


Activity & Meal Calendar - January, 2019

MONDAY	TUESDAY	WEDNESDAY
	<p>1</p> <p>NEW YEAR'S DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:00 Foot Care Clinic 11:30 Table Tennis 12:30 Computer Lab 12:30 Wii Bowling</p> <p>BBQ CHICKEN BREAST BLACK BEAN BURGER (MO)</p>
<p>7</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 5:00 Aging Mastery Program (AMP)</p> <p>BEEF STROGANOFF/EGG NOODLES SOY STROGANOFF (MO)</p>	<p>8</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:30 Stepping On 10:00 Computer Lab 11:00 Table Tennis 1:00 Movie: Call of the Wild</p> <p>TUNA CASSEROLE VEGGIE WRAP (MO)</p>	<p>9</p> <p>8:30 Billiards 9:00 Rediscover Literature 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 WWI: The Great War 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO 5:45 Latinx Discussion Group</p> <p>PORK LOIN IN GRAVY* GARDEN BURGER (MO)</p>
<p>14</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 5:00 AMP</p> <p>ROASTED TURKEY IN GRAVY HUMMUS WRAP (MO)</p>	<p>15</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:30 Stepping On 10:00 Computer Lab 10:00 Good Drugs Gone Bad 11:00 Table Tennis 1:00 Movie: Crazy Rich Asians and Pizza Party</p> <p>CHICKEN SANDWICH ON WW BUN CHEESE & TOMATO SANDWICH (MO)</p>	<p>16</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 WWI: The Great War 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 1:45 Massage</p> <p>MEATBALLS IN GRAVY* VEGGIE MEATBALLS (MO)</p>
<p>21</p> <p>MARTIN LUTHER KING, JR. DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>22</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:30 Stepping On 10:00 Computer Lab 11:00 Table Tennis 1:00 Movie: The Book of Henry</p> <p>MEAT SAUCE/SPAGHETTI NOODLES VEGGIE MEAT SAUCE (MO)</p>	<p>23</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 12:00 WWI: The Great War 12:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 5:45 Latinx Caregiver Group</p> <p>CHICKEN WHITE BEAN CHILI VEGGIE CHILI (MO)</p>
<p>28</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:30 Meet and Greet with Sally Jo 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 5:00 AMP</p> <p>ITALIAN SAUSAGE* ON WHITE BUN VEGGIE MEATBALLS (MO)</p>	<p>29</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:30 Stepping On 10:00 Computer Lab 11:00 Table Tennis 12:15 Red Hats 1:00 Rich Baumann-Folk Singer</p> <p>CHILI VEGGIE CHILI (MO)</p>	<p>30</p> <p>8:30 Billiards 9:00 Rediscover Literature 9:30 PLATO 11:30 Table Tennis 12:00 WWI: The Great War 12:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO</p> <p>TURKEY IN GRAVY SOY IN GRAVY (MO)</p>

THURSDAY	FRIDAY
<p>3</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Blood Pressure Screening 10:00 Computer Lab 10:00 Chair Yoga 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>TUNA SALAD ON WW BREAD EGG SALAD SANDWICH (MO)</p>	<p>4</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>ENCHILADA OR CHICKEN TACO SALAD BEAN/CHEESE BURRITO (MO)</p>
<p>10</p> <p>8:30 Billiards 9:00 Gentle Exercise 9:45 Preschool 10:00 Computer Lab 10:00 Chair Yoga 11:00 Li Chiao-Ping Class 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>CHICKEN STRIPS HUMMUS & PITA (MO)</p>	<p>11</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Smart Phone Technology 10:00 Staying Active in Winter 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:30 Science Wars</p> <p>TACO PASTA CASSEROLE OR CORDON BLEU SALAD RED BEANS & RICE (MO)</p>
<p>17</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 10:00 Chair Yoga 11:00 Li Chiao-Ping Class 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>SLOPPY JOE ON WW BUN SOY SLOPPY JOE (MO)</p>	<p>18</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:30 Clues in the Dress 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:30 Science Wars</p> <p>HAM* OR HARVEST SALAD CHEESE SANDWICH (MO)</p>
<p>24</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 10:00 Chair Yoga 11:00 Li Chiao-Ping Class 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond 6:00 Dairyland Cowboys & Cowgirls</p> <p>PORK LOIN IN GRAVY* MULTIGRAIN BURGER (MO)</p>	<p>25</p> <p>8:30 Billiards 9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:30 Science Wars</p> <p>LEMON BAKED FISH OR PULLED PORK CONFETTI SALAD* VEGGIE WRAP (MO)</p>
<p>31</p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 10:00 Chair Yoga 11:00 Li Chiao-Ping Class 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>PULLED PORK* EGG SALAD (MO)</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. Vegetarian Option (MO) will be listed as the second option. Entrees with pork have an *.</p>

Community

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