish Conversation Group 6:00 Cooking: Quick/Tasty Soups	24 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 1:00 Afternoon Dance 1:00 Write & Share Your Stories 1:30 PLATO	25 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Open Computer Lab
		<b>WINTER FARMER'S MARKET AT THE SENIOR CENTER SATURDAYS UNTIL APRIL 10 8 AM - 12 NOON BREAKFAST SERVED. FEE VARIES.</b>