

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.

Thursday, 9/1: Chicken Salad Sand./ Sliced Cheese

Friday, 9/2: Baked Fish/Baked Potato

Monday, 9/5: CLOSED

Tuesday, 9/6: Tater Tot Casserole/Soy Casserole

Wednesday, 9/7: Ham Loaf/Cottage Cheese or Salad

Thursday, 9/8: Spaghetti-Meatballs/Soy Meat Sauce

Friday, 9/9: Ham-Cheese Omelet/ Cheese Omelet

Monday, 9/12: Brat/Veggie Dogs

Tuesday, 9/13: Roast Beef/Veggie Patty

Wednesday, 9/14: Shrimp Pasta Salad/ Pasta Salad

Thursday, 9/15: Turkey Sand./Cheese Sand.

Friday, 9/16: Sweet- Sour Chicken/Soy Casserole

Monday, 9/19: Roast Pork/Veggie Lasagna

Tuesday, 9/20: Chicken Cacciatore/Soy Meat Sauce

Wednesday, 9/21: Ham/Veggie Patty or Salad

Thursday, 9/22: Tuna Mac. Salad/ Cottage Cheese

Friday, 9/23: Meatloaf/Veggie Loaf

Monday, 9/26: Chicken/Broccoli Cheese Sauce

Tuesday, 9/27: Shredded Beef/Soy Sloppy Joe

Wednesday, 9/28: Fish/Soy Casserole or Salad

Thursday, 9/29: Pork Cutlet/Cheese Sandwich

Friday, 9/30: Chicken Parmesan Spaghetti/Soy Meat Sauce

Activity Calendar - September, 2011

MONDAY	TUESDAY
National Senior Center Month <i>It happens at My Senior Center.</i> <i>My Life.</i> <i>My Time.</i> <i>My Way.</i>	
5 LABOR DAY THE SENIOR CENTER IS CLOSED.	6 8:30 Bridge 9:00 Gentle Exercise 10:00 Nutrition Walk By 10:30 Home Health United Desk 11:45 Ping Pong 1:00 Movie Matinee: Just Go With It
12 9:00 Gentle Exercise 9:30 TOPS Meeting 9:30 MS Works: Spreadsheets 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 12:30 Spreadsheets 101 1:30 Banjo Club	13 8:30 Bridge 9:00 Gentle Exercise 9:30 Web-based Email 9:30 Tuesday Morning Booktalks 10:00 Forgetting: Is it Normal? 11:45 Ping Pong 12:15 Strong Women 1:00 Book Bites: John Galligan
19 9:00 Gentle Exercise 9:30 TOPS Meeting 9:30 MS Works: Spreadsheets 10:30 Service Manager 11:45 Ping Pong 12:30 Zumba 12:30 Spreadsheets 101 1:30 Banjo Club	20 8:30 Bridge 9:00 Gentle Exercise 9:30 Tuesday Morning Booktalks 9:30 Web-based Email 10:30 Stuff, What To Do With It 11:00 Nutrition Education 11:45 Ping Pong 12:15 Strong Women 1:00 Movie Matinee: Source Code
26 9:00 Gentle Exercise 9:30 TOPS Meeting 9:30 MS Works: Spreadsheets 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 PHOTO Drop Off 12:30 Zumba 12:30 Spreadsheets 101 1:00 PLATO 1:30 PLATO ACTIVE AGING WEEK	27 8:30 Bridge 9:00 Gentle Exercise 9:00 Elder Wisdom Circle 9:00 PHOTO Drop Off 9:30 Tuesday Morning Booktalks 9:30 Web-based Email 10:00 PLATO 11:45 Ping Pong 12:00 Red Hat Mamas 12:15 Strong Women 1:00 Ten Tasks of Creative Aging 1:00 PLATO

MADISON SENIOR CENTER

330 WEST MIFFLIN STREET

MADISON, WISCONSIN

266-6581

WEDNESDAY	THURSDAY	FRIDAY
7 9:00 Rediscover Shakespeare 9:30 Foot Care Clinic 9:30 PC Computer Intro 10:00 Daily Bread 11:30 Blood Pressure Screening 11:45 Ping Pong 12:00 History of Freedom 1:30 Spanish Conversation	1 9:00 Gentle Exercise 11:45 Ping Pong 1:00 Women and Cervical Cancer 1:00 Afternoon Dance 1:00 Mah Jongg 2:30 Veterans Coffee Chat	2 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab
14 9:00 Rediscover Shakespeare 9:30 PC Computer Intro 10:15 Storytime: Preschool 10:45 Book Club 11:45 Ping Pong 12:00 History of Freedom 1:30 Spanish Conversation Group 6:00 Latino Support Group 6:00 Floral Designs	8 9:00 Gentle Exercise 9:30 Preschool Crafts 10:00 Skype: Are you Curious? 11:30 Feet: Proper Care & Shoes 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 2:00 Gay & Gray Discussion Group	9 9:00 Gentle Exercise 10:30 Medicare Information Booth 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab 1:00 Dane County SOS meeting SUNDAY 11 12:30 Sunday Meal Entertainment with Trombonist Al Anderson + Bingo
21 9:00 Rediscover Shakespeare 9:30 PC Computer Intro 10:15 Storytime: Preschool 11:45 Ping Pong 10:30 Hospice Office Hours 12:00 History of Freedom 1:30 PLATO Preview 1:30 Spanish Conversation Group 6:00 Floral Designs	15 9:00 Gentle Exercise 10:00 OPEN HOUSE 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 2:30 Veterans Coffee Chat	16 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Open Computer Lab
28 9:00 Rediscover Shakespeare 9:30 PC Computer Intro 10:15 Storytime: Preschool 10:00 PLATO 11:45 Ping Pong 12:00 History of Freedom 12:00 TimeBank 1:00 Dance Exercise 1:00 PLATO(2) 1:30 PLATO 1:30 Spanish Conversation Group 5:00 Cake Decorating Workshop 6:00 Diabetes Support Group (in Spanish)	22 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 2:00 Gay & Gray Discussion Group	23 9:00 Gentle Exercise 11:45 Ping Pong 12:00 Bridge 12:30 Wii Games 12:30 Medicare Information Booth 12:30 Open Computer Lab
28 9:00 Gentle Exercise 9:30 TOPS Meeting 9:30 MS Works: Spreadsheets 10:00 PLATO 10:30 Service Manager 11:45 Ping Pong 12:00 PHOTO Drop Off 12:30 Zumba 12:30 Spreadsheets 101 1:00 PLATO 1:30 PLATO	29 9:00 Gentle Exercise 10:00 PLATO 10:30 Food & Fitness 11:45 Ping Pong 12:00 Meaning of Life 1:00 Afternoon Dance 1:30 PLATO 2:30 Veterans Coffee Chat	30 9:00 Gentle Exercise 10:00 PLATO 11:45 Ping Pong 12:00 Bridge 12:30 Open Computer Lab 12:30 Wii Games 1:30 Non-Traditional Doll Making 1:30 PLATO