

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.

Monday, 1/3: Lasagna

Tuesday, 1/4: Chili Mac

Wednesday, 1/5: Pork Cutlet

Thursday, 1/6: Beef Stew

Friday, 1/7: Baked Fish

Monday, 1/10: Salisbury Steak

Tuesday, 1/11: Tuna Casserole

Wednesday, 1/12: Baked Chicken

Thursday, 1/13: Meatloaf

Friday, 1/14: Hamburger

Monday, 1/17: CLOSED

Tuesday, 1/18: Spaghetti w/ Meat

Wednesday, 1/19: Beef Tips/Noodles

Thursday, 1/20: Minestrone

Friday, 1/21: Turkey

Monday, 1/24: Chicken Tetrazzini Casserole

Tuesday, 1/25: Beef Stew

Wednesday, 1/26: Meatloaf

Thursday, 1/27: Goulash Casserole

Friday, 1/28: Baked Fish

Monday, 1/31: Spaghetti w/Meatballs

Winter Farmer's Market

at the Senior Center

Saturdays, Jan. 9 - Apr. 10
8 am - 12 noon

Breakfast Served. Fee varies.

Sudoku Answers

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

Activity Calendar - January, 2011

MONDAY	TUESDAY
3 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:00 Understanding Complexity 12:30 Banjo Club	4 8:30 Bridge 10:00 Gentle Exercise 11:45 Ping Pong 1:00 Movie Matinee: Iron Man 2
10 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:00 Understanding Complexity 12:30 Zumba	11 8:30 Bridge 10:00 Gentle Exercise 10:00 Facebook for Beginners 10:30 Getting Fiscally Fit 11:00 Nutrition Education 11:45 Ping Pong 1:00 Book Bites: Author Ann Garvin 6:00 Baking: French Baguettes
17 MARTIN LUTHER KING JR. DAY SENIOR CENTER IS CLOSED	18 8:30 Bridge 9:00 Elder Wisdom Circle 9:30 Internet Explorer Intro Leis Paced 10:00 Gentle Exercise 10:30 Insurance Review 11:00 Home Health United Help Desk 11:45 Ping Pong 1:00 Movie Matinee: You Don't Know Jack
24 9:00 MS Works: Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:00 Understanding Complexity 12:30 Zumba	25 8:30 Bridge 9:30 Internet Explorer Intro Leis Paced 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Red Hat Mamas 1:00 Book Bites: Accidental Cure
31 9:00 MS Works: Word Processing 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:00 Understanding Complexity 12:30 Zumba	

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
5 9:00 Rediscover Shakespeare 9:00 Dialogue Across the Ages 9:30 Foot Care Clinic 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 Birth of the Modern Mind 1:30 Spanish Conversation	6 10:00 eBay Basics 10:00 Gentle Exercise 11:45 Ping-Pong 1:00 Afternoon Dance 2:30 Gay & Gray Discussion Group	7 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 Non-traditional Doll Making
		SATURDAY 8 8:00 Farmer's Market
		SUNDAY 9 12:30 Sunday Meal: Beth Wilson, pianist, followed by Bingo
12 9:00 Rediscover Shakespeare 11:45 Ping Pong 10:45 Book Club 12:00 Birth of the Modern Mind 1:00 PLATO 1:30 Spanish Conversation Group 5:00 Mifflin St. Investment Club 6:00 Latino Support Group	13 9:00 Using a Digital Camera Basics 9:30 Preschool Crafts 10:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance	14 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab NO SOS Meeting this month 1:00 Non-traditional Doll Making
19 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 11:45 Ping Pong 10:30 Identity Theft & Medicare Fraud 10:30 Hospice Office Hours 11:30 Blood Pressure Screening 12:00 Birth of the Modern Mind 1:00 PLATO 1:30 Spanish Conversation Group	20 9:30 Digital Camera Workshop Leisure Pace 10:00 Online with Your Librarian: Discover New Catalog 10:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance 2:30 Gay & Gray Discussion Group	21 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 Non-traditional Doll Making
		SATURDAY 22 10:30 Saturday at Farmer's Market Wool Wet Felted Pouch
26 9:00 Rediscover Shakespeare 11:45 Ping Pong 12:00 Birth of the Modern Mind 1:00 PLATO 1:30 Spanish Conversation Group 6:00 Latino Caregivers	27 9:00 Dance Movement with Li Chiao Ping 9:30 Digital Camera Workshop 10:00 Special Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance	28 10:00 Gentle Exercise 10:00 Tax Updates 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 Non-traditional Doll Making
COMING IN FEBRUARY: AARP TAX ASSISTANCE IMPOSSIBLE: PHYSICS BEYOND		