

# Activity & Lunch Calendars - February, 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 Printmaking</p> <p><b>*MEATBALL SUB SANDWICH WRAP W/CUCUMBERS, TOMATO &amp; CHEESE (VO)</b></p>	<p><b>2</b></p> <p>8:30 Bridge 9:00 Gentle Exercise 10:00 Open Computer Lab 11:00 UW Ext Nutrition 11:45 Ping Pong 1:00 Movie Matinee: Remember the Titans 4:00 Yoga</p> <p><b>CHICKEN-ALA-KING VEGGIE-ALA-KING (VO)</b></p>	<p><b>3</b></p> <p>9:00 Rediscover Literature 9:00 Foot Care Clinic 9:30 PLATO 11:45 Ping Pong 12:00 Eastern European History 1:30 Spanish Conversation</p> <p><b>ROAST BEEF OR GARDEN SALAD VEGGIE BURGER (VO)</b></p>
<p><b>8</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 Medicare Info Booth 11:00 Social Worker 11:00 Knitting 11:45 Ping Pong 12:30 Wii Games 1:00 Printmaking</p> <p><b>CHICKEN ALFREDO OVER NOODLES VEGGIE ALFREDO (VO)</b></p>	<p><b>9</b></p> <p>8:30 Bridge 9:00 Gentle Exercise <b>10:00 Agrace 101</b> 10:00 Open Computer Lab 11:45 Ping Pong <b>1:00 Meet the Author: Kathleen Ernst</b> 4:45 Yoga</p> <p><b>*SLICED HAM VEGGIE DOG W/BUN (VO)</b></p>	<p><b>10</b></p> <p>9:00 Rediscover Literature 9:00 Diabetic Foot Clinic 9:30 PLATO 11:45 Ping Pong 12:00 Eastern European History 1:30 Spanish Conversation 5:30 Latino Discussion Group</p> <p><b>CHEESEBURGER ON BUN OR TACO SALAD VEGGIE BURGER ON BUN (VO)</b></p>
<p><b>15 PRESIDENT'S DAY</b></p> <p>9:00 Gentle Exercise <b>9:00 Hearing Tests</b> 9:30 TOPS Meeting 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games</p> <p><b>TUNA NOODLE CASSEROLE VEGETARIAN CASSEROLE (VO)</b></p>	<p><b>16</b></p> <p><b>8:00 Mental Health First Aid Training</b> 9:00 Elder Wisdom Circle 9:00 Gentle Exercise 10:00 Open Computer Lab 11:45 Ping Pong 1:00 Movie Matinee: Jurassic World 4:45 Yoga</p> <p><b>PHILLY CHEESE STEAK ON BUN HUMMUS WRAP W/PEPPERS &amp; TOMATO (VO)</b></p>	<p><b>17</b></p> <p>9:00 Rediscover Literature 10:00 Massage 10:45 Book Club 11:45 Ping Pong 12:00 Eastern European History <b>1:30 PLATO Preview</b> 1:30 Spanish Conversation</p> <p><b>VEGETABLE BARLEY SOUP OR CHEF'S TUNA SALAD CHEESE ON CROISSANT (VO)</b></p>
<p><b>22</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting <b>10:00 PLATO</b> 11:00 Social Worker 11:00 Knitting 11:45 Ping Pong 12:30 Wii Games <b>1:00 PLATO</b> <b>1:30 PLATO</b></p> <p><b>*MEATBALLS IN GRAVY VEGGIE NOODLE CASSEROLE (VO)</b></p>	<p><b>23</b></p> <p>8:00 Mental Health First Aid Training 9:00 Gentle Exercise 10:00 Open Computer Lab 11:00 UW Ext Nutrition 11:45 Ping Pong 12:15 Red Hat Mamas <b>1:00 PLATO</b> <b>1:00 Elvis Tribute w/Tony Rocker</b> 4:45 Yoga</p> <p><b>HEARTY BEAN SOUP CHEESE SANDWICH (VO)</b></p>	<p><b>24</b></p> <p>9:00 Rediscover Literature <b>9:30 Zentangles</b> 10:00 Massage <b>10:00 PLATO</b> 11:45 Ping Pong 12:00 Eastern European History <b>1:30 PLATO (2)</b> 1:30 Spanish Conversation 5:30 Latino Caregivers</p> <p><b>OPEN FACE HOT ROAST BEEF SANDWICH W/GRAVY OR CHICKEN RANCH SALAD VEGGIE BURGER (VO)</b></p>
<p><b>29</b></p> <p>9:00 Gentle Exercise 9:30 TOPS Meeting 10:00 PLATO 11:00 Social Worker 11:45 Ping Pong 12:30 Wii Games 1:00 PLATO 1:30 PLATO</p> <p><b>*BBQ RIB ON BONE VEGGIE SAUSAGE (VO)</b></p>		

