


Activity & Meal Calendar - July, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>ROASTED TURKEY IN GRAVY VEGGIE STRIPS IN GRAVY (MO)</p>	<p>2</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 12:45 Ice Cream Social 1:00 Movie: State Fair</p> <p>TACO PASTA CASSEROLE VEGIE PASTA CASSEROLE (MO)</p>	<p>3</p> <p>9:00 Foot Care Clinic 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>SAUCY BBQ RIBS* BLACK BEAN PATTY (MO)</p>
<p>8</p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>MEATBALLS IN GRAVY* VEG MEATBALLS/VEG GRAVY (MO)</p>	<p>9</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Coffee with a Cop 11:00 Table Tennis 1:00 Movie: Stan & Ollie</p> <p>SLOPPY JOE ON WW BUN CHICKPEA SLOPPY JOE (MO)</p>	<p>10</p> <p>10:00 PLATO 10:30 Ice Cream Social 10:30 Soundbillies 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO 6:00 Latinx Discussion Group</p> <p>CHICKEN MACARONI SALAD VEGGIE MAC SALAD (MO)</p>
<p>15</p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>LEMON BAKED FISH HUMMUS AND PITA (MO)</p>	<p>16</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:45 Foster Grandparent Program 11:00 Table Tennis 12:30 Movie: First Man</p> <p>ITALIAN SAUSAGE ON WHITE BUN* VEGGIE BURGER (MO)</p>	<p>17</p> <p>10:00 PLATO 10:00 POA vs POD 10:00 Humane Society 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation 1:45 Massage</p> <p>CHILI VEGGIE CHILI (MO)</p>
<p>22</p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>CHICKEN STEW VEGGIE STEW (MO)</p>	<p>23</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Cyber Security 11:00 Table Tennis 12:45 Ice Cream Social 1:00 Movie: At Eternity's Gate</p> <p>BEEF POT PIE W/BISCUIT TOP VEGGIE CRUMBLE POT PIE (MO)</p>	<p>24</p> <p>10:00 Trishaw Rides 10:00 PLATO 11:30 Table Tennis 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO 1:30 Ice Cream Social 6:00 Latinx Caregivers</p> <p>CHICKEN AND GRAVY VEGGIE STRIPS IN VEGGIE GRAVY (MO)</p>
<p>29</p> <p>9:00 Gentle Exercise 9:00 Spanish 1 MC 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>CHICKEN SALAD VEGGIE WRAP (MO)</p>	<p>30</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 11:00 Table Tennis 12:15 Red Hats 12:45 Ice Cream Social 1:00 Tom Kastle</p> <p>CHEESEBURGER MULTIGRAIN BURGER (MO)</p>	<p>31</p> <p>10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:00 Rise of Rome 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>EGG SALAD SANDWICH</p>

THURSDAY	FRIDAY
<p>4</p> <p>INDEPENDENCE DAY</p> <p>SENIOR CENTER CLOSED</p> 	<p>5</p> <p>9:00 Gentle Exercise 10:00 Painting – MC Class 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>CHICKEN SANDWICH/WW BUN OR TUNA SALAD EGG SALAD (MO)</p>
<p>11</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Chair Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>MEAT SAUCE & SPAGHETTI MARINARA SAUCE & SPAGHETTI (MO)</p>	<p>12</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS Senior Council</p> <p>PORK LOIN/GRAVY OR CHICKEN TACO SALAD* TOMATO/CHEESE SANDWICH (MO)</p>
<p>18</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 10:00 Chair Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 2:00 Ice Cream Social 5:00 LGBTQ+ Summer Picnic at Vilas</p> <p>PULLED PORK ON WW BUN* BLACK BEAN BURGER (MO)</p>	<p>19</p> <p>9:00 Gentle Exercise 10:00 Painting – MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BAKED CHICKEN OR CAPRESE SALAD VEGGIE WRAP(MO)</p>
<p>25</p> <p>9:00 Gentle Exercise 10:00 Computer Lab 10:00 Chair Yoga 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>FISH SANDWICH ON WW BUN GARDEN BURGER (MO)</p>	<p>26</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>MEATBALLS IN MARINARA OVER PENNE OR 7 LAYER SALAD* VEGGIE MEATBALLS IN MARINARA (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>	

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