

# Activity & Meal Calendar - March, 2020

| MONDAY  | TUESDAY  | WEDNESDAY   |
|---|--|---|
| <p><b>2</b></p> <p>9:00 Gentle Exercise<br/>10:00 Great Literature - P<br/>10:00 Art Based Cog Training<br/>11:00 Social Worker<br/>11:30 Table Tennis<br/>12:30 Wii Bowling<br/>1:00 Managing Your Money - P<br/>1:00 Exploring Creativity - P<br/>1:30 Women's Journeys - P<br/><b>2:00 Massage</b></p> <p><b>CHICKEN &amp; GRAVY</b><br/><b>VEGGIE CHICKEN IN GRAVY (MO)</b></p>   | <p><b>3</b></p> <p>9:00 Gentle Exercise<br/>11:30 Table Tennis<br/><b>1:00 Movie: The Pride of the Yankees</b><br/>1:30 Poetic Voice - P<br/><b>2:00 Current Events Discussion Group</b></p> <p><b>FISH SANDWICH</b><br/><b>BLACK BEAN BURGER (MO)</b></p>   | <p><b>4</b></p> <p>9:00 Brain Exercise<br/>10:00 Art Based Cog Training<br/>10:00 Con't Philosophy - P<br/>11:30 Table Tennis<br/><b>12:00 I, Claudius</b><br/>12:30 Wii Bowling<br/>1:30 Spanish Conversation<br/>1:30 Life Maps - P<br/>1:30 Reminiscence Writing - P<br/>6:00 Japanese 4 - MC<br/>6:00 Spanish 4 - MC</p> <p><b>MEATBALLS &amp; MARINARA &amp; PENNE*</b><br/><b>VEG MEATBALLS &amp; MARINARA (MO)</b></p>                                 |
| <p><b>9</b></p> <p>9:00 Gentle Exercise<br/><b>9:30 PALS</b><br/>10:00 Great Literature - P<br/>10:00 Art Based Cog Training<br/><b>10:30 Knitting for the Needy</b><br/>11:00 Social Worker<br/>11:30 Table Tennis<br/>12:30 Wii Bowling<br/>1:00 Managing Your Money - P<br/>1:00 Exploring Creativity - P<br/>1:30 Women's Journeys - P</p> <p><b>HEARTY CHICKEN NOODLE SOUP</b><br/><b>VEGGIE CHICKEN IN GRAVY (MO)</b></p> | <p><b>10</b></p> <p>9:00 Gentle Exercise<br/>9:00 Spanish 3 - MC<br/>9:30 PALS<br/>11:30 Table Tennis<br/><b>1:00 Movie: Downton Abby</b><br/>1:30 Poetic Voice - P</p> <p><b>BEEF STEW</b><br/><b>VEGGIE BEEF STEW (MO)</b></p>   | <p><b>11</b></p> <p>9:00 Brain Exercise<br/>10:00 Art Based Cog Training<br/>10:00 Con't Philosophy - P<br/><b>10:00 Cyber Security</b><br/>11:30 Table Tennis<br/>12:00 I, Claudius<br/>12:30 Wii Bowling<br/>1:30 Spanish Conversation<br/>1:30 Life Maps - P<br/>1:30 Reminiscence Writing - P<br/>6:00 Japanese 4 - MC<br/>6:00 Spanish 4 - MC</p> <p><b>SLOPPY JOE</b><br/><b>CHICKPEA SLOPPY JOE (MO)</b></p>   |
