

Activity & Meal Calendar - February, 2020

| MONDAY | TUESDAY | WEDNESDAY |
|---|--|---|
| 3 9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 2:00 Massage ENCHILADA CASSEROLE BEAN & CHEESE BURRITO (MO) | 4 9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Movie: Topper BRAT* VEGGIE DOG (MO) | 5 9:00 Brain Exercise 9:30 Fictional Detectives - P 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Japanese 2 - MC 6:00 Spanish 4 - MC CHICKEN STRIPS BLACK BEAN BURGER (MO) |
| 10 9:00 Gentle Exercise 10:00 Art Based Cog Training 10:30 Knitting for the Needy 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling TACO PASTA CASSEROLE RED BEANS AND RICE (MO) | 11 9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Movie: SELMA CHICKEN SANDWICH GARDEN BURGER | 12 LINCOLN'S BIRTHDAY 9:00 Brain Exercise 9:30 Fictional Detectives - P 10:00 Art Based Cog Training 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Japanese 2 - MC 6:00 Spanish 4 - MC TUNA SALAD SANDWICH EGG SALAD SANDWICH (MO) |
| 17 PRESIDENT'S BIRTHDAY 9:00 Gentle Exercise 10:00 Art Based Cog Training 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling SLOPPY JOE CHICKEN PEA JOE (MO) | 18 9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Movie: Linda Ronstadt LEMON BAKED FISH TOMATO & CHEESE SANDWICH (MO) | 19 9:00 Brain Exercise 10:00 Art Based Cog Training 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO Open House 1:30 Spanish Conversation 6:00 Japanese 2 - MC 6:00 Spanish 4 - MC MEAT SAUCE & SPAGHETTI NOODLES MARINARA SAUCE (MO) |
| 24 9:00 Gentle Exercise 10:00 Art Based Cog Training 10:00 Great Literature - P 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Managing Your Money - P 1:00 Exploring Creativity - P 1:30 Women's Journeys - P BBQ PULLED PORK* BBQ VEGGIE CHICKEN (MO) | 25 9:00 Gentle Exercise 9:00 Computer Lab 10:00 Coffee with a Cop 11:30 Table Tennis 12:15 Red Hat Mamas 1:00 James the Magician 1:30 Celebrating Your Poetic Voice - P CHILI VEGGIE CHILI (MO) | 26 9:00 Brain Exercise 10:00 Philosophy - P 10:00 Art Based Cog Training 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Life Maps - P 1:30 Reminiscence Writing - P 6:00 Japanese 2 - MC 6:00 Spanish 4 - MC FISH SANDWICH VEGGIE BURGER (MO) |

JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.

This is a congregate nutrition site operated by NewBridge. Reservations are required at least 24 hours in advance by calling (608) 266-6416. 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.

Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.

Meals provided by: Dane County Consolidated Food Services Division

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.

| THURSDAY | FRIDAY |
|---|--|
| <p>6</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 2 - MC 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>TUNA CASSEROLE MAC AND CHEESE (MO)</p> | <p>7</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>ROASTED TURKEY IN GRAVY VEGGIE CHICKEN IN GRAVY (MO)</p> |
| <p>13</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 2 - MC 9:45 Preschool 10:00 Gentle Yoga 11:30 Table Tennis 12:00 Foot Care Clinic 1:00 Dance Party 1:00 Gay, Gray & Beyond</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS GRAVY</p> | <p>14 VALENTINE'S DAY</p> <p>9:00 Gentle Exercise 9:00 VITA Tax Prep 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>BAKED CHICKEN ON THE BONE MULTIGRAIN BURGER (MO)</p>  |
| <p>20</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 2 - MC 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>HONEY BAKED CHICKEN VEGGIE WRAP (MO)</p> | <p>21</p> <p>9:00 Gentle Exercise 10:00 Tai Chi 10:00 Painting - MC 10:00 Ballroom Basics for Balance (Central Library, 3rd Floor) 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>ITALIAN SAUSAGE* VEGGIE DOG (MO)</p> |
| <p>27</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 2 - MC 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Gay, Gray & Beyond 1:30 Play's the Thing - P</p> <p>CHICKEN STEW VEGGIE STEW (MO)</p> | <p>28</p> <p>9:00 Gentle Exercise 9:00 VITA Tax Prep 10:00 Painting - MC 10:00 Ballroom Basics for Balance 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>BEEF POT PIE W/BISCUIT TOP VEGGIE MEATBALLS (MO)</p> |
| <p>P = PLATO Class; MC = Madison College Class</p> | |

February ...

A BIG

Thank You

To our Advertisers!

We really appreciate your support!

- The Madison Senior Center

