

Activity & Meal Calendar - December, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Managing Your Money - P</p> <p>BRAT* VEGGIE DOG (MO)</p>	<p>3</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 3 - MC 1:00 KG & The Ranger 1:30 Poetic Voice - P</p> <p>BBQ CHICKEN BREAST BBQ VEGGIE DICED CHICKEN (MO)</p>	<p>4</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Rem Writing - P 6:00 Japanese MC</p> <p>HAM & POTATO CASSEROLE* VEGGIE POTATO CASSEROLE (MO)</p>
<p>9</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 12:30 Holiday Open House and Caroling</p> <p>RUSTIC TOMATO BEAN SOUP VEGGIE TOMATO BEAN SOUP (MO)</p>	<p>10</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 3 - MC 11:30 Table Tennis 1:00 Movie: Miracle on 34th Street 1:30 Poetic Voice - P</p> <p>CHICKEN STRIPS BLACK BEAN BURGER (MO)</p>	<p>11</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:00 Art Info Session 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Japanese - MC</p> <p>BAKED MOSTACCIOLI VEGGIE MOSTACCIOLI (MO)</p>
<p>16</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 10:00 Coffee with a Cop 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>TACO PASTA CASSEROLE RED BEANS & RICE (MO)</p>	<p>17</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Ukulele - MC 11:30 Table Tennis 1:00 Movie: National Lampoon's Christmas Vacation 1:30 Poetic Voice - P</p> <p>CHICKEN SANDWICH ON WW BUN GARDEN BURGER (MO)</p>	<p>18</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:45 Massage</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS IN GRAVY (MO)</p>
<p>23</p> <p>9:00 Gentle Exercise 10:00 Civil War - P 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>SLOPPY JO ON WW BUN CHICKPEA SLOPPY JOE (MO)</p>	<p>24</p> <p>MSC CLOSED CHRISTMAS EVE</p> 	<p>25</p> <p>MSC CLOSED CHRISTMAS</p> 
<p>30</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>LEMON BAKED FISH VEGGIE WRAP (MO)</p>	<p>31</p> <p>MSC CLOSED NEW YEAR'S EVE</p> 	<p>P = PLATO Class MC = Madison College Class</p>

THURSDAY	FRIDAY
<p>5</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 1 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:30 Play's the Thing - P</p> <p>STUFFED PEPPER SOUP VEGGIE STUFFED PEPPER SOUP (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 10:00 French - P 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 How Does Religion Evolve - P</p> <p>ENCHILADA CASSEROLE OR MIXED GREENS W/TUNA SALAD BEAN/CHEESE BURRITO (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Coffee with Sally Jo 9:45 Preschool 10:00 Gentle Yoga 11:30 Table Tennis 12:00 Foot Care Clinic 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>TUNA CASSEROLE BLACK BEAN BURGER (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 10:00 BB4B - Library 10:00 French - P 10:00 Tai Chi 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:00 SOS Senior Council 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>ROASTED TURKEY IN GRAVY OR BEEF TACO SALAD VEGGIE CHICKEN IN GRAVY (MO)</p>
<p>19</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 10:00 Gentle Yoga 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>TUNA SALAD SANDWICH EGG SALAD SANDWICH (MO)</p>	<p>20</p> <p>9:00 Gentle Exercise 10:00 Tai Chi 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>HAM OR CHICKEN CRANBERRY BACON BLEU SALAD* MULTIGRAIN BURGER (MO)</p>
<p>26</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Gay, Gray & Beyond</p> <p>HONEY BAKED CHICKEN HUMMUS WRAP (MO)</p>	<p>27</p> <p>9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>MEAT SAUCE SPAGHETTI NOODLES OR 7 LAYER SALAD MARINARA SAUCE ON NOODLES (MO)</p>
<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>	

December . . .

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