

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.

New: Vegetarian Option (VO) will be listed as the second option.

Friday, 7/1: Meatloaf/Veggie Loaf

Monday, 7/4: CLOSED

Tuesday, 7/5: Chicken/Broccoli Cheese

Wednesday, 7/6: Shredded Beef/Soy Sloppy Joe or Salad

Thursday, 7/7: Fish/Hashbrown Soy Casserole

Friday, 7/8: Potatoes-Diced Turkey Ham/Veggie Dogs

Monday, 7/11: Pork Cutlet/American Cheese Sandwich

Tuesday, 7/12: Chicken Parmesan-Spaghetti/Soy Meat Sauce

Wednesday, 7/13: Hamburger/Veggie Patty or Salad

Thursday, 7/14: Chicken/Egg Salad

Friday, 7/15: Brat/Soy Dog

Monday, 7/18: Chop Suey/Soy Suey

Tuesday, 7/19: Veg. Soup/Cottage Cheese

Wednesday, 7/20: Chicken Casserole/Swiss Cheese-Rye or Salad

Thursday, 7/21: Sloppy Joe/Soy BBQ

Friday, 7/22: Turkey/Veggie Lasagna

Monday, 7/25: Chicken Salad/Sliced Cheese

Tuesday, 7/26: Fish/Potato-Broccoli Cheese Sauce

Wednesday, 7/27: Tater Tot Casserole/Soy Casserole or Salad

Thursday, 7/28: Ham Loaf/Cottage Cheese

Friday, 7/29: Spaghetti-Meatballs/Soy Meat Sauce

Activity Calendar - July, 2011

MONDAY	TUESDAY
<p>4</p> <p>HAPPY FOURTH OF JULY</p>  <p>SENIOR CENTER IS CLOSED</p>	<p>5</p> <p>8:30 Pool</p> <p>8:30 Bridge</p> <p>9:00 Gentle Exercise</p> <p>9:00 Internet Expl. Intermediate</p> <p>10:00 Nutrition Walk By</p> <p>10:30 Home Health United Desk</p> <p>11:45 Ping-Pong</p> <p>1:00 Movie: <i>Country Strong</i></p> <p>6:00 Cooking: Korean Pan-Fry</p>
<p>11</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>9:30 TOPS Meeting</p> <p>10:00 Gentle Yoga</p> <p>10:30 Service Manager</p> <p>11:45 Ping Pong</p> <p>12:30 Zumba</p> <p>1:30 Banjo Club</p>	<p>12</p> <p>8:30 Pool</p> <p>8:30 Bridge</p> <p>9:00 Gentle Exercise</p> <p>9:00 Internet Expl. Intermediate</p> <p>9:30 Theatre Arts: Untold Stories</p> <p>11:45 Ping Pong</p> <p>1:30 ICE CREAM SOCIAL!</p> <p>6:00 Taste of Chocolate</p> 
<p>18</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>9:30 TOPS Meeting</p> <p>10:00 Gentle Yoga</p> <p>10:30 Service Manager</p> <p>11:45 Ping Pong</p> <p>12:30 Zumba</p>	<p>19</p> <p>8:30 Pool</p> <p>8:30 Bridge</p> <p>9:00 Gentle Exercise</p> <p>9:00 Internet Expl. Intermediate</p> <p>9:00 Using a Digital Camera Basic</p> <p>9:30 Theatre Arts: Untold Stories</p> <p>11:00 Nutrition Education</p> <p>11:45 Ping Pong</p> <p>1:00 Movie Matinee: <i>Tangled</i></p> <p>5:30 Cake Decorating Workshop</p>
<p>25</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>9:30 TOPS Meeting</p> <p>10:00 Gentle Yoga</p> <p>10:30 Service Manager</p> <p>11:45 Ping Pong</p> <p>12:30 Zumba</p> <p>1:30 Banjo Club</p>	<p>26</p> <p>8:30 Pool</p> <p>8:30 Bridge</p> <p>9:00 Gentle Exercise</p> <p>9:00 Internet Expl. Intermediate</p> <p>9:30 Theatre Arts: Untold Stories</p> <p>11:45 Ping Pong</p> <p>12:00 Red Hat Mamas</p>

