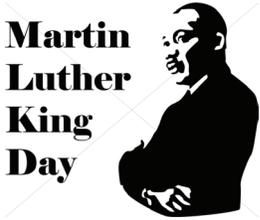


Activity & Meal Calendar - January, 2020

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. 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>Meals provided by: Dane County Consolidated Food Services Division</p> <p>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.</p> <p>P = PLATO Class; MC = Madison College Class</p>		<p>1</p> <p>MSC CLOSED NEW YEAR'S DAY</p> <p>HAPPY NEW YEAR</p> 
<p>6</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>CHICKEN STEW VEGGIE STEW (MO)</p>	<p>7</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Movie: Mr. Deeds Goes to Town</p> <p>BEEF POT PIE W/BISCUIT TOP VEGGIE POT PIE (MO)</p>	<p>8</p> <p>11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Roots Music - P</p> <p>CHICKEN & GRAVY VEGGIE CHICKEN & GRAVY (MO)</p>
<p>13</p> <p>9:00 Gentle Exercise 10:00 Art Cognitive Training 10:30 Knit One, Purl Two 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>PORK LOIN IN GRAVY* VEGGIE WRAP (MO)</p>	<p>14</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Movie: Peanut Butter Falcon</p> <p>CHEESEBURGER MULTIGRAIN BURGER (MO)</p>	<p>15</p> <p>9:15 Beginner Zentangle 10:00 Art Cognitive Training 10:00 Fictional Detectives - P 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 Roots Music - P 1:45 Massage</p> <p>HEARTY CHICKEN NOODLE SOUP TOMATO SOUP (MO)</p>
<p>20</p> <p>MSC CLOSED</p> <p>Martin Luther King Day</p> 	<p>21</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 iPhone Basics 11:30 Table Tennis 1:00 Movie: The Farewell 6:00 Sourdough Breads - MC</p> <p>CHICKEN A LA KING SOY A LA KING (MO)</p>	<p>22</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Art Cognitive Training 10:00 Fictional Detectives - P 11:30 Table Tennis 1:30 Roots Music - P 1:30 Spanish Conversation 6:00 Japanese 2 - MC</p> <p>POT ROAST WITH GRAVY VEGGIE STRIPS IN GRAVY (MO)</p>
<p>27</p> <p>9:00 Gentle Exercise 10:00 Art Cognitive Training 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>SAUSAGE VEGGIE EGG BAKE* VEGGIE EGG BAKE (MO)</p>	<p>28</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Cyber Security 11:30 Table Tennis 12:15 Red Hat Mamas 1:00 Tropical Luau w/Bahama Bob</p> <p>CHEESE TORTELLINI BAKE VEGGIE TORTELLINI BAKE (MO)</p>	<p>29</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Coffee with a Cop 10:00 Art Cognitive Training 10:00 Fictional Detectives - P 11:30 Table Tennis 1:30 Spanish Conversation 6:00 Japanese 2 - MC 6:00 Spanish 4 - MC</p> <p>HAM & POTATO CASSEROLE* VEGGIE POTATO CASSEROLE (MO)</p>

THURSDAY	FRIDAY
<p>2</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>CHILI VEGGIE CHILI (MO)</p>	<p>3</p> <p>9:00 Gentle Exercise 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BBQ PULLED PORK OR CHICKEN CONFETTI SALAD* BLACK BEAN BURGER (MO)</p>
<p>9</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:45 Preschool 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 12:00 Foot Care Clinic 1:00 Gay, Gray & Beyond 5:00 Latino Discussion Group</p> <p>FISH SANDWICH GARDEN BURGER (MO)</p>	<p>10</p> <p>9:00 Gentle Exercise 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>MEATBALLS IN MARINARA OVER PENNE OR TUNA SALAD* VEGGIE MEATBALLS IN MARINARA (MO)</p>
<p>16</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Senior Showcase Band</p> <p>BEEF STEW HUMMUS WRAP (MO)</p>	<p>17</p> <p>9:00 Gentle Exercise 10:00 Tai Chi 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>SLOPPY JOE OR PORK TACO SALAD* VEGGIE BURGER (MO)</p>
<p>23</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis 1:00 Gay, Gray & Beyond 5:30 Dairyland Cowboys & Cowgirls</p> <p>TRADITIONAL MEATLOAF VEGGIE MEATBALLS (MO)</p>	<p>24</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 10:00 Tai Chi 10:00 Android Basics 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BAKED HAM OR CHICKEN CRANBERRY BACON BLEU SALAD* TOMATO/CHEESE SANDWICH (MO)</p>
<p>30</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:00 Li Chiao Ping 11:30 Table Tennis</p> <p>BBQ CHICKEN BREAST GARDEN BURGER (MO)</p>	<p>31</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>STUFFED PEPPER SOUP OR 7 LAYER SALAD VEGGIE STUFFED PEPPER SOUP (MO)</p>

January



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