| <p><b>16</b></p> <p>9:00 Gentle Exercise<br/>9:30 PALS<br/>10:00 Great Literature - P<br/>10:00 Art Based Cog Training<br/>11:00 Social Worker<br/>11:30 Table Tennis<br/>12:30 Wii Bowling<br/>1:00 Managing Your Money - P<br/>1:00 Exploring Creativity - P<br/>1:30 Women's Journeys - P</p> <p><b>CHICKEN A LA KING</b><br/><b>VEGGIE CHICKEN A LA KING (MO)</b></p>   | <p><b>17 ST. PATRICK'S DAY</b></p> <p>9:00 Gentle Exercise<br/>9:30 PALS<br/>11:30 Table Tennis<br/><b>1:00 Movie: Finian's Rainbow</b><br/>1:30 Poetic Voice - P</p>  <p><b>CORNEB BEEF</b><br/><b>MULTIGRAIN BURGER (MO)</b></p> | <p><b>18</b></p> <p>9:00 Brain Exercise<br/>10:00 Art Based Cog Training<br/>10:00 Con't Philosophy - P<br/>11:30 Table Tennis<br/>12:00 I, Claudius<br/>12:30 Wii Bowling<br/>1:30 Spanish Conversation<br/>1:30 Life Maps - P<br/>1:30 Reminiscence Writing - P<br/><b>5:30 Preparing to Care</b><br/>6:00 Japanese 4 - MC<br/>6:00 Spanish 4 - MC</p> <p><b>POT ROAST IN GRAVY</b><br/><b>EGG SALAD (MO)</b></p>   |
| <p><b>23</b></p> <p>9:00 Gentle Exercise<br/>9:30 PALS<br/>10:00 Great Literature - P<br/>10:00 Art Based Cog Training<br/>11:00 Social Worker<br/>11:30 Table Tennis<br/>12:30 Wii Bowling<br/>1:00 Managing Your Money - P<br/>1:00 Exploring Creativity - P<br/>1:30 Women's Journeys - P</p> <p><b>HAM AND POTATO CASSEROLE*</b><br/><b>POTATO CASSEROLE (MO)</b></p>   | <p><b>24</b></p> <p>9:00 Gentle Exercise<br/>9:30 PALS<br/><b>10:00 The Celtic World</b><br/>11:30 Table Tennis<br/>12:15 Red Hat Mamas<br/><b>1:00 Movie: Knives Out</b><br/>1:30 Poetic Voice - P</p> <p><b>BBQ CHICKEN BREAST</b><br/><b>HUMMUS WRAP (MO)</b></p>   | <p><b>25</b></p> <p>9:00 Brain Exercise<br/>10:00 Art Based Cog Training<br/>10:00 Con't Philosophy - P<br/><b>10:00 Is Your Credit Secure</b><br/>11:30 Table Tennis<br/>12:00 I, Claudius<br/>12:30 Wii Bowling<br/>1:30 Spanish Conversation<br/>1:30 Life Maps - P<br/>1:30 Reminiscence Writing - P<br/><b>5:30 Preparing to Care</b><br/>6:00 Japanese 4 - MC<br/>6:00 Spanish 4 - MC</p> <p><b>STUFFED PEPPER SOUP</b><br/><b>TOMATO SOUP (MO)</b></p> |
| <p><b>30</b></p> <p>9:00 Gentle Exercise<br/>9:30 PALS<br/>10:00 Great Literature - P<br/>10:00 Art Based Cog Training<br/>11:00 Social Worker<br/>11:30 Table Tennis<br/>12:30 Wii Bowling<br/>1:00 Managing Your Money - P<br/>1:00 Exploring Creativity - P<br/>1:30 Women's Journeys - P</p> <p><b>CHICKEN STRIPS</b><br/><b>GARDEN BURGER (MO)</b></p>   | <p><b>31</b></p> <p>9:00 Gentle Exercise<br/>9:30 PALS<br/>10:00 The Celtic World<br/>11:30 Table Tennis<br/>12:15 Red Hat Mamas<br/><b>1:00 Tom Kastle</b><br/>1:30 Poetic Voice - P</p> <p><b>TUNA CASSEROLE</b><br/><b>EGG SALAD (MO)</b></p>   | <p>P = PLATO Class<br/>MC = Madison College Class</p>   |

