

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 \$3.00. **Vegetarian Option (VO) will be listed as the second option.**

Monday, 10/3: Hamburger/Veggie Chili

Tuesday, 10/4: Salisbury Steak/Veggie Patty

Wednesday, 10/5: Chicken/Cottage Cheese-or-Salad

Thursday, 10/6: Turkey Ham/Swiss on Rye

Friday, 10/7: Spaghetti-Meat/Soy Sauce

Monday, 10/10: Stuffed Pepper Soup/ Meatless Soup

Tuesday, 10/11: Cordon Bleu Lasagna/ Veggie Lasagna

Wednesday, 10/12: Goulash/Soy Casserole-or Salad

Thursday, 10/13: Meatloaf/Soy Loaf

Friday, 10/14: Beef Tips-Noodles/Soy Tips

Monday, 10/17: Chicken Casserole/Soy Casserole

Tuesday, 10/18: Pork Loin/Cottage Cheese

Wednesday, 10/29: Tuna Casserole/ Yogurt-or Salad

Thursday, 10/20: Roast Beef/Veggie Patty

Friday, 10/21: Fish/Au gratin w/Soy

Monday, 10/24: Spag-Meatballs/Soy Sauce

Tuesday, 10/25: Beef Stew/Soy Stew

Wednesday, 10/26: Turkey Ham/ Hashbrowns w/soy-or Salad

Thursday, 10/27: Broccoli Soup/Cheese Sand.

Friday, 10/28: Vegetable Lasagna

Monday, 10/31: Ribs/Cottage Cheese

Activity Calendar - October, 2011

MONDAY		TUESDAY	
3 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 SPREADSHEETS 101 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:30 Drawing: Sketchbook 12:30 Zumba 1:00 PLATO 1:30 PLATO 1:30 Banjo Club	4 8:30 Bridge 9:00 Gentle Exercise 10:00 Nutrition Walk By 10:00 Understanding Psoriasis 10:00 PLATO 10:30 Home Health United Desk 11:45 Ping Pong 12:15 Strong Women 1:00 Movie Matinee: <i>Jane Eyre</i> 1:00 PLATO	10 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Spreadsheets 101 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 12:30 Drawing: Sketchbook 1:00 PLATO 1:30 PLATO	11 8:30 Bridge 9:00 Gentle Exercise 9:30 Internet Expl & Email Interm 9:30 Tuesday Morning Booktalks 10:00 PLATO 11:45 Ping Pong 12:15 Strong Women 1:00 Book Bites: David McGlynn 1:00 PLATO
17 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Spreadsheets 101 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Drawing: Sketchbook 12:30 Zumba 1:00 PLATO 1:30 PLATO 1:30 Banjo Club	18 8:30 Bridge 9:00 Gentle Exercise 9:00 Elder Wisdom Circle 9:30 Tuesday Morning Booktalks 9:30 Internet Expl&Email Interm 10:00 Senior 911: Disasters 10:00 PLATO 11:00 Nutrition Education 11:45 Ping Pong 12:15 Strong Women 1:00 PLATO 1:00 Movie: <i>Lincoln Lawyer</i>	24 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Intro to Word 2010 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 12:30 Drawing: Sketchbook 1:00 PLATO 1:30 PLATO	25 8:30 Bridge 9:00 Gentle Exercise 9:30 Tuesday Morning Booktalks 9:30 Internet Expl&Email Interm 10:00 PLATO 11:45 Ping Pong 12:00 Red Hat Mamas 12:15 Strong Women 1:00 Odd WI:Colorful Characters 1:00 PLATO
31 9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 10:00 Intro to Word 2010 10:30 Service Manager 11:45 Ping Pong 12:00 Making History 12:30 Zumba 12:30 Drawing: Sketchbook 1:00 PLATO 1:30 PLATO			

