


# Activity & Lunch Calendars - September, 2017

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 \$10.23; 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. Entrees with pork have an *.</b></p>		
<p><b>4</b></p> <p style="text-align: center;"><b>LABOR DAY</b> <b>SENIOR CENTER CLOSED</b> <b>NO MEAL SERVED</b></p>	<p><b>5</b></p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 11:00 Ping Pong <b>1:00 Movie: It Happened to Jane</b></p> <p style="text-align: center;"><b>BBQ RIBS</b> <b>VEGGIE WRAP (VO)</b></p>	<p><b>6</b></p> <p>8:30 Billiards 9:00 Foot Care Clinic 9:00 Rediscover Literature 11:30 Ping Pong 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 Spanish Conversation</p> <p style="text-align: center;"><b>BAKED MOSTACCIOLI</b> <b>VEGGIE MEATBALLS (VO)</b></p>
<p><b>11</b></p> <p>8:30 Billiards 9:00 Gentle Exercise <b>9:00 Walk with Ease</b> 9:30 TOPS Meeting 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Ping Pong 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards</p> <p style="text-align: center;"><b>CHICKEN SALAD ON BUN</b> <b>EGG SALAD ON BUN (VO)</b></p>	<p><b>12</b></p> <p>8:30 Billiards 9:00 Gentle Exercise 10:00 Computer Lab 11:00 Ping Pong <b>12:00 MTA: Oscar Mireles</b></p> <p style="text-align: center;"><b>HAM/SWISS CROISSANT*</b> <b>CHEESE SANDWICH (VO)</b></p>	<p><b>13</b></p> <p>8:30 Billiards 9:00 Rediscover Literature 9:00 Walk with Ease <b>10:00 Finance Q&amp;A w/Andrew Drane</b> 11:30 Ping Pong 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards <b>1:00 Medicare Workshop @ Neighborhood House</b> 1:30 Spanish Conversation 5:30 Latino Discussion Group</p> <p style="text-align: center;"><b>ROAST PORK W/GRAVY*</b> <b>VEGGIE PATTY (VO)</b></p>
<p><b>18</b></p> <p>9:00 Gentle Exercise 9:00 Walk with Ease 9:30 TOPS Meeting 11:00 Social Worker 11:30 Ping Pong 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards <b>1:00 Computer Fix-It Clinic</b></p> <p style="text-align: center;"><b>SWISS STEAK</b> <b>VEGGIE MEATBALLS (VO)</b></p>	<p><b>19</b></p> <p>8:30 Billiards 9:00 Gentle Exercise 9:30 Intro to Zentangle® 10:00 Computer Lab 11:00 Ping Pong <b>1:00 Movie: Lion</b></p> <p style="text-align: center;"><b>CHICKEN MACARONI SALAD</b> <b>PASTA SALAD W/CHEESE (VO)</b></p>	<p><b>20</b></p> <p>8:30 Billiards 9:00 Rediscover Literature 9:00 Walk with Ease 11:30 Ping Pong <b>12:00 Physics of History</b> 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 Spanish Conversation <b>1:30 PLATO Preview</b></p> <p style="text-align: center;"><b>CHEESEBURGER ON WW BUN</b> <b>EGG SALAD SANDWICH (VO)</b></p>
<p><b>25</b></p> <p>8:30 Billiards 9:00 Gentle Exercise 9:00 Walk with Ease 9:30 TOPS Meeting <b>10:00 PLATO</b> 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Ping Pong 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards <b>1/1:30 PLATO (3)</b></p> <p style="text-align: center;"><b>AU GRATIN POTATOES W/DICED HAM*</b> <b>AU GRATIN W/SOY MEAT (VO)</b></p>	<p><b>26</b></p> <p>8:30 Billiards 9:00 Gentle Exercise <b>9:00 Photo Affair Drop-Off</b> 10:00 Computer Lab 11:00 Ping Pong <b>12:00 MTA: Diana Konkel</b> 12:15 Red Hat Mamas 1:00 James the Magician 4:00 Medicare Workshop</p> <p style="text-align: center;"><b>BEEFY MAC-N-CHEESE</b> <b>MAC-N-CHEESE (VO)</b></p>	<p><b>27</b></p> <p>8:30 Billiards 9:00 Rediscover Literature 9:00 Walk with Ease <b>10:00 PLATO</b> 10:00 Massage 11:30 Ping Pong 12:00 Physics of History <b>12:00 Psychological Effects of the Internet at Monona Terrace</b> 12:30 Computer Lab 12:30 Wii Games 1:00 Billiards 1:30 Spanish Conversation <b>1:30 PLATO (2)</b></p> <p style="text-align: center;"><b>CHICKEN CACCIATORE</b> <b>SOY MEAT SAUCE (VO)</b></p>

