

Activity & Meal Calendar - April, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>1 APRIL FOOL'S DAY</p> <p>9:00 Gentle Exercise 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>BEEF POT PIE W/BISCUIT TOP VEGGIE POT PIE (MO)</p>	<p>2</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 1:00 Movie: Auntie Mame 1:30 PLATO</p> <p>CHICKEN & GRAVY OVER WHITE BREAD VEGGIE CHICKEN/GRAVY (MO)</p>	<p>3</p> <p>9:00 Rediscover Literature 9:00 Foot Care Clinic 10:00 PLATO 11:30 Table Tennis 12:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>FISH SANDWICH ON WW BUN BLACK BEAN BURGER (MO)</p>
<p>8</p> <p>9:00 Gentle Exercise 10:00 PLATO 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>CHICKEN SALAD ON MINI CROISSANT EGG SALAD (MO)</p>	<p>9</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 MTA: Kathy Collins 11:00 Table Tennis 1:00 Movie: Green Book 1:30 PLATO</p> <p>CHEESE TORTELLINI BAKE VEGGIE TORTELLINI BAKE (MO)</p>	<p>10</p> <p>9:00 Rediscover Literature 10:00 PLATO 10:00 Financial Perspective 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 5:45 Latinx Discussion Group</p> <p>BAKED CHICKEN ON THE BONE VEGGIE BBQ CHICKEN (MO)</p>
<p>15</p> <p>9:00 Gentle Exercise 10:00 POA vs POD 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>CHICKEN MAC CASSEROLE MAC AND CHEESE (MO)</p>	<p>16</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 12:00 Online Health Networks (at Monona Terrace) 1:00 Movie: Big 1:30 PLATO</p> <p>CHEESE TORTELLINI BAKE VEGGIE TORTELLINI BAKE (MO)</p>	<p>17</p> <p>9:00 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 1:45 Massage</p> <p>BAKED CHICKEN ON THE BONE VEGGIE BBQ CHICKEN (MO)</p>
<p>22 EARTH DAY</p> <p>9:00 Gentle Exercise 10:00 PLATO 10:00 Acting for Fun 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p>  <p>HAM* SLICE MULTIGRAIN BURGER (MO)</p>	<p>23</p> <p>9:00 Gentle Exercise 9:00 Artful Affair Drop-Off 9:00 Computer Lab 11:00 Table Tennis 1:00 Movie: A Star is Born 1:30 PLATO</p> <p>POT ROAST WITH GRAVY 3 VEGGIE MEATBALLS (MO)</p>	<p>24</p> <p>9:00 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 12:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 5:45 Latinx Grandparent Support Group</p> <p>EGG BAKE</p>
<p>29</p> <p>9:00 Gentle Exercise 10:00 PLATO 10:00 Acting for Fun 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO</p> <p>BBQ CHICKEN BREAST DICED BBQ VEGGIE CHICKEN (MO)</p>	<p>30</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Stepping On 11:00 Table Tennis 12:15 Red Hats 1:00 Joan & Bette/Bette & Joan 1:30 PLATO</p> <p>TUNA SALAD SANDWICH ON WW BREAD EGG SALAD (MO)</p>	

THURSDAY	FRIDAY
<p>4</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 PLATO (2) 10:00 Chair Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO</p> <p>BBQ CHICKEN VEGGIE WRAP (MO)</p>	<p>5</p> <p>9:00 Gentle Exercise 9:00 VITA Tax Prep Appt's 10:00 BB4B (at library) 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>MEATBALLS* IN MARINARA OVER PENNE OR CHICKEN SALAD 3 VEGGIE MEATBALLS IN MARINARA (MO)</p>
<p>11</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:45 Preschool 10:00 PLATO (2) 10:00 Chair Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 1:30 PLATO</p>	<p>12</p> <p>9:00 Gentle Exercise 10:00 BB4B (at library) 11:30 Table Tennis 11:30 Computer Lab 12:00 SOS Senior Council 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO 1:30 Science Wars</p> <p>ITALIAN LASAGNA OR TUNA SALAD VEGGIE LASAGNA (MO)</p>
<p>18</p> <p>9:00 Gentle Exercise 9:00 Volunteer & Donor Appreciation Breakfast 9:00 Computer Lab 10:00 PLATO (2) 10:00 Chair Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 PLATO 6:00 LGBT Social: Michelle Citron</p> <p>TRADITIONAL MEATLOAF HUMMUS WRAP (MO)</p>	<p>19</p> <p>9:00 Gentle Exercise 10:00 BB4B (at library) 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>CHICKEN A LA KING OVER BISCUIT OR CHEF'S SALAD VEGGIE CHICKEN A LA KING (MO)</p>
<p>25</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 PLATO (2) 10:00 Chair Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 1:30 PLATO</p> <p>PIZZA BURGER GARDEN BURGER (MO)</p>	<p>26</p> <p>9:00 Gentle Exercise 10:00 BB4B (at library) 10:00 Pat Coffie - Storyteller 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>HAM* AND POTATO CASSEROLE OR CHICKEN TACO SALAD POTATO, VEGGIE, CHEESE CASSEROLE (MO)</p>

April...

JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.

Enjoy a variety of healthy, delicious meals with friends. Reservations are required at least one day in advance by calling (608) 266-6416.

The cost to provide a meal is \$10.23; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4.

**Vegetarian Option (MO) will be listed as the second option.
 Entrees with pork have an *.**

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