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

(608) 266-6581

WEDNESDAY		THURSDAY		FRIDAY																																																																																		
5 9:00 Rediscover Shakespeare 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 Dance Exercise 1:00 PLATO (2) 1:30 PLATO 1:30 Spanish Conversation 6:00 Cooking: Mexican	6 8:30 Flu Shots Today 9:00 Gentle Exercise 10:00 Sleep Apnea & CPAP Class 10:00 PLATO 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 2:00 CATCH Healthy Habits Info Session	7 9:00 Gentle Exercise 10:00 PLATO (2) 11:45 Ping Pong 12:00 Bridge 12:15 Classical Guitarist Spoelstra 12:30 Wii Games 12:30 Open Computer Lab 1:30 Non-Traditional Doll Making 1:30 PLATO	SUNDAY																																																																																			
12 9:00 Rediscover Shakespeare 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 6:00 Latino Support Group 6:00 Cooking: Mexican	13 9:00 Gentle Exercise 9:30 Preschool Crafts 10:00 PLATO 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	9 12:30 Sunday Meal with Dick Larson plus Bingo with prizes.	14 9:00 Gentle Exercise 10:00 PLATO (2) 10:00 Eye Care & Eyewear Cleaning 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab 1:30 Non-Traditional Doll Making 1:30 PLATO 5:00 Dane County SOS Meeting Gallery Night for Photo Affair																																																																																			
19 9:00 Rediscover Shakespeare 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: Mexican	20 9:00 Fall Volunteer Workshop 9:00 Gentle Exercise 9:30 Digital Camera Workshop 10:00 PLATO 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 1:30 PLATO 2:00 Gay & Gray Discussion Group	21 9:00 Gentle Exercise 10:00 PLATO (2) 10:00 Travel Talk 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab 1:30 Non-Traditional Doll Making 1:30 PLATO																																																																																				
26 9:00 Rediscover Shakespeare 10:00 PLATO 10:30 Preschool Storytime 11:30 Storytime for the Very Young 11:45 Ping Pong 12:00 TimeBank 1:00 Dance Exercise 1:00 PLATO (2) 1:30 PLATO 1:30 Spanish Conversation 6:00 Wine Tasting Fundamentals 6:00 Latino Caregivers	27 9:00 Gentle Exercise 9:30 Digital Camera Workshop 10:00 PLATO 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 1:30 PLATO 1:30 Veterans Coffee Chat	28 9:00 Gentle Exercise 10:00 Home Safety and Falls Prevention 10:00 PLATO (2) 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab 12:30 Medicare Information Booth 1:30 PLATO																																																																																				
<p>VISIT THE PHOTO AFFAIR ON THE SECOND FLOOR</p> <p>OCTOBER 3 - NOVEMBER 4</p> <p>8:30 - 4 PM WEEKDAYS</p>		<p>Sudoku Answers</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>3</td><td>5</td><td>7</td><td>8</td><td>9</td><td>2</td><td>6</td><td>1</td><td>4</td></tr> <tr><td>4</td><td>8</td><td>9</td><td>7</td><td>6</td><td>1</td><td>3</td><td>2</td><td>5</td></tr> <tr><td>6</td><td>1</td><td>2</td><td>4</td><td>3</td><td>5</td><td>9</td><td>8</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>3</td><td>5</td><td>4</td><td>7</td><td>1</td><td>6</td><td>2</td></tr> <tr><td>2</td><td>7</td><td>4</td><td>1</td><td>8</td><td>6</td><td>5</td><td>9</td><td>3</td></tr> <tr><td>1</td><td>6</td><td>5</td><td>9</td><td>2</td><td>3</td><td>7</td><td>4</td><td>8</td></tr> <tr><td>5</td><td>3</td><td>8</td><td>6</td><td>1</td><td>4</td><td>2</td><td>7</td><td>9</td></tr> <tr><td>7</td><td>4</td><td>1</td><td>2</td><td>5</td><td>9</td><td>8</td><td>3</td><td>6</td></tr> <tr><td>9</td><td>2</td><td>6</td><td>3</td><td>7</td><td>8</td><td>4</td><td>5</td><td>1</td></tr> </table>		3	5	7	8	9	2	6	1	4	4	8	9	7	6	1	3	2	5	6	1	2	4	3	5	9	8	7	8	9	3	5	4	7	1	6	2	2	7	4	1	8	6	5	9	3	1	6	5	9	2	3	7	4	8	5	3	8	6	1	4	2	7	9	7	4	1	2	5	9	8	3	6	9	2	6	3	7	8	4	5	1		
3	5	7	8	9	2	6	1	4																																																																														
4	8	9	7	6	1	3	2	5																																																																														
6	1	2	4	3	5	9	8	7																																																																														
8	9	3	5	4	7	1	6	2																																																																														
2	7	4	1	8	6	5	9	3																																																																														
1	6	5	9	2	3	7	4	8																																																																														
5	3	8	6	1	4	2	7	9																																																																														
7	4	1	2	5	9	8	3	6																																																																														
9	2	6	3	7	8	4	5	1																																																																														