

Activity & Meal Calendar - August, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</p> <p>This is a congregate nutrition site operated by NewBridge. Reservations are required at least 24 hours in advance by calling (608) 266-6416.</p> <p>The cost to provide a meal is \$8.97; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4.</p> <p>Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.</p>		
<p>5</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>CHICKEN MAC CASSEROLE MAC & CHEESE (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Stand Up & Move 11:00 Table Tennis 1:00 Movie: The Three Faces of Eve</p> <p>CHEESE TORTELLINI BAKE IN MEAT SAUCE VEGGIE TORTELLINI BAKE (MO)</p>	<p>7</p> <p>9:00 Footcare Clinic 10:00 Coffee with a Cop 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>CHICKEN A LA KING W/BROWN RICE VEGGIE CHICKEN A LA KING (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p><i>Floor Resurfacing in Dining Area</i></p> <p>BBQ CHICKEN BREAST VEGGIE BBQ CHICKEN STRIPS (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Stand Up & Move 11:00 Table Tennis 1:00 Movie: Holmes & Watson</p> <p>PIZZA BURGER GARDEN BURGER (MO)</p>	<p>14</p> <p>10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Latinx Discussion Group</p> <p>HAM & POTATO CASSEROLE* VEGGIE CHEESE POTATO (MO)</p>
<p>19</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO 2:00 LGBT Coffee Meet-Up @ WPCRC 6:00 Perfect Pizzas-MC</p> <p>TUNA SALAD SANDWICH EGG SALAD (MO)</p>	<p>20</p> <p>9:00 Computer Lab 9:00 Stand Up & Move 11:00 Table Tennis 1:00 Movie: Welcome to Marwen</p> <p>ENCHILADA CASSEROLE BEAN & CHEESE CASSEROLE (MO)</p>	<p>21</p> <p>10:00 Bobby Hinds 10:30 "Zoo to You!" 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:45 Massage</p> <p>BRAT* VEGGIE WRAP (MO)</p>
<p>26</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>ROASTED TURKEY IN GRAVY VEGGIE CHICKEN IN GRAVY (MO)</p>	<p>27</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 12:15 Red Hats 1:00 Randy & Cindy</p> <p>TUNA CASSEROLE HUMMUS & PITA (MO)</p>	<p>28</p> <p>11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Laxtinx Caregivers</p> <p>CHICKEN SANDWICH MULTIGRAIN BURGER (MO)</p>

THURSDAY	FRIDAY
<p>1</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>CHICKEN NOODLE SOUP VEGETABLE SOUP (MO)</p>	<p>2</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BEEF STEW OR CHICKEN CONFETTI SALAD VEGGIE STEW (MO)</p>
<p>8</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>TRADITIONAL MEATLOAF VEGGIE MEATBALLS (MO)</p>	<p>9</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS Senior Council</p> <p><i>Floor Resurfacing in Dining Area</i></p> <p>POT ROAST W/GRAVY BLACK BEAN BURGER (MO)</p>
<p>15</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>EGG BAKE</p>	<p>16</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 10:00 Smart Phone Technology 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BBQ PULLED PORK* HUMMUS WRAP (MO)</p>
<p>22</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 3:00 MSC Summer Picnic</p> <p>CHICKEN STRIPS CHEESE & TOMATO SANDWICH (MO)</p>	<p>23</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>TACO PASTA CASSEROLE VEGGIE TACO PASTA CASSEROLE (MO)</p>
<p>29</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS (MO)</p>	<p>30</p> <p>9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>SLOPPY JOE CHICKPEA SLOPPY JOE (MO)</p>

August...

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