

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 \$6.10; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$3.00.

Monday, 5/2: Hamburger

Tuesday, 5/3: Baked Chicken

Wednesday, 5/4: Soup/Sandwich or Salad

Thursday, 5/5: Chop Suey

Friday, 5/6: Chicken Noodle Casserole

Monday, 5/9: Sloppy Joe

Tuesday, 5/10: Pasta Salad w/Chicken

Wednesday, 5/11: Roast Turkey or Salad

Thursday, 5/12: Tator Tot Casserole

Friday, 5/13: Ham Loaf

Monday, 5/16: Baked Cod

Tuesday, 5/17: Spaghetti/Meat Balls

Wednesday, 5/18: Brat or Salad

Thursday, 5/19: Roast Beef

Friday, 5/20: Shrimp Pasta Salad

Monday, 5/23: Soup/Sandwich

Tuesday, 5/24: Sweet & Sour Chicken

Wednesday, 5/25: Roast Pork or Salad

Thursday, 5/26: Chicken Cacciatore

Friday, 5/27: Ham

Monday, 5/30: CLOSED


Tuesday, 5/31: Tuna Salad

Sudoku

Answers

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

Activity Calendar - May, 2011

MONDAY	TUESDAY
2 8:30 Pool 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:00 Art Drop off 12:30 Zumba	3 8:30 Pool 8:30 Bridge 10:00 Nutrition Walk By 10:00 Gentle Exercise 10:00 Word Processing Basics 10:30 Home Health United Desk 11:45 Ping Pong 1:00 Movie: Life As We Know It
9 ARTFUL AFFAIR 8:30 Pool 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 Keeping a Healthy Voice 1:30 Banjo Club	10 ARTFUL AFFAIR 8:30 Pool 8:30 Bridge 10:00 Gentle Exercise 10:00 Word Processing Basics 11:45 Ping Pong 12:30 Herb Gardening 1:00 Book Bites: Jeff Havens
16 ARTFUL AFFAIR 8:30 Pool 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 Keeping a Healthy Voice	17 ARTFUL AFFAIR 8:30 Pool 8:30 Bridge 9:00 Elder Wisdom Circle 10:00 Gentle Exercise 10:00 Working: Digital Photos 11:00 Nutrition Education 11:45 Ping Pong 1:00 Movie: The Fighter
23 ARTFUL AFFAIR 8:30 Pool 9:30 TOPS Meeting 10:00 Gentle Exercise 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 1:00 Keeping a Healthy Voice 1:30 Banjo Club	24 ARTFUL AFFAIR 8:30 Pool 8:30 Bridge 10:00 Working w/Digital Photos 10:00 Budgeting 101 10:00 Gentle Exercise Plus 11:45 Ping Pong 5:00 Cake Decorating
30 MEMORIAL DAY SENIOR CENTER CLOSED 	31 ARTFUL AFFAIR 8:30 Pool 8:30 Bridge 10:00 Gentle Exercise 11:45 Ping Pong 12:15 Red Hat Mamas 1:00 Fashion Show

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
4 8:30 Pool 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 10:00 Daily Bread 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 Impossible Physics 1:00 PLATO 1:00 Dance Exercise 1:30 Spanish Conversation 3:00 Living Well w/Chronic Cond.	5 8:30 Pool 10:00 Gentle Exercise 10:00 Chair Yoga 11:45 Ping Pong 12:00 Time Bank 1:00 Afternoon Dance 1:00 Women and Breast Cancer 1:00 Mah Jongg 2:30 Gay & Gray Discussion Group	6 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 5:00 ARTFUL AFFAIR OPENS GALLERY NIGHT
SUNDAY		
8 HAPPY MOTHER'S DAY!		
11 ARTFUL AFFAIR 8:30 Pool 9:00 Rediscover Shakespeare 10:45 Book Club 11:45 Ping Pong 12:00 Impossible Physics 1:00 PLATO 1:00 Dance Exercise 1:30 Spanish Conversation 3:00 Ice Cream Social + Essay Reading Contest Living Well w/Chronic Cond. 6:00 Latino Support Group	12 ARTFUL AFFAIR 8:30 Pool 9:30 Pre-School Crafts 10:00 Gentle Exercise 10:00 Chair Yoga 11:45 Ping-Pong 12:00 Time Bank 1:00 Afternoon Dance 1:00 Write and Share Your Stories	13 ARTFUL AFFAIR 10:00 Gentle Exercise 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 Dane County SOS Meeting 1:00 Mosaic Basics 1:00 Non-Traditional Doll Making
18 ARTFUL AFFAIR 8:30 Pool 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 10:30 Hospice Office Hours 11:30 Blood Pressure Screening 11:45 Ping Pong 1:00 PLATO 1:00 Dance Exercise 1:30 Spanish Conversation Group 3:00 Living Well w/Chronic Cond.	19 ARTFUL AFFAIR 8:30 Pool 10:00 Gentle Exercise 10:00 Online With Your Librarians: Resources for Smart Investors 10:00 Chair Yoga 11:45 Ping Pong 12:00 Time Bank 1:00 Afternoon Dance 2:30 Gay & Gray Discussion Group	20 ARTFUL AFFAIR 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab
25 ARTFUL AFFAIR 8:30 Pool 9:00 Rediscover Shakespeare 10:00 Hearing Health 11:45 Ping Pong 12:00 History of Freedom 1:00 PLATO 1:00 Dance Exercise 1:30 Spanish Conversation Group	26 ARTFUL AFFAIR 8:30 Pool 10:00 Gentle Exercise 10:00 Chair Yoga 11:45 Ping Pong 12:00 Time Bank 1:00 Afternoon Dance	27 ARTFUL AFFAIR 10:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Medicare Information Booth 12:30 Wii Lessons 12:30 Open Computer Lab