

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 \$3.25. **Vegetarian Option (VO) will be listed as the second option.**

Tuesday, 11/1: Chicken/Soy Loaf

Wednesday, 11/2: Turkey/Yogurt or Salad

Thursday, 11/3: Swiss Burger/Soy Patty

Friday, 11/4: Pepper Steak/Soy Strips

Monday, 11/7: Chili Mac/Veggie Chili

Tuesday, 11/8: Baked Fish/Potatoes w/ Soy

Wednesday, 11/9: Beef Stew/Soy Stew or Salad

Thursday, 11/10: Soup & Sandwich/ Cheese Sandwich

Friday, 11/11: Chicken Cordon Bleu/ Cottage Cheese

Monday, 11/14: Roast Beef /Veggie Patty

Tuesday, 11/15: Fish/Potatoes w/Soy

Wednesday, 11/16: Beef Stew/ Soy Stew or Salad

Thursday, 11/17: Pork Cutlet/Potato w/ cheese

Friday, 11/18: HOLIDAY MEAL: Turkey/Veggie Loaf

Monday, 11/21: Hamburger/Veggie Chili

Tuesday, 11/22: Salisbury Steak/Veggie Patty

Wednesday, 11/23: Chicken/Cottage Cheese or Salad

Thursday, 11/24: HAPPY THANKSGIVING

Friday, 11/25: CLOSED

Monday, 11/28: Turkey Ham/Swiss-Rye

Tuesday, 11/29: Spaghetti/Sauce w/Soy

Wednesday, 11/30: Stuffed Green Pepper/Soup or Salad

Activity Calendar - November, 2011

MONDAY	TUESDAY
	1 A Photo Affair 8:30 Bridge 9:00 Gentle Exercise 10:00 Nutrition Walk By 10:00 PLATO 10:30 Home Health United Desk 11:45 Ping Pong 12:15 Strong Women 1:00 PLATO 1:00 Movie Matinee: Something Borrowed
7 9:00 Gentle Exercise 9:00 Intro to MS Word 2010 9:30 TOPS Meeting 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 1:00 PLATO 1:30 PLATO 1:30 Banjo Club	8 8:30 Bridge 9:00 Gentle Exercise 9:30 Tuesday Morning Booktalks 10:00 PLATO 11:45 Ping Pong 1:00 PLATO 1:00 Book Bites: Author Kelly Dwyer
14 FESTIVAL of WREATHS 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 MS Word Intermediate 10:00 PLATO 10:00 Gentle Exercise 10:30 Service Manager 11:00 Changes to Medicare Benefits 11:45 Ping Pong 12:00 Making History 12:30 Zumba 1:00 PLATO 1:30 PLATO	15 FESTIVAL of WREATHS 8:30 Bridge 9:00 Gentle Exercise 9:00 Elder Wisdom Circle 9:30 Tuesday Morning Booktalks 10:00 PLATO 11:00 Nutrition Education 11:45 Ping Pong 1:00 Bracelets: Make and Take 1:00 Movie Matinee: Thor 1:00 PLATO
21 FESTIVAL of WREATHS 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 MS Word Intermediate 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 1:00 PLATO 1:30 PLATO 1:30 Banjo Club	22 FESTIVAL of WREATHS 8:30 Bridge 9:00 Gentle Exercise 9:30 Tuesday Morning Booktalks 10:00 PLATO 11:45 Ping Pong 1:00 Keeping Your Voice Young 1:00 PLATO
28 FESTIVAL of WREATHS 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 MS Word Intermediate 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 1:00 PLATO 1:30 PLATO	29 FESTIVAL of WREATHS 8:30 Bridge 9:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 12:00 Red Hat Mamas 1:00 Toy Stories 1:00 PLATO

