

## Activity & Lunch Calendars - August, 2016

MONDAY	TUESDAY	WEDNESDAY
<p><b>1</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO</p> <p><b>SALISBURY STEAK VEGGIE MEATBALLS (VO)</b></p>	<p><b>2</b></p> <p>9:00 Gentle Exercise 10:00 Computer Lab Help 11:45 Ping Pong 1:00 Movie Matinee: <b>Bringing Up Baby</b></p> <p><b>CHICKEN BROCCOLI ROTINI CHEESE BROCCOLI ROTINI SALAD (VO)</b></p>	<p><b>3</b></p> <p>9:00 Foot Care Clinic 9:00 Rediscover Literature 10:00 PLATO 11:45 Ping Pong 12:00 The Cathedral 1:30 Spanish Conversation 1:30 Computer Lab Help</p> <p><b>HAMBURGER ON BUN OR GARDEN SALAD VEGGIE PATTY (VO)</b></p>
<p><b>8</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Medicare Info Booth 11:00 Knit 1, Purl 2 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO</p> <p><b>BRAT/BUN* VEGGIE DOGS (VO)</b></p>	<p><b>9</b></p> <p>9:00 Gentle Exercise 10:00 Computer Lab Help 11:45 Ping Pong</p> <p><b>THREE CHEESE LASAGNA</b></p>	<p><b>10</b></p> <p>9:00 Rediscover Literature 9:00 Diabetic Foot Care 10:00 PLATO 11:30 Blood Pressure 11:45 Ping Pong 1:30 Spanish Conversation 1:30 Computer Lab Help</p> <p><b>PIZZA CASSEROLE OR TACO SALAD VEGETARIAN CASSEROLE (VO)</b></p>
<p><b>15</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO</p> <p><b>TOMATO BARLEY SOUP CHEESE SANDWICH W/MAYO PACKET (VO)</b></p>	<p><b>16</b></p> <p>9:00 Gentle Exercise 10:00 Computer Lab Help 11:45 Ping Pong <b>1:00 Movie Matinee: Bridge of Spies</b></p> <p><b>SWISS STEAK MEATLESS SWISS MIX OVER RICE (VO)</b></p>	<p><b>17</b></p> <p>9:00 Rediscover Literature 10:00 PLATO 11:45 Ping Pong <b>12:00 The Vikings</b> 1:30 Spanish Conversation 1:30 Computer Lab Help</p> <p><b>ROAST PORK W/GRAVY* OR CHEF SALAD VEGGIE PATTY (VO)</b></p>
<p><b>22</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO</p> <p><b>AU GRATIN POTATOES W/DICED HAM* VEGETARIAN AU GRATIN POTATOES (VO)</b></p>	<p><b>23</b></p> <p>9:00 Gentle Exercise 10:00 Computer Lab Help 11:45 Ping Pong</p> <p><b>BBQ CHICKEN BAKED POTATO W/VEGGIE CHEESE SAUCE (VO)</b></p>	<p><b>24</b></p> <p>9:00 Rediscover Literature 10:00 Massage 11:45 Ping Pong 12:00 The Vikings 1:30 Spanish Conversation 1:30 Computer Lab Help 1:30 Committee on Aging 5:30 Latino Caregivers</p> <p><b>SHRIMP PASTA SALAD OR CHICKEN RANCH SALAD HUMMUS IN A PITA W/LETTUCE, GRATED CARROTS &amp; DICED PEPPERS (VO)</b></p>
<p><b>29</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games</p> <p><b>STUFFED PORK CHOP* VEGGIE LASAGNA (VO)</b></p>	<p><b>30</b></p> <p>9:00 Gentle Exercise 10:00 Computer Lab Help 11:45 Ping Pong 12:15 Red Hat Mamas <b>1:00 Trends in American Quilting</b></p> <p><b>CHICKEN MACARONI SALAD PASTA SALAD W/CHEESE (VO)</b></p>	<p><b>31</b></p> <p>9:00 Rediscover Literature 11:45 Ping Pong 12:00 The Vikings 1:30 Spanish Conversation 1:30 Computer Lab Help</p> <p><b>CHEESEBURGER ON W.W. BUN OR ITALIAN SALAD BOWL* EGG SALAD SANDWICH (VO)</b></p>

THURSDAY	FRIDAY
<p><b>4</b></p> <p>9:00 Gentle Exercise                      10:00 Blood Pressure Screening                      11:45 Ping Pong                      1:00 Senior Showcase Dance                      1:00 Mahjonn                      6:00 <b>MC: Preserving Summer's Bounty</b></p> <p><b>MEAT SAUCE W.W. NOODLES                      VEGETARIAN MEAT SAUCE (VO)</b></p>	<p><b>5</b></p> <p>9:00 Gentle Exercise                      10:00 Gentle Yoga                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Computer Lab Help</p> <p><b>BBQ CHICKEN*                      VEGGIE SAUSAGE (VO)</b></p>
<p><b>11</b></p> <p>9:00 Gentle Exercise                      11:45 Ping Pong                      1:00 Senior Showcase Band                      1:00 Gay &amp; Gray Discussion                      6:00 MC: Preserving Summer's Bounty</p> <p><b>ROAST BEEF/GRAVY                      HUMMUS WRAP W/LETTUCE,                      TOMATO &amp; CUKES (VO)</b></p>	<p><b>12</b></p> <p>9:00 Gentle Exercise                      10:00 Gentle Yoga                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Computer Lab Help                      1:00 SOS Senior Council</p> <p><b>CHICKEN SALAD ON                      W.W. BUN W/LETTUCE                      EGG SALAD ON BUN (VO)</b></p>
<p><b>18</b></p> <p>9:00 Gentle Exercise                      11:45 Ping Pong                      1:00 Senior Showcase Band</p> <p><b>MEAT SAUCE OVER SPAGHETTI                      NOODLES                      VEGETARIAN SAUCE (VO)</b></p>	<p><b>19</b></p> <p>9:00 Gentle Exercise                      10:00 Gentle Yoga                      10:00 Haircuts (tentative)                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Computer Lab Help</p> <p><b>BBQ RIB*                      BAKED BEANS                      VEGGIE SAUSAGE (VO)</b></p>
<p><b>25</b></p> <p>9:00 Gentle Exercise                      11:45 Ping Pong                      1:00 Gay &amp; Gray Discussion                      1:00 Senior Showcase Band</p> <p><b>AMERICAN CHOP SUEY W/BROWN                      RICE                      VEGETARIAN CHOP SUEY (VO)</b></p>	<p><b>26</b></p> <p>9:00 Gentle Exercise                      10:00 Gentle Yoga                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Computer Lab Help</p> <p><b>TURKEY ROAST W/GRAVY                      VEGGIE MEATBALLS (VO)</b></p>
<p>Join us for lunch! Serving 11:30 am, Monday-Friday</p> <p>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 \$7.50; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4. <b>Vegetarian Option (VO) will be listed as the second option.</b>  <b>Entrees with pork have an *.</b></p>	

August...

