

# Activity & Lunch Calendars - August, 2017

MONDAY	TUESDAY	WEDNESDAY
	<p><b>1</b></p> <p>8:30 Billiards            9:00 Gentle Exercise  <b>9:30 Still Life Painting</b>            10:00 Computer Lab            11:00 Ping Pong  <b>1:00 Movie: Macao</b></p> <p><b>HAM &amp; SWISS CROISSANT*            CHEESE SANDWICH (VO)</b></p>	<p><b>2</b></p> <p>8:30 Billiards            9:00 Foot Care Clinic            9:00 Rediscover Literature            10:00 PLATO            11:30 Ping Pong            12:00 Utopia &amp; Terror            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards            1:30 Spanish Conversation</p> <p><b>ROAST PORK W/GRAVY*            VEGGIE PATTY (VO)</b></p>
<p><b>7</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 TOPS Meeting            11:00 Social Worker            11:30 Ping Pong            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards            1:00 PLATO</p> <p><b>SWISS STEAK            VEGGIE MEATBALLS (VO)</b></p>	<p><b>8</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 Still Life Painting            10:00 Computer Lab            11:00 Ping Pong  <b>12:00 Meet the Author:            Marilyn Taylor</b></p> <p><b>CHICKEN MACARONI SALAD            PASTA SALAD W/CHEESE (VO)</b></p>	<p><b>9</b></p> <p>8:30 Billiards            9:00 Rediscover Literature            9:00 Foot Care Clinic            10:00 PLATO  <b>10:00 Finance Q &amp; A</b>            11:30 Ping Pong            12:00 Utopia &amp; Terror            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards            1:30 Spanish Conversation            5:30 Latino Discussion Group</p> <p><b>CHEESEBURGER ON WW BUN            EGG SALAD SANDWICH (VO)</b></p>
<p><b>14</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 TOPS Meeting            10:30 Knit 1, Purl 2            11:00 Social Worker            11:30 Ping Pong            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards</p> <p><b>AU GRATIN POTATOES W/DICED HAM*            AU GRATIN W/SOY MEAT (VO)</b></p>	<p><b>15</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 Still Life Painting            10:00 Computer Lab            11:00 Ping Pong  <b>1:00 Movie: Jackie</b></p> <p><b>BEEFY MAC-N-CHEESE            MAC-N-CHEESE (VO)</b></p>	<p><b>16</b></p> <p>8:30 Billiards            9:00 Rediscover Literature            10:00 PLATO            11:30 Ping Pong            12:00 Utopia &amp; Terror            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards  <b>1:00 Courtyard Luau</b>            1:30 Spanish Conversation</p> <p><b>CHICKEN CACCIATORE            SOY MEAT SAUCE (VO)</b></p>
<p><b>21</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 TOPS Meeting  <b>10:00 Medicare Workshop</b>            11:00 Social Worker            11:30 Ping Pong            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards</p> <p><b>SLOPPY JOE ON BUN            VEGETARIAN SLOPPY JOE (VO)</b></p>	<p><b>22</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 Still Life Painting            10:00 Computer Lab            11:00 Ping Pong</p> <p><b>BAKED FISH            VEGGIE CHEESE SAUCE/POTATOES (VO)</b></p>	<p><b>23</b></p> <p>8:30 Billiards            9:00 Rediscover Literature            10:00 Massage            11:30 Ping Pong            12:00 Utopia &amp; Terror            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards            1:30 Spanish Conversation</p> <p><b>BBQ CHICKEN            VEGETARIAN WRAP (VO)</b></p>
<p><b>28</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 TOPS Meeting            11:00 Social Worker            11:30 Ping Pong            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards</p> <p><b>CHILI W/CRACKER PACKETS            SOY MEAT SAUCE (VO)</b></p>	<p><b>29</b></p> <p>8:30 Billiards            9:00 Gentle Exercise            9:30 Still Life Painting            10:00 Computer Lab            11:00 Ping Pong            12:15 Red Hat Mamas  <b>1:00 The Beatles' Alter Ego</b></p> <p><b>HAMBURGER ON BUN            VEGGIE PATTY (VO)</b></p>	<p><b>30</b></p> <p>8:30 Billiards            9:00 Rediscover Literature            10:30 Ping Pong            12:00 Utopia &amp; Terror            12:30 Computer Lab            12:30 Wii Games            1:00 Billiards            1:30 Spanish Conversation  <b>5:00 Bingo/Game Night</b></p> <p><b>CHICKEN ENCHILADA CASSEROLE            VEGGIE ENCHILADA (VO)</b></p>

THURSDAY	FRIDAY
<p><b>3</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Senior Showcase Band                      1:00 Billiards</p> <p><b>MEAT SAUCE OVER PASTA                      SOY MEAT SAUCE OVER PASTA (VO)</b></p>	<p><b>4</b></p> <p>9:00 Gentle Exercise                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards  <b>4:00 Hutson Art Reception</b></p> <p><b>BISCUITS &amp; GRAVY OR SANTA FE                      CHICKEN SALAD                      SPINACH/CHEESE QUICHE (VO)</b></p>
<p><b>10</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Senior Showcase Band                      1:00 Gay &amp; Gray Discussion                      1:00 Billiards</p> <p><b>ITALIAN SAUSAGE*                      VEGETARIAN WRAP (VO)</b></p>	<p><b>11</b></p> <p>9:00 Gentle Exercise                      12:00 SOS Senior Council                      12:30 Wii Games                      12:30 Open Computer Lab</p> <p><b>LOWER LEVEL CLOSED                      FOR FLOOR REFINISHING</b></p> <p><b>LEMON BAKED FISH OR FRUIT &amp; VEGGIE                      PLATE                      BLACK BEAN BURGER (VO)</b></p>
<p><b>17</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Senior Showcase Band                      1:00 Billiards</p> <p><b>MEATLOAF*                      VEGGIE PATTY (VO)</b></p>	<p><b>18</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards</p> <p><b>BEEF BURRITO BAKE OR CAPRESE SALAD                      VEGGIE BURRITO BAKE (VO)</b></p>
<p><b>24</b></p> <p>8:30 Billiard                      9:00 Gentle Exercise                      10:00 Computer Lab  <b>10:00 LifeMapping</b>                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Gay &amp; Gray Discussion                      1:00 Senior Showcase Band                      1:00 Billiards</p> <p><b>STUFFED GREEN PEPPER VEGETARIAN                      SOUP, CHEESE SANDWICH                      BLACK BEAN BURGER (VO)</b></p>	<p><b>25</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise  <b>10:30 Smart Phone Basics</b>                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards</p> <p><b>HAM SLICE OR 7 LAYER SALAD*                      VEGGIE MEATBALLS (VO)</b></p>
<p><b>31</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Senior Showcase Band                      1:00 Billiards</p> <p><b>CHICKEN BROCCOLI ROTINI SALAD                      CHEESE BROCCOLI ROTINI SALAD (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 \$10.23; 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...