

Activity & Meal Calendar - September, 2019

MONDAY	TUESDAY	WEDNESDAY
<p>2</p> <p>SENIOR CENTER CLOSED</p> 	<p>3</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Coloring w/Heather 11:00 Table Tennis 1:00 Movie: Rebel Without a Cause</p> <p>MEAT SAUCE W/SPAGHETTI MARINARA SAUCE W/ SPAGHETTI (MO)</p>	<p>4</p> <p>9:00 Food Care Clinic 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation</p> <p>PORK LOIN IN GRAVY* VEGGIE MEATBALLS (MO)</p>
<p>9</p> <p>9:00 Gentle Exercise 10:00 iPhone Technology 10:30 Knit 1, Purl 2 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BBQ CHICKEN VEGGIE BBQ CHICKEN STRIPS (MO)</p>	<p>10</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Coloring w/Heather 10:00 Ukulele - MC 11:00 Table Tennis 12:00 MTA: R Chris Reeder 1:00 Movie: The Hate U Give</p> <p>ITALIAN SAUSAGE ON BUN* HUMMUS WRAP (MO)</p>	<p>11</p> <p>10:00 Financial Perspective 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:30 Spanish Conversation 6:00 Latinx Discussion Group</p> <p>CHILI VEGGIE CHILI (MO)</p>
<p>16</p> <p>9:00 Gentle Exercise 10:00 Peace of Mind 10:00 Sip & Swipe Café 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling</p> <p>BEEF POT PIE W/BISCUIT TOP VEGGIE POT PIE (MO)</p>	<p>17</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Spanish 2 - MC 10:00 Coloring w/Heather 10:00 Ukulele - MC 11:00 Table Tennis 1:00 Movie: Rocketman 6:00 Pasta & Sauces - MC</p> <p>CHICKEN AND GRAVY VEGGIE CHICKEN & GRAVY (MO)</p>	<p>18</p> <p>10:00 Great Trials 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO Open House 1:30 Spanish Conversation 1:45 Massage</p> <p>TOMATO SOUP/MAC & CHEESE W/ CHICKEN TOMATO SOUP/MAC & CHEESE (MO)</p>
<p>23</p> <p>9:00 Gentle Exercise 10:00 PLATO 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO (2)</p> <p>CHICKEN BREAST EGG SALAD (MO)</p>	<p>24</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:00 Photo Affair Drop-Off 9:00 Spanish 2 - MC 9:30 PLATO 10:00 Ukulele - MC 11:00 Table Tennis 11:30 Only Leaves Should Fall at Door Creek Church 12:15 Red Hats 6:00 Pasta & Sauces - MC</p> <p>CHEESEBURGER GARDEN BURGER (MO)</p>	<p>25</p> <p>10:00 Great Trials 10:00 PLATO 10:45 Medicare Made Clear 11:30 Computer Lab 11:30 Table Tennis 12:30 Wii Bowling 1:30 Spanish Conversation 1:30 PLATO (2)</p> <p>EGG SALAD SANDWICH</p>
<p>30</p> <p>9:00 Gentle Exercise 11:00 Social Worker 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO</p> <p>CHEESE TORTELLINI BAKE CHEESE TORTELLINI BAKE/MARINARA (MO)</p>		

THURSDAY	FRIDAY
<p>5</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 10:00 Gentle Yoga 11:30 Table Tennis 12:30 Healthy Living w/Chronic Pain 1:00 Senior Showcase Band</p> <p>LEMON BAKED FISH EGG SALAD (MO)</p>	<p>6</p> <p>9:00 Gentle Exercise 10:00 Painting - MC 10:00 Tai Chi Introduction 11:00 MMOCA Tour 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 Non-Traditional Doll Making</p> <p>BAKED CHICKEN ON THE BONE OR CHICKEN CONFETTI SALAD BLACK BEAN BURGER (MO)</p>
<p>12</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:45 Preschool 10:00 Gentle Yoga 10:00 Cyber Security 10:00 Inexplicable Universe 11:30 Table Tennis 1:00 Senior Showcase Band 1:00 Gay, Gray & Beyond</p> <p>PULLED PORK ON WW BUN* HUMMUS & PITA (MO)</p>	<p>13</p> <p>9:00 Gentle Exercise 10:00 BB4B - Library 10:00 Coffee with a Cop 10:00 Painting - MC 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 SOS Senior Council 1:00 Non-Traditional Doll Making</p> <p>CHICKEN STEW OR HARVEST SALAD VEGGIE BEAN STEW (MO)</p>
<p>19</p> <p>9:00 Gentle Exercise 9:00 Computer Lab 9:30 Spanish 1 - MC 10:00 Gentle Yoga 10:00 Inexplicable Universe 11:30 Table Tennis 12:00 Paul Braun @ Monona Terr. 1:00 Senior Showcase Band 5:00 Perfect Harmony</p> <p>FISH SANDWICH ON WW BUN TOMATO CHEESE SANDWICH (MO)</p>	<p>20</p> <p>9:00 Gentle Exercise 9:00 Coffee with Sally Jo 10:00 Tai Chi 10:00 BB4B - Library 10:00 Painting - MC 10:00 PLATO 11:30 Table Tennis 11:30 Computer Lab 12:30 Wii Bowling 1:00 PLATO 1:00 Non-Traditional Doll Making</p> <p>MEATBALLS W/MARINARA/PENNE OR CHICKEN TACO SALAD* VEGGIE MEATBALLS W/MARINARA/ PENNE (MO)</p>
<p>26</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 1:00 Gay, Gray & Beyond 1:30 PLATO</p> <p>BEEF STEW VEGGIE STEW (MO)</p>	<p>27</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 12:30 Wii Bowling 1:00 Non-Traditional Doll Making 1:00 PLATO</p> <p>CHICKEN MAC CASSEROLE OR PULLED PORK SANTA FE SALAD VEGGIE MAC CASSEROLE (MO)</p>
<p>JOIN US FOR LUNCH! SERVING 11:30 AM, MONDAY-FRIDAY.</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>Meatless Option (MO) will be listed as the second option. Entrees with pork have an *.</p>	

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