

## 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.

**Wednesday, 6/1:** Meatloaf or Salad

**Thursday, 6/2:** Baked Chicken

**Friday, 6/3:** BBQ Beef/bun

**Monday, 6/6:** Baked Fish

**Tuesday, 6/7:** Pork Cutlet

**Wednesday, 6/8:** Potatoes/Diced Ham or Salad

**Thursday, 6/9:** Chicken Parmesan

**Friday, 6/10:** Hamburger

**Monday, 6/13:** Baked Chicken

**Tuesday, 6/14:** Amer. Chop Suey

**Wednesday, 6/15:** Veg. Soup & Sandwich or Salad

**Thursday, 6/16:** Chicken Casserole

**Friday, 6/17:** BBQ Spare Ribs

**Monday, 6/20:** Sloppy Joe

**Tuesday, 6/21:** Turkey

**Wednesday, 6/22:** Fruited Chicken Salad or Salad

**Thursday, 6/23:** Baked Fish

**Friday, 6/24:** Tator Tot Casserole

**Monday, 6/27:** Ham Loaf

**Tuesday, 6/28:** Spaghetti /Meatballs

**Wednesday, 6/29:** Brat or Salad


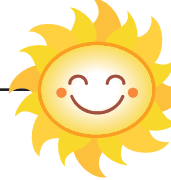
**Thursday, 6/30:** Roast Beef

Check the full menu for a daily Vegetarian Option (no meat).

## Sudoku Answers

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

## Activity Calendar - June, 2011

MONDAY	TUESDAY
6 8:30 Pool 9:30 TOPS Meeting 9:00 Gentle Exercise 10:00 Chair Yoga 10:30 Service Manager 11:45 Ping Pong <b>12:30 Zumba</b> 1:30 Banjo Club	7 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 10:00 Nutrition Walk By 10:00 Home Health United Desk 11:45 Ping Pong 1:00 Movie Matinee: <i>Morning Glory</i>
13 8:30 Pool 9:30 TOPS Meeting 9:00 Gentle Exercise 10:00 Chair Yoga 10:30 Service Manager 11:45 Ping Pong <b>12:30 Herb Gardening</b> 12:30 Zumba	14 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 11:45 Ping Pong   <b>FLAG DAY</b>   <b>FIRST DAY OF SUMMER</b>
20 8:30 Pool 9:30 TOPS Meeting 9:00 Gentle Exercise 10:00 Chair Yoga 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:30 Banjo Club	21 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise 11:00 Nutrition Education 11:45 Ping Pong 1:00 Movie Matinee: <i>The King's Speech</i>  <b>FIRST DAY OF SUMMER</b>
27 8:30 Pool 9:30 TOPS Meeting 9:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba	28 8:30 Pool 8:30 Bridge 9:00 Gentle Exercise <b>10:00 Safety First: Prevent Fraud &amp; Identity</b> 11:45 Ping Pong 12:00 Red Hat Mamas <b>6:00 Cooking: Korean Pan-Fry</b>

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Pool 9:30 Foot Care Clinic <b>10:00 PLATO</b> 10:00 Daily Bread <b>10:00 Milton Middle School Jazz</b> 11:30 Blood Pressure Screening 12:00 Time Bank Office Hours 11:45 Ping Pong 12:00 History of Freedom 1:30 Spanish Conversation	2 8:30 Pool 9:00 Gentle Exercise 11:45 Ping Pong 1:00 Afternoon Dance <b>1:00 Mah Jongg</b> <b>1:00 Women and Bone Health</b> 2:30 Gay & Gray Discussion Group	3 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab
8 8:30 Pool 10:00 PLATO 11:45 Ping Pong 12:00 History of Freedom 12:00 Time Bank Office Hours <b>12:30 MS Word 2003 Intermediate</b> <b>1:00 Ping Pong Tournament</b> 1:30 Spanish Conversation 6:00 Latino Support Group	9 8:30 Pool 9:00 Gentle Exercise <b>10:00 Green Madison</b> 11:45 Ping Pong 1:00 Afternoon Dance	10 9:00 Gentle Exercise 10:30 Medicare Information Booth <b>10:30 Farmers' Market Vouchers</b> 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 Dane County SOS meeting <b>1:00 Non-Traditional Doll Making</b>
<b>SUNDAY</b>		
12 12:30 Sunday Meal with Dick Larson followed by Bingo		
15 8:30 Pool 9:30 Foot Care Clinic 10:00 PLATO 10:30 Hospice Office Hours 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 Time Bank Office Hours 12:00 History of Freedom 12:30 MS Word 2003 Intermediate <b>12:30 Drawing: Sketchbook</b> 1:30 Spanish Conversation <b>5:30 Cooking: Asian Cuisine 1</b>	16 8:30 Pool 9:00 Gentle Exercise <b>9:30 Do Your Own Will</b> 11:45 Ping Pong 1:00 Afternoon Dance <b>1:00 Ivan the Canine Officer Visit</b> 2:30 Gay & Gray Discussion Group	17 LGBT Senior-Specific Sensitivity Training 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 Non-Traditional Doll Making
<b>SUNDAY</b>		
19 <b>HAPPY FATHER'S DAY!</b>		
22 8:30 Pool 10:00 PLATO <b>10:15 Arthritis Foundation Exercise</b> 11:45 Ping Pong 12:00 History of Freedom 12:00 Time Bank Office Hours 12:30 MS Word 2003 Intermediate 12:30 Drawing: Sketchbook 1:30 Spanish Conversation 5:30 Cooking: Asian Cuisine 1 5:30 Diabetes Support Group	23 8:30 Pool <b>9:00 Floral Design</b> 9:00 Gentle Exercise 9:30 Do Your Own Will 11:45 Ping Pong 1:00 Afternoon Dance <b>2:30 Silk Scarf Dyeing</b>	24 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 12:30 Medicare Information Booth 1:00 Non-Traditional Doll Making
29 8:30 Pool 10:00 PLATO 10:15 Arthritis Fnd. Exercise 11:45 Ping Pong 12:00 History of Freedom 12:00 Time Bank Office Hours 12:30 MS Word 2003 Intermediate 12:30 Drawing Sketchbook 1:30 Spanish Conversation 5:30 Cooking: Asian Cuisine 1	30 8:30 Pool 9:00 Gentle Exercise <b>10:00 Road to Zero Waste</b> 11:45 Ping Pong 1:00 Afternoon Dance 2:30 Gay & Gray Discussion Group	