

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.

Tuesday, 3/1: Roast Pork

Wednesday, 3/2: Spaghetti/Meat or Salad

Thursday, 3/3: Minestrone & Sandwich

Friday, 3/4: Roasted Turkey

Monday, 3/7: Chicken Casserole

Tuesday, 3/8: Sausage/Red Beans

Wednesday, 3/9: Baked Fish or Salad

Thursday, 3/10: Beef Tips/Noodles

Friday, 3/11: Goulash Casserole

Monday, 3/14: Vegetable Lasagna

Tuesday, 3/15: Potato Soup/Sandwich

Wednesday, 3/16: Beef Stew or Salad

Thursday, 3/17: Corned Beef

Friday, 3/18: Meatloaf

Monday, 3/21: Spaghetti/Meatballs

Tuesday, 3/22: Swiss Steak

Wednesday, 3/23: Roasted Turkey or Salad

Thursday, 3/24: Broccoli Cheese Soup

Friday, 3/25: Baked Chicken

Monday, 3/28: Lasagna


Tuesday, 3/29: Chili Mac

Wednesday, 3/30: Pork Cutlet or Salad

Thursday, 3/31: Roast Beef

WINTER FARMER'S MARKET
Senior Center
Saturdays until April 10
8 am – 12 noon
Breakfast Served. Fee varies.

Activity Calendar - March, 2011

MONDAY	TUESDAY
	1 8:30 Bridge 8:30 Pool 9:30 Internet Explorer Intro 10:00 Gentle Exercise 10:00 Nutrition Walk-By 10:00 PLATO 11:45 Ping-Pong 1:00 Movie Matinee: <i>Secretariat</i> 1:00 PLATO 1:30 PLATO
7 8:30 Pool 9:00 MS Works: Spreadsheets 9:30 TOPS Meeting 10:00 Gentle Exercise 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:30 Banjo Club 1:00 PLATO	8 8:30 Pool 8:30 Bridge 10:00 Gentle Exercise 10:00 PLATO 10:30 Absentee Voting 11:45 Ping-Pong 1:00 PLATO 1:30 PLATO 6:00 Cooking With Chicken
14 8:30 Pool 9:00 MS Works: Spreadsheets 9:30 TOPS Meeting 10:00 PLATO 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 PLATO	15 8:30 Bridge 8:30 Pool 9:00 Elder Wisdom Circle 10:00 Gentle Exercise 10:00 Facebook for Beginners 10:30 Home Health United Desk 11:00 Nutrition Education 11:45 Ping Pong 1:00 Movie Matinee: <i>Red</i> 1:00 Book Bites: Susanne Daniel 1:00 Facebook: Set up Account 1:00 PLATO 1:30 PLATO 6:00 Cooking With Chicken
21 8:30 Pool 9:00 MS Works: Spreadsheets 10:00 PLATO 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 PLATO 1:30 Banjo Club	22 8:30 Pool 8:30 Bridge 10:00 The Big 3: Check Your Eyes 10:00 PLATO 10:00 Gentle Exercise 11:45 Ping Pong 1:00 PLATO 1:00 Statesmanship Advocacy Training 1:30 PLATO
28 8:30 Pool 9:00 MS Works: Spreadsheets 9:30 TOPS Meeting 10:00 PLATO 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 1:00 PLATO	29 8:30 Pool 8:30 Bridge 10:00 Gentle Exercise 10:00 Back-Up Computer Files 10:00 PLATO 11:45 Ping Pong 12:00 Red Hat Mamas 1:00 School Days: WI Historical 1:00 PLATO 1:30 PLATO

