


# Activity & Meal Calendar - May, 2019

MONDAY	TUESDAY	WEDNESDAY
<p><b>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</b></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.</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>Vegetarian Option (MO) will be listed as the second option.</b>  <b>Entrees with pork have an *.</b></p>		<p><b>1 MAY DAY</b></p> <p>9:00 Rediscover Literature            9:00 Foot Care Clinic            10:00 PLATO            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:00 PLATO (2)            1:30 Spanish Conversation            1:30 Artful Aging</p>  <p><b>ENCHILADA CASSEROLE            BEAN/CHEESE BURRITO (MO)</b></p>
<p><b>6</b></p> <p>9:00 Gentle Exercise            11:00 Social Worker            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling</p> <p><b>TUNA CASSEROLE            VEGGIE WRAP (MO)</b></p>	<p><b>7</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab            10:00 Mark Twain  <b>10:00 MTA: David Benjamin</b>            11:00 Table Tennis  <b>1:00 Movie: Dancing Lady</b></p> <p><b>ROASTED TURKEY IN GRAVY            VEGGIE CHICKEN IN GRAVY (MO)</b></p>	<p><b>8</b></p> <p>9:00 Rediscover Literature            10:00 PLATO  <b>10:00 Financial Perspective</b>            11:30 Table Tennis            11:30 Computer Lab  <b>12:00 Rise of Rome</b>            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 Artful Aging            6:00 Latinx Discussion Group</p> <p><b>TACO PASTA CASSEROLE            RICE AND BEANS (MO)</b></p>
<p><b>13</b></p> <p>9:00 Gentle Exercise  <b>10:00 Experts in Arthritis</b>            10:00 Knit 1, Purl 2            11:00 Social Worker            11:30 Table Tennis            12:30 Computer Lab            12:30 Wii Bowling</p> <p><b>SLOPPY JOE W/WW BUN            SOY SLOPPY JOE (MO)</b></p>	<p><b>14 AGING ADVOCACY DAY</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab  <b>9:30 Spring Wreath Making</b>            10:00 Mark Twain            11:00 Table Tennis  <b>12:00 MTA: Jerry Apps @ Sequoia Library</b>  <b>1:00 Movie: Black Panther</b></p> <p><b>CHICKEN MACARONI SALAD            VEGGIE MACARONI SALAD (MO)</b></p>	<p><b>15</b></p> <p>9:00 Rediscover Literature  <b>11:00 Familia Dental</b>            11:30 Table Tennis            11:30 Computer Lab            12:00 Rise of Rome            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 Artful Aging            1:45 Massage</p> <p><b>SAUCY BBQ RIBS*            GARDEN BURGER (MO)</b></p>
<p><b>20</b></p> <p>9:00 Gentle Exercise  <b>10:00 POA vs POD</b>            11:00 Social Worker            11:30 Table Tennis            12:30 Computer Lab            12:30 Wii Bowling</p> <p><b>CHILI            VEGGIE CHILI (MO)</b></p>	<p><b>21</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab            10:00 Mark Twain  <b>10:00 Tri-Shaw Rides</b>            11:00 Table Tennis  <b>1:00 Movie: I Feel Pretty</b></p> <p><b>ITALIAN SAUSAGE*            HUMMUS AND PITA (MO)</b></p>	<p><b>22</b></p> <p>9:00 Rediscover Literature            11:30 Table Tennis            11:30 Computer Lab            12:00 Rise of Rome            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 Artful Aging            6:00 Latinx Grandparent Support</p> <p><b>LEMON BAKED FISH            VEGGIE WRAP (MO)</b></p>
<p><b>27</b></p> <p><b>CLOSED</b></p> 	<p><b>28</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab  <b>9:00 Walking Club</b>            10:00 PLATO            11:00 Table Tennis            12:15 Red Hat Mamas  <b>1:00 Elvis Show</b></p> <p><b>BEEF POT PIE W/BISCUIT TOP            VEGGIE MEATBALLS (MO)</b></p>	<p><b>29</b></p> <p>9:00 Rediscover Literature            11:30 Table Tennis            11:30 Computer Lab            12:00 Rise of Rome            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 Artful Aging</p> <p><b>CHICKEN AND GRAVY            VEGGIE CHICKEN AND GRAVY (MO)</b></p>

THURSDAY	FRIDAY
<p><b>2</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab  <b>10:00 Blood Pressure Screening</b>                      10:00 Chair Yoga                      10:00 PLATO (2)                      11:00 Li Chiao Ping                      11:30 Table Tennis                      1:00 Senior Showcase Band                      1:30 PLATO</p> <p><b>BEEF STROGANOFF                      VEGGIE MEATBALLS (MO)</b></p>	<p><b>3</b></p> <p>9:00 Gentle Exercise                      10:00 BB4B (at Library)                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling                      1:00 PLATO                      1:00 Non-Traditional Doll Making  <b>4:30 Gallery Night</b></p> <p><b>CHICKEN STRIPS/COTTAGE CHEESE                      EGG SALAD (MO)</b></p>
<p><b>9</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab  <b>9:45 Preschool</b>                      10:00 Chair Yoga                      11:00 Li Chiao Ping                      11:30 Table Tennis                      1:00 Senior Showcase Band                      1:00 Gay, Gray &amp; Beyond</p> <p><b>CHICKEN SANDWICH                      BLACK BEAN BURGER (MO)</b></p>	<p><b>10</b></p> <p>9:00 Gentle Exercise                      10:00 BB4B (at Library)  <b>10:00 Smart Phone Technology</b>  <b>10:00 Everyone on Madison</b>                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling                      1:00 Non-Traditional Doll Making  <b>1:00 SOS Senior Council</b></p> <p><b>MEATBALLS W/GRAVY/TUNA SALAD*                      VEGGIE MEATBALLS (MO)</b></p>
<p><b>16</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab                      10:00 Chair Yoga                      11:00 Li Chiao Ping                      11:30 Table Tennis                      1:00 Senior Showcase Band</p> <p><b>MEAT SAUCE                      MARINARA SAUCE (MO)</b></p>	<p><b>17</b></p> <p>9:00 Gentle Exercise                      10:00 BB4B (at Library)                      10:00 Everyone on Madison                      11:30 Table Tennis  <b>11:30 MMOCA Tour</b>                      11:30 Computer Lab                      12:30 Wii Bowling                      1:00 Non-Traditional Doll Making</p> <p><b>PORK W/GRAVY OR BEEF TACO SALAD*                      HUMMUS WRAP (MO)</b></p>
<p><b>23</b></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 &amp; Beyond</p> <p><b>PULLED PORK*                      TOMATO CHEESE SANDWICH (MO)</b></p>	<p><b>24</b></p> <p>9:00 Gentle Exercise                      10:00 Everyone on Madison                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling                      1:00 Non-Traditional Doll Making</p> <p><b>BRAT W/BUN OR CHICKEN SALAD*                      MULTIGRAIN BURGER (MO)</b></p>
<p><b>30</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab  <b>9:00 Walking Club</b>                      10:00 Chair Yoga                      11:00 Li Chiao Ping                      11:30 Table Tennis                      1:00 Senior Showcase Band</p> <p><b>FISH SANDWICH                      VEGGIE WRAP (MO)</b></p>	<p><b>31</b></p> <p>9:00 Gentle Exercise                      10:00 Everyone on Madison                      11:30 Table Tennis                      11:30 Computer Lab                      12:30 Wii Bowling</p> <p><b>BBQ RIBS OR HUMMUS PLATTER*                      BLACK BEAN BURGER (MO)</b></p>

May