THURSDAY	FRIDAY
	<p><b>1</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards</p> <p><b>SALISBURY STEAK OR HUMMUS PLATE                      SALISBURY VEGGIE PATTY (VO)</b></p>
<p><b>7</b></p> <p>8:30 Billiards  <b>9:00 BP Screening</b>                      9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Senior Showcase Band                      1:00 Billiards</p> <p><b>GRILLED CHICKEN ON BUN                      BLACK BEAN BURGER (VO)</b></p>	<p><b>8</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise  <b>10:00 Zoo to You</b>                      11:30 Ping Pong                      12:00 SOS Senior Council                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards  <b>1:00 Non-Traditional Doll Making</b></p> <p><b>BEEF &amp; GRAVY OR PORK SANTA FE SALAD                      VEGGIE PATTY (VO)</b></p>
<p><b>14</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      9:45 Preschool                      10:00 Computer Lab                      10:00 Chair Yoga                      1:00 Senior Showcase Band                      1:00 Billiards  <b>1:00 Gay, Gray &amp; Beyond</b>  <b>6:00 Susan Hofer Jazz Band</b></p> <p><b>MEAT SAUCE OVER SPAGHETTI                      SOY MEAT SAUCE (VO)</b></p>	<p><b>15</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      9:00 Walk with Ease  <b>10:00 Movie: Seven Chances</b>                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards                      1:00 Non-Traditional Doll Making</p> <p><b>BISCUITS &amp; GRAVY                      SPINACH/CHEESE QUICHE (VO)</b></p>
<p><b>21</b></p> <p>8:30 Billiard                      9:00 Gentle Exercise                      10:00 Computer Lab                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Senior Showcase Band                      1:00 Billiards</p> <p><b>ITALIAN SAUSAGE*                      VEGETARIAN WRAP (VO)</b></p>	<p><b>22</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      9:00 Walk with Ease  <b>10:00 Ballroom Basics for Balance @                      Central Library</b>                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards  <b>1:00 PLATO</b>                      1:00 Non-Traditional Doll Making</p> <p><b>BREADED FISH OR CHICKEN SALAD                      BAKED POTATO W/VEGGIE CHEESE (VO)</b></p>
<p><b>28</b></p> <p>8:30 Billiard                      9:00 Gentle Exercise                      10:00 Computer Lab  <b>10:00 PLATO (2)</b>                      10:00 Chair Yoga                      11:30 Ping Pong                      1:00 Gay, Gray &amp; Beyond                      1:00 Senior Showcase Band                      1:00 Billiards  <b>1/1:30 PLATO (2)</b>  <b>4:00 Who Matters? @ Central Library</b>  <b>5:30 AMP @Warner Park</b></p> <p><b>MEATLOAF*                      VEGGIE PATTY (VO)</b></p>	<p><b>29</b></p> <p>8:30 Billiards                      9:00 Gentle Exercise                      9:00 Walk with Ease                      10:00 Ballroom Basics for Balance  <b>10:00 PLATO</b>                      11:30 Ping Pong                      12:30 Wii Games                      12:30 Open Computer Lab                      1:00 Billiards                      1:00 PLATO                      1:00 Non-Traditional Doll Making</p> <p><b>BEEF BURRITO BAKE OR TUNA SALAD ON                      MIXED GREENS                      VEGGIE BURRITO BAKE (VO)</b></p>

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