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Pool 9:00 PC Computer Intro 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 10:00 Daily Bread 10:00 PLATO 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 Impossible: Physics Beyond 1:00 PLATO 1:30 PLATO (2) 1:30 Spanish Conversation	3 8:30 Pool 9:15 Dance Movement with LCP 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 1:00 Afternoon Dance 1:30 PLATO 2:30 Gay & Gray Discussion Group	4 8:30 Pool 9:00 AARP Tax Assistance 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Open Computer Lab (Note time change) Non-traditional Doll Making 1:00 PLATO
9 8:30 Pool 9:00 Rediscover Shakespeare 9:00 PC Computer Intro 10:00 PLATO 10:45 Book Club 11:45 Ping Pong 12:00 Impossible: Physics Beyond 1:00 PLATO 1:30 PLATO (2) 1:30 Spanish Conversation 6:00 Cooking: Central European Cuisine	10 8:30 Pool 9:15 Dance Movements with LCP 9:30 Pre-School Crafts 10:00 Gentle Exercise 10:00 PLATO 10:30 Election Day Voting 11:45 Ping-Pong 1:00 Afternoon Dance 1:00 Write and Share Your Stories 1:30 PLATO 6:00 Cooking: Thai Foods	11 8:30 Pool 9:00 AARP Tax Assistance 10:00 Gentle Exercise 10:00 PLATO 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Dane County SOS meeting 1:00 Non-traditional Doll Making 1:00 Open Computer Lab 1:00 Dane County SOS 1:30 PLATO
SUNDAY - SPRING AHEAD Daylight Savings Time		
13 12:30 Sunday Meal with Gilda's Glee Club and Bingo		
16 8:30 Pool 9:00 Rediscover Shakespeare 9:00 PC Computer Intro 9:30 Foot Care Clinic 10:00 Plato 10:30 Hospice Office Hours 11:45 Ping Pong 11:30 Blood Pressure Screening 12:00 Impossible: Physics Beyond 1:00 PLATO 1:30 PLATO (2) 1:30 Spanish Conversation Group 6:00 Cooking: Central European Cuisine	17 WEAR GREEN! FULL SPEED AHEAD 8:30 Pool 9:15 Dance Movements with LCP 10:00 Online With Your Librarians: Prepare For Your Next Book Discussion 10:00 Gentle Exercise 10:00 PLATO 10:30 Manage Your Finances 11:45 Ping Pong 1:00 Afternoon Dance 1:30 PLATO 2:30 Gay & Gray Discussion Group 6:00 Cooking: Thai Foods	18 8:30 Pool 10:00 Gentle Exercise 10:00 PLATO 11:30 Fire Safety Lessons 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Open Computer Lab 1:00 Four Seasons Performance 1:30 PLATO
SATURDAY		
19 10:30 Farmers' Market Simple Silk Scarf Dyeing		
SUNDAY		
20 Antique Appraisal Fair, 12-4		
23 8:30 Pool 8:30 Statesmanship Advocacy 9:00 Rediscover Shakespeare 9:00 PC Computer Intro 10:00 PLATO 11:45 Ping Pong 12:00 Impossible: Physics Beyond 1:00 PLATO 1:30 PLATO (2) 1:30 Spanish Conversation Group 6:00 Cooking: Central European 6:00 Latino Support Group	24 8:30 Pool 8:30 Statesmanship Advocacy 9:15 Dance Movements with LCP 10:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 1:00 Write and Share Your Stories 1:00 Afternoon Dance 1:30 PLATO 6:00 Cooking: Thai Foods	25 8:30 Pool 8:30 Statesmanship Advocacy 9:00 AARP Tax Assistance 10:00 Gentle Exercise 10:00 PLATO 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 1:00 Open Computer Lab 1:30 PLATO
30 8:30 Pool 9:00 Rediscover Shakespeare 10:00 PLATO 11:45 Ping Pong 12:00 Impossible: Physics Beyond 1:00 PLATO 1:30 PLATO (2) 1:30 Spanish Conversation Group 6:00 Latino Caregivers	31 8:30 Pool 10:00 Gentle Exercise 10:00 Backup your Computer Files 10:00 PLATO 10:30 Ping Pong 11:45 Keeping Your Voice Young and Healthy 1:00 Afternoon Dance 1:30 PLATO	