THURSDAY	FRIDAY
<p><b>4</b></p> <p>9:00 Gentle Exercise  <b>10:00 CWAG Medicare Patrol</b>                      11:45 Ping Pong                      1:00 Afternoon Dance                      2:15 DB/LM Li Chiao-Ping  <b>5:30 Vegetarian Gourmet (MC)</b></p> <p><b>LEMON BAKED FISH                      VEGGIE CHEESE SAUCE OVER BAKED                      POTATO</b></p>	<p><b>5 NATIONAL WEAR RED DAY</b></p> <p>9:00 Gentle Exercise  <b>9:30 Heart Health &amp; COCPR</b>                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:30 Non-Traditional Doll Making</p> <p><b>SLOPPY JOE ON BUN                      VEGGIE SLOPPY JOE ON BUN (VO)</b></p>
<p><b>11</b></p> <p>9:00 Gentle Exercise                      10:00 Preschool Crafts                      11:45 Ping Pong                      1:00 Afternoon Dance                      1:00 Gay &amp; Gray Discussion                      2:15 DB/LM Li Chiao-Ping</p> <p><b>MEAT SAUCE OVER SPAGHETTI                      VEGGIE SPAGHETTI SAUCE (VO)</b></p>	<p><b>12</b></p> <p>9:00 Gentle Exercise  <b>9:00 AARP Tax Aide</b>  <b>10:00 Racial Equity</b>                      11:45 Ping Pong                      12:30 Wii Games                      1:00 Open Computer Lab                      1:30 Non-Traditional Doll Making</p> <p><b>*PORK CUTLET W/GRAVY                      HUMMUS WRAP W/VEGGIES (VO)</b></p>
<p><b>18</b></p> <p>9:00 Gentle Exercise                      11:45 Ping Pong  <b>12:15 Digestive Health</b>                      1:00 Afternoon Dance                      2:15 DB/LM Li Chiao-Ping</p> <p><b>*MEATLOAF                      BROCCOLI CHEESE SAUCE OVER                      BAKED POTATO (VO)</b></p>	<p><b>19</b></p> <p>9:00 Gentle Exercise                      9:00 AARP Tax Aide                      11:45 Ping Pong                      12:30 Wii Games                      1:00 Open Computer Lab                      1:30 Non-Traditional Doll Making</p> <p><b>*PORK ROAST W/GRAVY                      BROWN RICE &amp; BEANS</b></p>
<p><b>25</b></p> <p>9:00 Gentle Exercise  <b>10:00 PLATO (2)</b>                      11:45 Ping Pong                      1:00 Gay &amp; Gray Discussion                      1:00 Afternoon Dance  <b>1:30 PLATO</b>                      2:15 DB/LM Li Chiao-Ping</p> <p><b>BAKED CHICKEN                      BAKED POT W/VEGGIE CHEESE                      SAUCE (VO)</b></p>	<p><b>26</b></p> <p>9:00 Gentle Exercise                      9:00 AARP Tax Aide                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab  <b>1:00 PLATO</b>                      1:30 Non-Traditional Doll Making</p> <p><b>PEPPER STEAK W/ONIONS                      VEGGIE PEPPER MIXTURE (VO)</b></p>

February  
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Join us for lunch! Serving 11:30 am, Monday-Friday

Enjoy a variety of healthy, delicious meals with friends. Reservations are required at least 24 hours 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. **Vegetarian Option (VO) will be listed as the second option.**

**A BIG**

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