

## 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 \$6.25; 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.**

**Wednesday, 02/01:** Fish / Au gratin w/ Soy or Salad

**Thursday, 02/02:** Spaghetti / Sauce w/ Soy

**Friday, 02/03:** Beef Stew / Soy Stew

**Monday, 02/06:** Turkey Ham / Hashbrowns w/Soy

**Tuesday, 02/07:** Broc. Cheese Soup/ Cheese Sandwich

**Wednesday, 02/08:** Vegetable Lasagna or Salad

**Thursday, 02/09:** Chicken / Soy Loaf

**Friday, 02/10:** Swiss Burger / Soy Patty

**Monday, 02/13:** Turkey / Yogurt

**Tuesday, 02/14:** Pepper Steak / Soy Strips

**Wednesday, 02/15:** Chili Mac / Veg. Chili or Salad

**Thursday, 02/16:** Lasagna / Veggie Lasagna

**Friday, 02/17:** Meatloaf / Veggie Loaf

**Monday, 02/20:** Potato Soup / Cheese on Rye

**Tuesday, 02/21:** Roast Beef / Veggie Patty

**Wednesday, 02/22:** Fish / Scalloped w/ Soy or Salad

**Thursday, 02/23:** Beef Stew / Soy Stew

**Friday, 02/24:** Pork Cutlet / Baked Potato w/ cheese

**Monday, 02/27:** Hamburger / Veggie Chili

**Tuesday, 02/28:** Salisbury Steak / Veggie Patty



**Wednesday, 02/29:** Chicken / Cottage Cheese or Salad

## Sudoku

## Answers

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

## Activity Calendar - February, 2012

MONDAY		TUESDAY	
<h3>Madison Senior Center</h3> 			
6	9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Intro to Computers 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba	7	8:30 Bridge 9:00 Gentle Exercise 9:30 Tuesday Morning Booktalks 10:00 Nutrition Walk By 10:30 Home Health United Desk 11:45 Ping Pong – Canceled today! 12:00 Great Tours: Greece & Turkey <b>12:00 CATCH Training</b> <b>12:30 Strong Women Class</b> 1:00 Movie Matinee: <i>Contagion</i> 1:30 Great Tours: Greece & Turkey <b>5:30 Baking European Desserts</b>
13	9:00 Gentle Exercise 9:30 TOPS Meeting <b>10:00 Microsoft Word Class</b> <b>10:30 Gentle Chair Yoga</b> 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:30 Banjo Club	14	8:30 Bridge 9:00 Gentle Exercise 9:30 Tuesday Morning Booktalks 12:00 Great Tours:Greece &Turkey 12:30 Strong Women Class <b>1:00 Book Bites:</b> <b>Author Kathy Steffen</b>
		<b>HAPPY VALENTINE'S DAY!</b> 	
20	9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 10:00 Microsoft Word Class 10:30 Gentle Chair Yoga 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 PLATO 1:30 PLATO	21	7:00 Polling Place 8:30 Bridge 9:00 Gentle Exercise 9:00 Elder Wisdom Circle 9:30 Tuesday Morning Booktalks <b>9:30 Skype</b> 10:00 PLATO 11:00 Nutrition Education 11:45 Ping Pong –Canceled Today! 12:00 Great Tours:Greece &Turkey 12:30 StrongWomen Class 1:00 PLATO 1:00 Movie Matinee: <i>Money Ball</i>
27	9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 10:00 Microsoft Word Class 10:30 Service Manager 10:30 Gentle Chair Yoga 11:45 Ping Pong 12:30 Zumba 1:00 PLATO 1:30 Banjo Club 1:30 PLATO	28	8:30 Bridge 9:00 Gentle Exercise <b>9:30 PC Maintenance/ Perform</b> 10:00 PLATO 11:45 Ping Pong 12:15 Red Hat Mamas 12:00 Great Tours:Greece &Turkey 12:30 Strong Women Class 1:00 PLATO

