


# Activity & Lunch Calendars - September, 2016

MONDAY	TUESDAY	WEDNESDAY
<p>Join us for lunch! Serving 11:30 am, Monday-Friday</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. The cost to provide a meal is \$7.50; guests over 60 are asked to pay what they can contribute, with a suggested donation of \$4. <b>Vegetarian Option (VO) will be listed as the second option.</b>  <b>Entrees with pork have an *.</b></p> <div data-bbox="1125 222 1463 480" style="border: 1px solid red; padding: 5px; text-align: center;"> <p><b>A BIG</b>  <b>Thank You</b>  <b>To our Advertisers!</b>                      We really appreciate your support!                      - The Madison Senior Center</p>  </div>		
<p><b>5</b></p> <p style="text-align: center;"><b>LABOR DAY</b></p> <p style="text-align: center;"><b>SENIOR CENTER IS CLOSED</b></p>	<p><b>6</b></p> <p>9:00 Gentle Exercise                      10:00 Open Computer Lab  <b>10:00 Gentle Yoga</b>                      11:45 Ping Pong                      1:00 Movie: Mr. &amp; Mrs. Smith</p> <p style="text-align: center;"><b>SLOPPY JOE ON BUN                      MEATLESS BBQ (VO)</b></p>	<p><b>7</b></p> <p>9:00 Rediscover Literature                      9:00 Foot Care Clinic  <b>10:00 Managing Financial Stress</b>                      11:45 Ping Pong                      12:00 The Vikings                      12:30 Open Computer Lab                      1:30 Spanish Conversation</p> <p style="text-align: center;"><b>CHICKEN CORDON BLUE OR GARDEN                      SALAD*                      RICE CASSEROLE (VO)</b></p>
<p><b>12</b></p> <p>9:00 Gentle Exercise                      9:30 TOPS Meeting                      11:00 Social Worker                      11:00 Knit 1, Purl 2                      11:00 Medicare Info Booth                      11:45 Ping Pong                      12:30 Open Computer Lab                      12:30 Wii Games</p> <p style="text-align: center;"><b>SALISBURY STEAK                      SALISBURY VEGGIE PATTY (VO)</b></p>	<p><b>13</b></p> <p>9:00 Gentle Exercise                      10:00 Open Computer Lab                      10:00 Gentle Yoga                      11:45 Ping Pong  <b>12:00 MTA Brown Bag Lunch:                      Kristin Seaborg</b>  <b>1:30 Age of Love Screening</b></p> <p style="text-align: center;"><b>MEAT SAUCE W.W. SPAGHETTI                      MEATLESS SAUCE (VO)</b></p>	<p><b>14</b></p> <p>9:00 Rediscover Literature  <b>9:00 Simple Strength</b>                      11:45 Ping Pong                      12:00 The Vikings                      12:30 Open Computer Lab                      1:30 Spanish Conversation                      5:30 Latino Discussion Group</p> <p style="text-align: center;"><b>BAKED FISH/TARTAR SAUCE OR TACO                      SALAD                      RICE PILAF CASSEROLE (VO)</b></p>
<p><b>19</b></p> <p>9:00 Gentle Exercise                      9:30 TOPS Meeting                      11:00 Social Worker                      11:45 Ping Pong                      12:30 Open Computer Lab                      12:30 Wii Games</p> <p style="text-align: center;"><b>BRAT/BUN*                      VEGGIE DOGS (VO)</b></p>	<p><b>20</b></p> <p>9:00 Gentle Exercise                      10:00 Open Computer Lab                      10:00 Gentle Yoga  <b>10:30 Only Leaves Should Fall</b>                      11:45 Ping Pong                      1:00 Movie: The Hundred-Foot Journey  <b>6:00 MC: Knife Skills</b></p> <p style="text-align: center;"><b>PIZZA CASSEROLE                      VEGGIE PIZZA CASSEROLE (VO)</b></p>	<p><b>21</b></p> <p>9:00 Rediscover Literature                      9:00 Simple Strength                      10:45 Book Club                      11:45 Ping Pong                      12:00 The Vikings                      12:30 Open Computer Lab  <b>1:30 PLATO Preview</b>                      1:30 Spanish Conversation</p> <p style="text-align: center;"><b>PORK ROAST/GRAVY OR CHEF SALAD                      COTTAGE CHEESE W/FRESH FRUIT (VO)</b></p>
<p><b>26</b></p> <p>9:00 Gentle Exercise                      9:30 TOPS Meeting                      10:00 PLATO                      11:00 Social Worker                      11:45 Ping Pong                      12:30 Open Computer Lab                      12:30 Wii Games  <b>1:00 PLATO (2)</b>  <b>1:30 PLATO</b></p> <p style="text-align: center;"><b>TOMATO BARLEY SOUP                      CHEESE SANDWICH W/MAYO (VO)</b></p>	<p><b>27</b></p> <p>9:00 Gentle Exercise  <b>9:00 Photo Affair Drop-Off</b>                      10:00 Open Computer Lab                      10:00 Gentle Yoga  <b>10:00 PLATO</b>                      11:45 Ping Pong                      12:15 Red Hat Mamas  <b>1:00 Shari Sarazin: Celtic Harpist</b>  <b>1:00 PLATO</b></p> <p style="text-align: center;"><b>ROAST BEEF/GRAVY                      VEGGIE PATTY (VO)</b></p>	<p><b>28</b></p> <p>9:00 Rediscover Literature                      9:00 Simple Strength                      10:00 Massage  <b>10:00 Flu Shot Clinic</b>                      11:45 Ping Pong                      12:00 The Vikings                      12:30 Open Computer Lab                      1:30 Spanish Conversation                      1:30 PLATO (2)                      5:30 Latino Caregivers Group</p> <p style="text-align: center;"><b>MEAT SAUCE OVER SPAGHETTI OR                      CHICKEN RANCH SALAD                      MEATLESS SAUCE (VO)</b></p>

THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Gentle Exercise                      10:00 Blood Pressure Checks                      10:00 Open Computer Lab                      11:45 Ping Pong                      1:00 Senior Showcase Band                      1:00 Mahjong  <b>6:00 MC: Indian Cuisine</b></p> <p><b>CHICKEN CACCIATORE                      VEGETARIAN MEAT SAUCE (VO)</b></p>	<p><b>2</b></p> <p>9:00 Gentle Exercise                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab</p> <p><b>MEATLOAF*                      VEGGIE PATTY (VO)</b></p>
<p><b>8</b></p> <p>9:00 Gentle Exercise  <b>9:45 Preschool Crafts</b>                      10:00 Open Computer Lab                      11:45 Ping Pong                      1:00 Senior Showcase Band                      1:00 Gay &amp; Gray Discussion                      6:00 MC: Indian Cuisine</p> <p><b>POTATO BEEF CASSEROLE                      VEGGIE NOODLE CASSEROLE (VO)</b></p>	<p><b>9</b></p> <p>9:00 Gentle Exercise                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 SOS Senior Council  <b>1:30 Non-Traditional Doll Making</b></p> <p><b>STUFFED GREEN PEPPER, SOUP,                      TURKEY &amp; CHEESE ON RYE                      MEAT-FREE SOUP, CHEESE SANDWICH                      (VO)</b></p>
<p><b>15</b></p> <p>9:00 Gentle Exercise                      10:00 Open Computer Lab                      11:45 Ping Pong                      1:00 Senior Showcase Band                      6:00 MC: Indian Cuisine</p> <p><b>CHICKEN BROCCOLI                      CHEESE BROCCOLI ROTINI SALAD (VO)</b></p>	<p><b>16</b></p> <p><b>8:45 Smart Driving</b>                      9:00 Gentle Exercise                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:30 Non-Traditional Doll Making</p> <p><b>BUFFET HAM*                      HUMMUS WRAP W/VEGGIES (VO)</b></p>
<p><b>22</b></p> <p>9:00 Gentle Exercise                      10:00 Open Computer Lab                      11:45 Ping Pong                      1:00 Senior Showcase Band                      1:00 Gay &amp; Gray Discussion</p> <p><b>CHICKEN SALAD ON W.W. BUN                      EGG SALAD ON BUN (VO)</b></p>	<p><b>23</b></p> <p>9:00 Gentle Exercise  <b>10:00 Ballroom Basics for Balance                      (BB4B)</b>  <b>10:00 PLATO</b>                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab  <b>1:00 PLATO</b>                      1:30 Non-Traditional Doll Making</p> <p><b>THREE CHEESE LASAGNA</b></p>
<p><b>29</b></p> <p>9:00 Gentle Exercise                      10:00 Open Computer Lab                      10:00 PLATO (2)                      11:45 Ping Pong                      1:00 Senior Showcase Band                      1:30 PLATO  <b>5:30 LGBT Senior Alliance                      greenTones</b></p> <p><b>SHRIMP PASTA SALAD                      PASTA SALAD W/CHEESE (VO)</b></p>	<p><b>30</b></p> <p>9:00 Gentle Exercise                      10:00 BB4B                      10:00 PLATO                      11:45 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 PLATO                      1:30 Non-Traditional Doll Making</p> <p><b>SWISS STEAK                      SWISS MIX OVER RICE (VO)</b></p>

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