



**South Madison Coalition of the Elderly
Romnes Neighborhood
Senior Center**
540 W. Olin Ave. 200 to enter building

*September 2010
Senior Activities*

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|---|--|---|---|--|----------------------|
| <p><i>South Madison Coalition arranges programs at Romnes for socializing, health promotion, and education. Please join us for lunch at 11:30am Monday-Friday Call 251-8405 to reserve a meal, or for more information on our senior center activities.</i></p> | | | <p>¹ 11:30 a.m. Birthday Party Lunch Program</p> | <p>² 12:30 p.m. Yoga</p> | <p>³</p> | <p>⁴</p> |
| <p>⁵</p> | <p>⁶</p> | <p>⁷ 11:30 a.m. Back-to-School Reminiscing Lunch Program 12:30 p.m. Bingo Edgewood Student Nurses</p> | <p>⁸</p> | <p>⁹ 12:30 p.m. Yoga 1:30 p.m. Beading Class</p> | <p>¹⁰</p> | <p>¹¹</p> |
| <p>¹² 2:30 pm Sunday Dinner <i>Call 251-8405 for reservations</i></p> | <p>¹³ 11:30 a.m. Grandparents Day Breakfast Lunch Program</p> | <p>¹⁴ 12:15 p.m. Cervical Cancer 1:30 p.m. Bingo Edgewood Student Nurses</p> | <p>¹⁵</p> | <p>¹⁶ 10:00 a.m. RSVP Crafters 12:00 noon Piano 12:30 p.m. Yoga</p> | <p>¹⁷ 10 am-1 pm Trip to Quilt Expo Transit Solutions 294-8747</p> | <p>¹⁸</p> |
| <p>¹⁹</p> | <p>²⁰</p> | <p>²¹ 1-3:00 p.m. Flu Shots Edgewood Student Nurses</p> | <p>²² 11:30 a.m. Food Safety UW Extension Lunch Program</p> | <p>²³ 11:30 a.m. Apples Lunch Program 12:30 p.m. Yoga 1-3:00 p.m. Foot Care 2:00 p.m. Bingo</p> | <p>²⁴</p> | <p>²⁵</p> |
| <p>²⁶</p> | <p>²⁷</p> | <p>²⁸ 1:00 p.m. Clown: Doc the Rube Edgewood Student Nurses</p> | <p>²⁹</p> | <p>³⁰ 12:30 p.m. Yoga</p> | | |



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September 2010 Senior Activities

Edgewood Nursing Class

Romnes will once again host nursing students from Edgewood College this fall. Romnes residents and the nursing students will have opportunities to learn from each other during the semester. The students will interview residents and 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.

Gentle-Yoga Classes

Join our free Gentle Yoga classes. Participants will use chairs for many exercises and standing postures as they gently ease their bodies into greater health. Gentle Yoga will meet **Thursdays, September 2, 9, 16, 23 and 30, at 12:30 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

Learn basic ways to make jewelry from beads. We have many kinds of beads available. This class is on **Tuesday, September 9 at 1:30 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.

Woman's Health Cervical Cancer

This presentation, from the Well Woman Program, will explain some of the important issues about cervical cancer and what woman can do to prevent it. There is good news about the cure rate that is worth knowing more about. Time will be set aside for answering questions. This informative program will be held on **September 14, at 12:15 p.m.**

Quilt Expo Trip

View hundreds of colorful and beautifully detailed quilting treasures at the Wisconsin Quilt Expo, presented by Wisconsin Public Television and Nancy Zieman of the "Sewing with Nancy" show. Many huge double quilts will be hung for easy viewing in this juried show. Check the wiquiltexpo.com site for more information. The cost for the show is \$8.00 at the door.

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

Get Your Early Flu Shot!

The flu is expected to arrive early this year! Home Health United will offer vaccinations for seasonal flu and pneumonia at Romnes on **September 21, from 1-3 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 focus at the lunch program is on all things "apple." Taste a variety of apples, and remember: an apple a day is just plain good!!

Foot Care Clinic

Home Health United will provide toenail clipping on **Thursday, September 23, from 1 to 3 p.m.** The cost is \$20. To make an appointment, call 251-8405.

Slapstick and Silliness

Doc the Rube's famous clown entertainment features balloon tricks, silliness, games, and lots of laughs. His juggling will amaze you, while his slapstick jokes will keep you chuckling. Doc is one amazing clown, and he'll even give away gifts to some of the audience members. Join him in a game of balloon volleyball, bean bag, or a watermelon toss. Don't miss the fun!! **Festivities begin at 1 p.m. on September 28.**