

# Activity & Meal Calendar - November, 2019

MONDAY	TUESDAY	WEDNESDAY
<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.</b>  <b>Entrees with pork have an *.</b></p>		
<p><b>4</b></p> <p>9:00 Gentle Exercise  <b>10:00 Financial Perspective</b>            10:00 PLATO (2)            11:00 Social Worker            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:00 PLATO (2)            1:30 PLATO  <b>6:00 Cooking Class – MC</b></p> <p><b>CHILI</b>  <b>VEGGIE CHILI (MO)</b></p>	<p><b>5 ELECTION DAY</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab            9:00 Spanish 3 – MC            9:30 PLATO            11:30 Table Tennis  <b>1:00 Movie: The Great Lie</b>            1:30 PLATO</p> <p><b>BEEF POT PIE W/BISCUIT TOP</b>  <b>VEGGIE POT PIE (MO)</b></p>	<p><b>6</b></p> <p>10:00 Great Trials            10:00 PLATO  <b>10:00 Cremation</b>            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 PLATO (2)</p> <p><b>CHICKEN &amp; GRAVY</b>  <b>VEGGIE CHICKEN &amp; GRAVY (MO)</b></p>
<p><b>11 VETERANS DAY</b></p> <p>9:00 Gentle Exercise            10:00 PLATO (2)  <b>10:30 Knit 1, Purl 2</b>            11:00 Social Worker            11:30 Table Tennis            11:30 Computer Lab  <b>12:00 Sleep Deprivation</b>            12:30 Wii Bowling            1:00 PLATO (2)            1:30 PLATO</p>  <p><b>SAUCY BBQ RIBS</b>  <b>MULTIGRAIN BURGER (MO)</b></p>	<p><b>12</b></p> <p><b>8:30 DFC Training</b>            9:00 Gentle Exercise            9:00 Computer Lab            9:00 Spanish 3 – MC  <b>9:15 Zentangle</b>            9:30 PLATO            11:30 Table Tennis  <b>1:00 MTA Howard Olson</b>  <b>1:00 Movie: MIB International</b>            1:30 PLATO</p> <p><b>MEATBALLS W/MARINARA &amp; PENNE*</b>  <b>VEGGIE MEATBALLS (MO)</b></p>	<p><b>13</b></p> <p>10:00 Great Trials            10:00 PLATO            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 PLATO (2)  <b>5:00 Together Fest</b></p> <p><b>PORK LOIN IN GRAVY*</b>  <b>VEGGIE WRAP (MO)</b></p>
<p><b>18</b></p> <p>9:00 Gentle Exercise            10:00 PLATO (2)            11:00 Social Worker            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:00 PLATO (2)            1:30 PLATO</p> <p><b>BEEF STEW</b>  <b>VEGGIE STEW (MO)</b></p>	<p><b>19</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab            9:00 Spanish 3 – MC  <b>10:00 Coffee with a Cop</b>            11:30 Table Tennis  <b>1:00 Movie: Aladdin</b>            1:30 PLATO</p> <p><b>CHICKEN MAC CASSEROLE</b>  <b>MO MAC AND CHEESE (MO)</b></p>	<p><b>20</b></p> <p>10:00 Great Trials            10:00 PLATO            11:30 Computer Lab            11:30 Table Tennis            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 PLATO  <b>1:45 Massage</b></p> <p><b>CHEESE TORTELLINI BAKE</b>  <b>MARINARA TORTELLINI BAKE (MO)</b></p>
<p><b>25</b></p> <p>9:00 Gentle Exercise            10:00 PLATO (2)            11:00 Social Worker            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:00 PLATO (2)            1:30 PLATO</p> <p><b>CHICKEN A LA KING</b>  <b>SOY A LA KING (MO)</b></p>	<p><b>26</b></p> <p>9:00 Gentle Exercise            9:00 Computer Lab            9:00 Spanish 3 – MC            11:30 Table Tennis            12:00 Wreath Pick-Up            12:15 Red Hats  <b>1:00 Movie: The Wizard of Oz</b>            1:30 PLATO</p> <p><b>POT ROAST W/GRAVY</b>  <b>VEGGIE MEATBALLS IN GRAVY (MO)</b></p>	<p><b>27</b></p> <p>10:00 Great Trials            10:00 PLATO            11:30 Table Tennis            11:30 Computer Lab            12:30 Wii Bowling            1:30 Spanish Conversation            1:30 PLATO</p> <p><b>SAUSAGE VEGGIE EGG BAKE*</b>  <b>VEGGIE EGG BAKE (MO)</b></p>

