



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

*September 2010
Senior Activities*

SUN	MON	TUES	WED	THU	FRI	SAT
South Madison Coalition sponsors a lunch program at Quaker, Monday-Friday at 11:30 am. Lunch reservations are needed 24 hours in advance. To reserve a meal, or for more information on these senior center activities, call 251-8405.			¹ 11:30 Birthday Party Lunch Program 1:00 p.m. Wii Games & Pool	²	³	⁴
⁵	⁶ LABOR DAY OFFICE CLOSED	⁷ 11:30 a.m. Back-to-School Reminiscing Lunch Program	⁸ 1:00 p.m. Beading Class 2:00 p.m. Bingo	⁹ 2:00 p.m. Edgewood Student Nurses Interviews	¹⁰	¹¹
¹² 12:30 p.m. Sunday Dinner <i>Call 251-8405 for Reservation</i>	¹³ 11:30 a.m. Grandparents Day Breakfast 1:00 p.m. BINGO 1:45 p.m. YOGA	¹⁴ 11:30 a.m. Food Safety UW Extension Lunch Program	¹⁵ 1:00 p.m. Slapstick and Silliness with Doc the Rube Clown	¹⁶ 2:00 p.m. Edgewood Student Nurses Interviews	¹⁷ 10 am-1 pm Trip to Quilt Expo Transit Solutions 294-8747	¹⁸
¹⁹	²⁰ 1:00 p.m. BINGO 1:45 p.m. YOGA	²¹	²² 1:00 -3:00 p.m. FLU Shot Clinic	²³ 11:30 a.m. Apples Lunch Program 2:00 p.m. Edgewood Student Nurses Interviews	²⁴	²⁵
²⁶	²⁷ 1:00 p.m. BINGO 1:45 p.m. YOGA	²⁸	²⁹ 12:15 p.m. Piano Tunes Chrissy 1:00 p.m. Wii Games And Pool	³⁰ 2:00 p.m. Edgewood Student Nurses Interviews		



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Edgewood Nursing Class

This fall, nursing students from Edgewood College will visit Quaker to get to know the residents and learn from them during the semester. The students will interview residents and then present wellness programs through December. If you would like to be interviewed or hear more about the program call the Coalition office at 251-8405.

Wii Games and Pool

Work off lunch while you join in the fun and excitement of game days on **Wednesday, September 1st and 29th, beginning at 1 p.m.** Challenge your neighbors to games of Wii bowling, tennis or baseball, or polish up your pool shots on Quaker's vintage pool table.

Gentle-Yoga Classes

Join our free Gentle Yoga classes! Participants will use chairs for many exercises and then standing postures as they gently ease their bodies into greater health. Gentle Yoga will meet **Monday, September 13, 20 and 27, at 1:45 p.m.**

Back-To-School A Time for Reminiscing

Back to school memories will be the subject for discussion at lunch on **September 7**. Bring a photo of yourself from school days, share some September memories with your tablemates, and stimulate your mind with memory games.

Beading Class

Take this class to learn how to make jewelry from beads. We have many kinds of beads to choose from. Meet on **Tuesday, September 8 at 1:00 p.m.**

Grandparent's Day "Breakfast at Lunch"

Celebrate Grandparent's Day on **September 13** at the lunch program, with a breakfast of omelets, hash-brown patties, orange juice, fresh fruit and cinnamon rolls.

Slapstick and Silliness

Doc the Rube's famous clown entertainment features balloon tricks, silliness, amazing juggling, games and lots of laughs. Join him in a game of balloon volleyball, or a watermelon toss. Doc will even give away some gifts to audience members! **Festivities begin at 1:00 p.m. on Wednesday, September 15.**

Quilt Expo Trip

View hundreds of colorful and beautifully detailed quilting treasures at the Wisconsin Quilt Expo at the Alliant Center. The Expo is presented by Wisconsin Public Television and Nancy Zieman of the "Sewing with Nancy" show. Cost for the show is \$8.00 at the door and \$7.00 if purchased ahead. See wiquiltexpo.com for more information.

The trip takes place **September 17, from 10 a.m. to 1 p.m.** Call Transit Solutions at 294-8747 to schedule a ride. round trip cost is \$2.00.

Get Your Early Flu Shot!

Home Health United will offer vaccinations for seasonal flu and pneumonia at Quaker Housing on **September 22 from 1:00-3:00 p.m.** Medicare Part B or Medicaid covers the cost. Remember to bring along your Medicare or Medicaid card.

Apple Tasting

Cooler days mean apples are ripening. On **September 23** the theme at the lunch program will be on "all things apple." Taste a variety of apples, and remember: an apple a day is just plain good!!