

# Activity & Meal Calendar - October, 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. Entrees with pork have an *.</b></p>	<p><b>1</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 11:00 Table Tennis <b>1:00 Movie: Manhattan Melodrama</b></p> <p><b>ITALIAN SAUSAGE ON WHITE BUN* VEGGIE WRAP (MO)</b></p>	<p><b>2</b></p> <p><b>10:00 Financial Perspective</b> 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)</p> <p><b>CHICKEN A LA KING VEGGIE CHICKEN A LA KING (MO)</b></p>
<p><b>7</b></p> <p>9:00 Gentle Exercise <b>9:00 Ancestry – MC</b> 10:00 PLATO 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 (2) 1:30 PLATO</p> <p><b>RUSTIC TOMATO BEAN SOUP VEGGIE TOMATO BEAN SOUP (MO)</b></p>	<p><b>8</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO <b>10:00 Coloring w/Heather</b> 11:00 Table Tennis <b>1:00 MTA: Dr. Mezrich</b> <b>1:00 Movie: Catch Me If You Can</b></p> <p><b>HAM &amp; POTATO CASSEROLE* VEGGIE &amp; POTATO CASSEROLE (MO)</b></p>	<p><b>9</b></p> <p><b>8:45 Health &amp; Resource Fair</b> 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p><b>CABBAGE ROLLS IN TOMATO SAUCE VEGGIE WRAP (MO)</b></p>
<p><b>14</b></p> <p>9:00 Gentle Exercise 9:00 Ancestry – MC <b>10:00 Stress Overload</b> 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 (2) 1:30 PLATO</p> <p><b>ENCHILADA CASSEROLE VEGGIE ENCHILADA CASSEROLE (MO)</b></p>	<p><b>15</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 10:00 Coloring w/Heather 11:00 Table Tennis <b>1:00 Movie: Leave No Trace</b> <b>1:30 PLATO</b> <b>5:30 Preparing to Care</b></p> <p><b>BRAT W/WHITE BUN VEGGIE DOG (MO)</b></p>	<p><b>16</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>1:45 Massage</b> <b>6:00 Japanese - MC</b></p> <p><b>CHICKEN STRIPS HUMMUS WRAP (MO)</b></p>
<p><b>21</b></p> <p>9:00 Gentle Exercise 9:00 Ancestry – MC 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO <b>1:30 Earth's Changing Climate</b></p> <p><b>ROASTED TURKEY IN GRAVY VEGGIE CHICKEN IN GRAVY (MO)</b></p>	<p><b>22</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 – MC 9:30 PLATO 10:00 Coloring w/Heather 11:00 Table Tennis <b>1:00 Movie: Breakthrough</b> 1:30 PLATO 5:30 Preparing to Care</p> <p><b>TACO PASTA SALAD BEAN/CHEESE BURRITO (MO)</b></p>	<p><b>23</b></p> <p>10:00 Great Trials 10:00 PLATO <b>10:00 Math is Magical</b> 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2) 6:00 Japanese - MC</p> <p><b>CHICKEN SANDWICH VEGGIE BURGER (MO)</b></p>
<p><b>28</b></p> <p>9:00 Gentle Exercise <b>9:00 Medicare Part D/Appt. Only</b> 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2) 1:30 PLATO 1:30 Earth's Changing Climate</p> <p><b>SLOPPY JOE ON WW BUN CHICKPEA SLOPPY JOE (MO)</b></p>	<p><b>29</b></p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 3 – MC 9:30 PLATO 11:00 Table Tennis 12:15 Red Hats <b>1:00 Jessica Michna</b> 1:30 PLATO 5:30 Preparing to Care</p> <p><b>HONEY BAKED CHICKEN VEGGIE HONEY DICED CHICKEN (MO)</b></p>	<p><b>30</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 (2) 6:00 Japanese - MC</p> <p><b>MEAT SAUCE W/SPAGHETTI NOODLES MARINARA SAUCE (MO)</b></p>

THURSDAY	FRIDAY
<p><b>3</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>POT ROAST WITH GRAVY                      BLACK BEAN BURGER (MO)</b></p>	<p><b>4</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  <b>5:00 Gallery Night</b></p> <p><b>SAUSAGE VEG BAKE OR CHICKEN SALAD                      VEGGIE EGG BAKE (MO)</b></p>
<p><b>10</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab                      9:30 Spanish 1 - MC  <b>9:45 Preschool</b>  <b>10:00 Coffee with a Cop</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  <b>6:00 Latinx Discussion Group</b></p> <p><b>BBQ CHICKEN BREAST                      VEGGIE CHICKEN IN BBQ (MO)</b></p>	<p><b>11</b></p> <p>9:00 Gentle Exercise  <b>9:00 CarFit</b>                      10:00 BB4B – Library                      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                      1:00 Non-Traditional Doll Making                      1:00 PLATO</p> <p><b>CHICKEN MAC SALAD OR HARVEST SALAD                      MAC AND CHEESE (MO)</b></p>
<p><b>17</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>TUNA CASSEROLE                      GARDEN BURGER (MO)</b></p>	<p><b>18</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                      12:30 Wii Bowling                      1:00 Non-Traditional Doll Making                      1:00 PLATO</p> <p><b>ITALIAN LASAGNA OR BEEF TACO SALAD                      VEGGIE LASAGNA (MO)</b></p>
<p><b>24</b></p> <p>9:00 Gentle Exercise                      9:00 Computer Lab                      9:30 Spanish 1 - MC                      10:00 Gentle Yoga                      11:30 Table Tennis  <b>1:00 Smart Phone Technology</b>                      1:00 Senior Showcase Band                      1:00 Gay, Gray &amp; Beyond                      1:30 PLATO                      6:00 Latinx Caregivers</p> <p><b>MEATBALLS IN GRAVY*                      VEGGIE MEATBALLS IN MARINARA (MO)</b></p>	<p><b>25</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>TUNA SANDWICH OR PULLED PORK SALAD                      EGG SALAD (MO)</b></p>
<p><b>31 HAPPY HALLOWEEN</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>LEMON BAKED FISH                      VEGGIE WRAP (MO)</b></p>	

# October

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