



**South Madison Coalition of the Elderly
Quaker Neighborhood
Senior Center**
2025 Taft St. *buzz "kitchen" to enter*

***FEBRUARY 2012
Senior Activities***

SUN	MON	TUES	WED	THU	FRI	SAT
			1 <i>11:30 am Birthday Party Lunch Program</i>	2 <i>11:30 am Groundhog Day Lunch Program</i>	3 <i>1-3:00 p.m. Cards & Dominoes</i>	4
5	6 1:00 pm Bingo	7 10:30 am Firemen Check Blood Pressure & Sugar	8 2:00 p.m. Discussion Group Pam Bracey	9 1-4:00 p.m. Interview with an Edgewood RN student	10 <i>1-3:00 p.m. Cards & Dominoes</i>	11
12 12:30 pm Sunday Dinner <i>251-8405 for rides & reservations</i>	13	14 <i>11:00 a.m. Watch Your Sodium Intake!! UW Extension Lunch Program</i> <i>11:30 am Valentine's Day Lunch Program</i>	15	16 1-4:00 p.m. Interview with an Edgewood RN student	17 <i>1-3:00 p.m. Cards & Dominoes</i>	18
19	20 1:00 pm Bingo	21 1-2:00 p.m. Mardi Gras Party Eddie Quinn on Guitar/Vocals	22	23 1-4:00 p.m. Interview with an Edgewood RN student	24 <i>1-3:00 p.m. Cards & Dominoes</i>	25
26	27	28	29 <i>11:30 am Leap Day Fun Lunch Program</i>			



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FEBRUARY 2012 Senior Activities

Quaker residents--Welcome to our lunch program!!

Join us in the dining room for one day, or sign up for every day. Just reserve your lunch 24 hours in advance; by calling the coalition office at 251-8405.

Extra monthly menus are available from the kitchen manager. Note that the menu includes a vegetarian entrée choice every day, and a main dish salad choice on Wednesdays. We invite you to try out these alternatives! Just let us know by noon the day before that you would like the veggie option or salad for a particular day.

If you are over 60, or living at Quaker, you will not be charged for the meals, but it is important that you contribute what you can, in order to keep the program going. *The actual cost to Dane County for these meals in the coming year will be \$6.15. Suggested donation is \$3 a meal.* You can donate anonymously in the dining room.

February Bingo 1:00 p.m.

**Monday, February 6
Monday, February 20**

Cards and Dominoes

Get together with your neighbors over some friendly games of cards or dominoes, every Friday from 1:00-3:00 p.m.

Groundhog Day

Will it be sunshine or shadow? Whatever the weather, get together at **11:30 a.m. on Thursday, February 2** for some fun weather-related activities and puzzles during the lunch hour.

Discussion Group

Meet with Pam Bracey from **2-4:00 p.m., Wednesday, February 8** to share some small gifts of love and do some easy crafts to share with loved ones.

Valentine's Day

At 11:30 a.m. on Tuesday, February 14, treat yourself to a sweetheart of a lunch! We will provide romantic music, decorations, Valentine's favors, and sweet treats.

Guard Your Health- Watch Your Sodium!

The amount of sodium you consume may be having a real impact on your health and sense of well-being. Consuming too much puts a big strain on the heart!! Join your Nutrition Educator from UW Extension at **11:00 a.m. on Tuesday, February 14** to hear about new dietary guidelines for sodium intake, and find out how to choose foods lower in sodium.

Mardi Gras Party

Join us for Fat Tuesday festivities **from 1:00-2:00 pm on Tuesday, February 21**. Wear your Mardi Gras finery, if you like. We will provide the colorful atmosphere, the traditional beads, and a performance of jazz, blues, and gospel music by talented local guitarist, singer, and Quaker resident, Eddie Quinn.

Leap Year Fun

On **Wednesday, February 29, at 11:30 a.m.**, have fun celebrating this *extra* day as you enjoy an *extra* delicious meal of Cranberry Chicken, and Pumpkin Bars !!