| THURSDAY   | FRIDAY   |
|--|--|
| <p><b>5</b></p> <p>9:00 Gentle Exercise<br/>                     9:30 Spanish 2 - MC<br/>                     10:00 Gentle Yoga<br/>                     11:00 Li Chiao Ping<br/>                     11:30 Table Tennis<br/>                     1:00 Senior Showcase Band<br/>                     1:30 The Play's the Thing - P</p> <p><b>PORK LOIN IN GRAVY*<br/>                     VEGGIE WRAP (MO)</b></p>   | <p><b>6</b></p> <p>9:00 Gentle Exercise<br/> <b>9:00 VITA Tax Prep</b><br/>                     10:00 Painting - MC<br/>                     10:00 Tai Chi<br/>                     11:30 Table Tennis<br/>                     12:30 Wii Bowling<br/>                     1:00 Non-Traditional Doll Making<br/>                     1:00 How Does Religion Evolve? - P</p> <p><b>CHEESEBURGER OR CHICKEN SALAD<br/>                     GARDEN BURGER (MO)</b></p>  |
| <p><b>12</b></p> <p>9:00 Gentle Exercise<br/>                     9:30 PALS<br/>                     9:30 Spanish 2 - MC<br/> <b>9:45 Preschool</b><br/>                     10:00 Gentle Yoga<br/>                     11:30 Table Tennis<br/> <b>12:00 Foot Care Clinic</b><br/>                     1:00 Gay, Gray &amp; Beyond<br/> <b>1:00 Dance Party</b><br/>                     1:30 The Play's the Thing - P</p> <p><b>TRADITIONAL MEATLOAF<br/>                     VEGGIE MEATBALLS (MO)</b></p> | <p><b>13</b></p> <p>9:00 Gentle Exercise<br/> <b>9:00 VITA Tax Prep</b><br/>                     10:00 Painting - MC<br/>                     10:00 Tai Chi<br/>                     11:30 Table Tennis<br/>                     12:30 Wii Bowling<br/> <b>1:00 SOS Senior Council</b><br/>                     1:00 Non-Traditional Doll Making<br/>                     1:00 How Does Religion Evolve? - P</p> <p><b>TORTELLINI &amp; MEAT SAUCE OR HUMMUS<br/>                     CHEESE TORTELLINI IN MARINARA (MO)</b></p> |
| <p><b>19 SPRING BEGINS</b></p> <p>9:00 Gentle Exercise<br/>                     9:30 PALS<br/>                     9:30 Spanish 2 - MC<br/>                     10:00 Gentle Yoga<br/>                     11:30 Table Tennis<br/>                     1:00 Senior Showcase Band<br/>                     1:30 The Play's the Thing - P</p> <p><b>SAUSAGE VEGGIE EGG BAKE*<br/>                     VEGGIE EGG BAKE (MO)</b></p>   | <p><b>20</b></p> <p>9:00 Gentle Exercise<br/>                     10:00 Ballroom Basics for Balance<br/>                     10:00 Tai Chi<br/>                     11:30 Table Tennis<br/>                     12:30 Wii Bowling<br/>                     1:00 How Does Religion Evolve? - P</p> <p><b>TOMATO BEAN SOUP OR PORK TACO SALAD<br/>                     TOMATO BEAN SOUP (MO)</b></p>   |
| <p><b>26</b></p> <p>9:00 Gentle Exercise<br/>                     9:30 PALS<br/>                     9:30 Spanish 2 - MC<br/>                     10:00 Gentle Yoga<br/> <b>11:00 Li Chiao Ping - New Session</b><br/>                     11:30 Table Tennis<br/>                     1:00 Gay, Gray &amp; Beyond<br/> <b>1:00 Nickel BINGO</b><br/>                     1:30 The Play's the Thing - P</p> <p><b>ENCHILADA CASSEROLE<br/>                     BEAN AND CHEESE BURRITO (MO)</b></p>          | <p><b>27</b></p> <p>9:00 Gentle Exercise<br/> <b>9:00 VITA Tax Prep</b><br/>                     10:00 Ballroom Basics for Balance<br/>                     10:00 Painting - MC<br/>                     10:00 Tai Chi<br/>                     11:30 Table Tennis<br/>                     12:30 Wii Bowling<br/>                     1:00 Non-Traditional Doll Making<br/>                     1:00 How Does Religion Evolve? - P</p> <p><b>BRAT OR CHEF'S SALAD<br/>                     VEGGIE HOT DOG (MO)</b></p>          |
| <p><b>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</b></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><b>Meatless Option (MO) will be listed as the second option.<br/>                     Entrees with pork have an *.</b></p>                 |  |

March...

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