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
2 A Photo Affair 9:00 Dialogue Across the Ages 9:00 Foot Care Clinic 10:00 PLATO 10:00 Daily Bread 10:30 Preschool Storytime 11:30 Blood Pressure Screening 11:30 Storytime for the Very Young 11:45 Ping Pong 1:00 PLATO (2) 1:00 Dance Exercise 1:30 PLATO 1:30 Spanish Conversation 6:00 Cooking Asian Cuisine I	3 A Photo Affair 9:00 Gentle Exercise 9:00 Driver Safety Refresher 10:00 PLATO 10:00 Community Resources Program 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 1:00 Mah Jongg 1:30 PLATO 2:00 Gay & Gray Discussion Group	4 A Photo Affair 9:00 Rediscover Shakespeare 9:00 Gentle Exercise 10:00 PLATO 10:00 Intro: Online Banking 11:45 Ping Pong 12:00 Bridge 12:30 Wii Lessons 12:30 Open Computer Lab 1:00 GOING GREEN Wreath Making Class 1:30 PLATO 1:30 Non-Traditional Doll Making
		SUNDAY 6 Daylight Savings Time Ends Turn Clocks Back One Hour
9 10:00 Holiday Letters w/Kathy Davis 10:00 PLATO 10:30 Preschool Storytime 11:00 Change a Life: CATCH Healthy Habits Volunteers 11:30 Storytime for the Very Young 11:45 Ping Pong 1:00 PLATO (2) 1:00 Dance Exercise 1:30 PLATO 1:30 Spanish Conversation 6:00 Latino Support Group 6:00 Cooking Asian Cuisine I	10 9:00 Gentle Exercise 9:30 Preschool Crafts 10:00 PLATO 10:00 Help Tell the Stories: Discussion 10:45 Book Club 11:45 Ping-Pong 12:00 Meaning of Life 1:00 Afternoon Dance 1:30 PLATO 2:30 Veterans Coffee Chat 5:30 Legal and Financial Seminar	11 Veterans Day 9:00 Rediscover Shakespeare 9:00 Gentle Exercise 10:00 PLATO (2) 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 1:30 Non-Traditional Doll Making 1:30 PLATO
		SUNDAY 13 12:30 Sunday Meal with Just Too Accordions Plus Bingo
16 FESTIVAL of WREATHS 10:00 Holiday Letters w/Kathy Davis 10:00 PLATO 10:30 Preschool Storytime 10:30 Hospice Office Hours 11:30 Storytime for the Very Young 11:45 Ping Pong 1:00 Dance Exercise 1:00 PLATO (2) 1:30 PLATO 1:30 Spanish Conversation 6:00 Cooking Asian Cuisine I	17 FESTIVAL of WREATHS 9:00 Gentle Exercise 10:00 PLATO 10:00 Clutter: What to do w/Paper 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 1:30 PLATO 2:00 Gay & Gray Discussion Group 3:00 Change a Life: CATCH Healthy Habits Volunteers 5:30 Legal and Financial Seminar 6:00 Baking: Italian Pizzas	18 FESTIVAL of WREATHS 9:00 Rediscover Shakespeare 9:00 Gentle Exercise 10:00 Medicare Workshop 10:00 PLATO (2) 10:30 Hospice Office Hours 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab 1:00 Beth Wilson on the Piano 1:30 PLATO 4:30 Volunteer Reception
23 FESTIVAL of WREATHS 10:00 PLATO 10:30 Preschool Storytime 11:30 Storytime for the Very Young 11:45 Ping Pong 1:00 Dance Exercise 1:00 PLATO (2) 1:30 PLATO 1:30 Spanish Conversation	24 	THE SENIOR CENTER IS CLOSED
30 FESTIVAL of WREATHS 10:00 China: International Focus 10:00 PLATO 10:30 Preschool Storytime 11:30 Storytime for the Very Young 11:45 Ping Pong 1:00 Dance Exercise 1:00 PLATO (2) 1:30 PLATO 1:30 Spanish Conversation 5:30 Cake Decorating		