WEDNESDAY		THURSDAY		FRIDAY	
1 9:00 Foot Care Clinic 10:30 Daily Bread 10:00 PLATO 10:30 Little Learners 11:30 Blood Pressure Screening 11:45 Ping Pong <b>12:00 Political Power</b> 1:30 Spanish Conversation	2 <b>8:30 CATCH Training</b> 9:00 Gentle Exercise <b>9:00 iPhones, iPads, Mobile Apps</b> 11:45 Ping Pong 1:00 Afternoon Dance <b>2:00 Li Chiao-Ping Dance</b>	3 9:00 Gentle Exercise 9:00 Rediscover Shakespeare 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 1:00 Open Computer Lab 1:30 Non-Traditional Doll Making	<b>SATURDAY</b>		4 <b>10:30 FARMERS' MARKET CLASS: Simple Scarf Dyeing Bring a Friend!</b>
8 <b>9:00 Financial Plan for Women</b> <b>9:00 DIABETIC Foot Care Clinic</b> 10:00 PLATO 10:30 Little Learners 11:45 Ping Pong 12:00 Political Power <b>1:00 Apple-Mac Users Club</b> 1:30 Spanish Conversation	9 <b>9:00 Pool Table Experience</b> 9:00 Gentle Exercise 9:00 iPhones, iPads, Mobile Apps <b>9:00 Spanish for Travel</b> 9:30 Preschool Crafts 11:45 Ping Pong 1:00 Afternoon Dance 2:00 Li Chiao-Ping Dance 2:00 Gay & Gray Discussion Group	10 9:00 Gentle Exercise 9:00 Rediscover Shakespeare <b>9:00 AARP Tax Assistance</b> <b>10:00 Consider the Conversation</b> 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 1:00 Open Computer Lab	<b>SATURDAY</b>		11 <b>10:00 FARMERS' MARKET CLASS: Bracelets: Make &amp; Take</b>
15 9:00 Financial Plan for Women <b>9:00 PC Computer Intro</b> 10:00 PLATO 10:30 Little Learners 10:30 Hospice Office Hours 11:45 Ping Pong – Canceled today! 12:00 Political Power 1:30 Spanish Conversation <b>1:30 PLATO Preview</b> 6:00 Latino Discussion Group <b>6:00 Cooking 60 Minute Gourmet</b>	16 9:00 Spanish for Travel <b>9:00 Using a Digital Camera Basic</b> 9:00 Gentle Exercise <b>10:00 Veteran Genealogy</b> 11:45 Ping Pong <b>1:00 Digital Camera Club</b> 1:00 Afternoon Dance 2:00 Li Chiao-Ping Dance <b>5:00 Accreditation Celebration</b> <b>6:00 Dinner and VFW Band</b>	17 9:00 Gentle Exercise 9:00 Rediscover Shakespeare 9:00 AARP Tax Assistance 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 1:00 Open Computer Lab	<b>SUNDAY</b>		<b>12:30 Sunday Meal featuring New Horizons Band + Bingo</b>
22 9:00 PC Computer Intro 10:00 PLATO 10:30 Little Learners 11:45 Ping Pong 12:00 Political Power 12:00 TimeBank 1:00 PLATO 1:30 Spanish Conversation 1:30 PLATO 6:00 Cooking 60 Minute Gourmet	23 9:00 Gentle Exercise 10:00 PLATO (2) 11:45 Ping Pong 1:00 Afternoon Dance 1:30 PLATO <b>1:30 Game Room Fun</b> 2:00 Li Chiao-Ping Dance 2:00 Gay & Gray Discussion Group	24 9:00 Gentle Exercise 9:00 Rediscover Shakespeare 9:00 AARP Tax Assistance 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 1:00 Open Computer Lab 12:30 Medicare Information Booth			
29 9:00 PC Computer Intro 10:00 PLATO 10:30 Little Learners 11:45 Ping Pong 12:00 Political Power <b>12:00 Arthritis Awareness Lunch</b> 1:00 PLATO 1:30 PLATO 1:30 Spanish Conversation 6:00 Latino Caregivers Group 6:00 Cooking 60 Minute Gourmet					