THURSDAY	FRIDAY
	<p><b>1</b>      <b>WREATH ORDERS DUE</b></p> <p>9:00    Gentle Exercise                      10:00    BB4B – Library                      10:00    Painting – MC                      10:00    PLATO                      10:00    Tai Chi                      11:30    Table Tennis                      11:30    Computer Lab                      12:30    Wii Bowling                      1:00     Non-Traditional Doll Making                      1:00     PLATO</p> <p><b>PULLED PORK OR CHICKEN TACO SALAD*                      HUMMUS WRAP (MO)</b></p>
<p><b>7</b></p> <p>9:00    Gentle Exercise                      9:00    Computer Lab                      9:00    Spanish 1 – MC                      10:00    Gentle Yoga                      11:30    Table Tennis                      1:00     Senior Showcase Band                      1:30     PLATO</p> <p><b>FISH SANDWICH                      CHEESE AND TOMATO SANDWICH (MO)</b></p>	<p><b>8</b></p> <p>9:00    Gentle Exercise                      10:00    Painting – MC                      10:00    PLATO                      10:00    Tai Chi                      11:30    Table Tennis                      11:30    Computer Lab  <b>12:00    SOS Senior Council</b>                      12:30    Wii Bowling  <b>12:30    Medicare Part D Appts.</b>                      1:00     Non-Traditional Doll Making                      1:00     PLATO  <b>5:00     Art Reception</b></p> <p><b>CHICKEN STEW OR CORDON BLEU SALAD                      VEGGIE STEW (MO)</b></p>
<p><b>14</b></p> <p>9:00    Gentle Exercise                      9:00    Computer Lab                      9:30    Spanish 1 – MC  <b>9:45    Preschool</b>                      10:00    Gentle Yoga                      11:30    Table Tennis  <b>12:00    Foot Care Clinic</b>                      1:00     Senior Showcase Band                      1:00     Gay, Gray &amp; Beyond                      1:30     PLATO</p> <p><b>CHEESE BURGER                      BLACK BEAN BURGER (MO)</b></p>	<p><b>15</b></p> <p>9:00    Gentle Exercise                      10:00    BB4B – Library                      10:00    Painting – MC                      10:00    PLATO                      10:00    Tai Chi                      11:30    Table Tennis                      11:30    Computer Lab                      12:30    Wii Bowling                      1:00     Non-Traditional Doll Making                      1:00     PLATO</p> <p><b>CHICKEN SOUP OR HARVEST SALAD                      VEGETABLE SOUP (MO)</b></p>
<p><b>21</b></p> <p>9:00    Gentle Exercise                      9:00    Computer Lab                      9:30    Spanish 1 – MC                      10:00    Gentle Yoga                      11:30    Table Tennis                      1:00     Senior Showcase Band                      1:30     PLATO</p> <p><b>TRADITIONAL MEATLOAF                      GARDEN PATTY (MO)</b></p>	<p><b>22</b></p> <p>9:00    Gentle Exercise                      10:00    Tai Chi                      10:00    PLATO                      10:00    BB4B - Library                      11:30    Table Tennis                      11:30    Computer Lab  <b>12:00    MMoCA Tour</b>                      12:30    Wii Bowling                      1:00     Non-Traditional Doll Making                      1:00     PLATO</p> <p><b>TURKEY/GRAVY OR PULLED PORK                      VEGGIE CHICKEN IN GRAVY (MO)</b></p>
<p><b>28</b></p> <p><b>MSC CLOSED                      FOR THANKSGIVING</b></p> 	<p><b>29</b></p> <p><b>MSC CLOSED                      FOR THANKSGIVING</b></p> 

# November ...

**A BIG**

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