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>10:00 Gentle Exercise</p> <p>11:45 Ping Pong</p> <p>12:00 Bridge</p> <p>12:30 Wii Lessons</p> <p>12:30 Open Computer Lab</p>
<p>6</p> <p>8:30 Pool</p> <p>9:30 Foot Care Clinic</p> <p>10:00 Daily Bread</p> <p>10:00 PLATO</p> <p>11:30 Blood Pressure Screening</p> <p>11:45 Ping Pong</p> <p>12:00 History of Freedom</p> <p>1:30 Spanish Conversation</p>	<p>7</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>11:45 Ping-Pong</p> <p>1:00 Stress Management for Women</p> <p>1:00 Mah Jongg</p> <p>1:00 Afternoon Dance</p>	<p>8</p> <p>9:00 Gentle Exercise</p> <p>10:30 Medicare Info Booth</p> <p>11:45 Ping Pong</p> <p>12:00 Bridge</p> <p>12:30 Wii Lessons</p> <p>12:30 Open Computer Lab</p> <p>1:00 Dane County SOS Meeting</p>
<p>13</p> <p>8:30 Pool</p> <p>10:00 PLATO</p> <p>10:00 HealthyTeeth & Gums</p> <p>11:45 Ping Pong</p> <p>12:00 History of Freedom</p> <p>12:00 TimeBank</p> <p>1:30 Spanish Conversation Group</p> <p>6:00 Latino Support Group</p>	<p>14</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>10:00 Model Trains Return!</p> <p>11:45 Ping Pong</p> <p>1:00 Afternoon Dance</p> <p>2:00 Gay & Gray Discussion Group</p>	<p>15</p> <p>9:00 Gentle Exercise</p> <p>10:00 Classic Movie: Royal Wedding</p> <p>11:45 Ping Pong</p> <p>12:00 Bridge</p> <p>12:30 Wii Lessons</p> <p>12:30 Open Computer Lab</p>
		<p>SUNDAY</p>
		<p>17</p> <p>SUNDAY PICNIC</p> <p>12:30 Sunday Meal, music by the NEPHRONS plus Bingo</p>
<p>20</p> <p>8:30 Pool</p> <p>9:30 Foot Care Clinic</p> <p>10:00 PLATO</p> <p>10:00 MS Word Intermediate Class</p> <p>10:30 Hospice Office Hours</p> <p>11:45 Ping Pong</p> <p>11:30 Blood Pressure Screening</p> <p>12:00 History of Freedom</p> <p>1:30 Spanish Conversation Group</p>	<p>21</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>11:45 Ping Pong</p> <p>1:00 Afternoon Dance</p>	<p>22</p> <p>9:00 Gentle Exercise</p> <p>11:45 Ping Pong</p> <p>12:00 Bridge</p> <p>12:30 Wii Lessons</p> <p>12:30 Open Computer Lab</p> <p>12:30 Medicare Info. Booth</p>
<p>27</p> <p>8:30 Pool</p> <p>10:00 PLATO</p> <p>10:00 Word Intermediate Class</p> <p>11:45 Ping Pong</p> <p>12:00 History of Freedom</p> <p>12:00 TimeBank</p> <p>1:30 Spanish Conversation Group</p> <p>5:30 Cooking: Italian</p> <p>6:00 Latino Caregivers</p>	<p>28</p> <p>8:30 Pool</p> <p>9:00 Gentle Exercise</p> <p>10:00 Digital Photos: Edit/Manage</p> <p>11:45 Ping Pong</p> <p>1:00 Afternoon Dance</p> <p>2:00 Gay & Gray Discussion Group</p>	<p>29</p> <p>10:00 Gentle Exercise</p> <p>11:45 Ping Pong</p> <p>12:00 Bridge</p> <p>12:30 Wii Lessons</p> <p>12:30 Open Computer Lab</p>