

## 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.**

**Monday, 1/2:** Closed for Holiday

**Tuesday, 1/3:** Lasagna / Veggie Lasagna

**Wednesday, 1/4:** Meatloaf / Veggie Loaf or Salad

**Thursday, 1/5:** Cr. Potato Soup / Cheese on Rye

**Friday, 1/6:** Roast Beef / Veggie Patty

**Monday, 1/9:** Fish / Scalloped w/Soy

**Tuesday, 1/10:** Beef Stew / Soy Stew

**Wednesday, 1/11:** Pork Cutlet / Broc-Cheese on Potato or Salad

**Thursday, 1/12:** Hamburger / Veggie Chili

**Friday, 1/13:** Salisbury Steak / Veggie Patty

**Monday, 1/16:** Closed for MLK Day

**Tuesday, 1/17:** Turkey Ham / Swiss on Rye

**Wednesday, 1/18:** Spaghetti w/Meat / Sauce w/Soy or Salad

**Thursday, 1/19:** Green Pepper Soup / Meatless Soup

**Friday, 1/20:** Cordon Bleu Lasagna / Veggie Lasagna

**Monday, 1/23:** Goulash Casserole / Soy Casserole

**Tuesday, 1/24:** Meatloaf / Soy Loaf

**Wednesday, 1/25:** Beef Tips / Soy Tips on Noodles or Salad

**Thursday, 1/26:** Chicken Casserole / Soy Casserole

**Friday, 1/27:** Pork Loin / Cottage Cheese

**Monday, 1/30:** Tuna Casserole / Yogurt

**Tuesday, 1/31:** Roast Beef / Veggie Patty

## Activity Calendar - January, 2012

MONDAY	TUESDAY
2  <b>CLOSED FOR THE HOLIDAY!</b>  <b>HAPPY NEW YEAR!</b>	3 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: <i>Crazy, Stupid Love</i>
9 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:30 Service Manager 11:45 Ping Pong 12:00 Making History <b>12:30 Zumba</b> 1:30 Banjo Club	10 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise <b>10:00 Managing Digital Photos</b> <b>11:00 CATCH Info Session</b> 11:45 Ping Pong <b>1:00 Book Bites:</b> <b>Author Mary Tompsett,</b> <b><i>Whinny from the Heart</i></b> PLATO <b>6:00 Baking: Healthy Breads</b>
16  <b>CLOSED FOR MARTIN LUTHER KING DAY</b>	17 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 9:00 Elder Wisdom Circle <b>10:00 Wisc. Women's Network</b> <b>10:00 Peace of Mind</b> 10:00 Managing Your Digital Photos 11:00 Nutrition Education 11:45 Ping Pong 1:00 Movie Matinee: <i>The Help</i> 1:30 PLATO
23 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting <b>10:00 Intro to Computers</b> 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 1:30 Banjo Club	24 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 11:45 Ping Pong 1:30 PLATO
30 8:30 Pool 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Intro to Computers 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:30 Banjo Club	31 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise <b>10:00 Income Tax Seminar</b> 11:45 Ping Pong <b>12:00 The Great Tours:</b> <b>Greece &amp; Turkey</b> Red Hat Mamas

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
4 8:30 Pool 9:00 Foot Care Clinic 10:00 Daily Bread 11:30 Blood Pressure Screening 11:45 Ping Pong 1:30 Spanish Conversation 6:00 Latino Discussion Group	5 8:30 Pool 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 2:30 Veterans Coffee Chat	6 9:00 Gentle Exercise 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab
		<b>SATURDAY</b>
		7 <b>Farmer's Market Opens at the Senior Center</b>
		<b>SUNDAY</b>
		8 <b>Sunday Meal + Bingo</b>
11 8:30 Pool 9:00 Dialogue Across the Ages 11:45 Ping Pong 1:30 Spanish Conversation	12 8:30 Pool 9:00 Gentle Exercise 9:30 Preschool Crafts 10:45 Book Club 11:45 Ping-Pong 12:00 Meaning of Life 1:00 Afternoon Dance 2:00 Gay & Gray Discussion Group	13 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab
18 8:30 Pool <b>10:00 PLATO</b> <b>10:30 Little Learners</b> 10:30 Hospice Office Hours 11:45 Ping Pong <b>1:00 Apple-Mac Users Club</b> 1:30 Spanish Conversation	19 8:30 Pool 9:00 Gentle Exercise <b>10:00 Retirement is Forever: Will Your Income Last?</b> 11:45 Ping Pong <b>1:00 CATCH Info Session</b> 1:00 Afternoon Dance 2:30 Veterans Coffee Chat	20 9:00 Gentle Exercise 9:00 Rediscover Shakespeare 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab
25 8:30 Pool <b>10:00 Meet the Author: Larry Jenkins</b> PLATO 10:00 Little Learners 10:30 Ping Pong <b>12:00 TimeBank</b> 1:30 Spanish Conversation 6:00 Latino Caregivers Group	26 8:30 Pool 9:00 Gentle Exercise <b>10:00 Clutter: Organize Closets</b> 11:45 Ping Pong 1:00 Afternoon Dance 2:00 Gay & Gray Discussion Group	27 9:00 Gentle Exercise 9:00 Rediscover Shakespeare <b>10:00 Dental Implant Seminar</b> 11:45 Ping Pong 12:00 Bridge <b>12:15 Classical Guitarist Duo</b> 12:30 Wii Lessons 12:30 Open Computer Lab 12:30 Medicare Information Booth