



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

***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	4
5	6	7 1:30 or 2:30 p.m. Interview with an Edgewood RN student	8 12:30 pm Bingo	9	10 12:30- 4:00 p.m. Get Help with Homestead Credit/Taxes <i>AARP</i>	11
12 12:30 pm Sunday Dinner <i>251-8405 for rides & reservations</i>	13	14 <i>11:30 am Valentine's Day Lunch Program</i> 1:30 or 2:30 p.m. Interview with an Edgewood RN student	15 <i>11:00 a.m. Watch Your Sodium Intake!! UW Extension Lunch Program</i>	16 10:00 a.m. RSVP Craft Group	17	18
19	20	21 1:30 or 2:30 p.m. Interview with an Edgewood RN student 2:30-3:30 p.m. Mardi Gras Party <i>Eddie Quinn on Guitar/Vocals</i>	22 12:30 pm Bingo	23 2:00 p.m. Diabetes Support Group	24	25
26	27	28 1:30 or 2:30 p.m. Interview with an Edgewood RN student	29 <i>11:30 am Leap Day Fun Lunch Program</i>			



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FEBRUARY 2012 Senior Activities

Get Help with Home- stead Credit/Taxes 12:30-4:00 p.m. Friday, February 10

Trained volunteers from AARP will be at Romnes to assist residents with filing of basic taxes and applying for Homestead Credit. The volunteers reserve the right to defer tax returns that are too complicated or time-consuming.

To claim **homestead credit** you must bring a printout of any W2 payments received in 2011, plus a completed rent certificate, which you can obtain from the Romnes Management office. Be sure request your rent certificate from the office a few days in advance.

February Bingo

12:30 p.m.

Wednesday, February 8

Wednesday, February 22

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.

Valentine's Day

Come to lunch at **11:30 a.m. on Tuesday, February 14**, for a sweetheart of a celebration! 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 Wednesday, February 15** 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 2:30-3:30 pm on Tuesday, February 21**. Wear your Mardi Gras finery, if you like. We will provide the colorful atmosphere, the traditional beads, and a special performance of jazz, blues, and gospel music by talented local guitarist, singer, and Quaker resident, Eddie Quinn.

RSVP Craft Group

Join the RSVP craft group on **Thursday, February 16**, at **10:00 a.m.** Have fun as you put your hands to work on projects that benefit the Madison community.

Diabetes Support Group

Join with Pam Bracey on **Thursday, February 23** at **2:00 p.m.**, to welcome a guest from Meriter for a discussion of diabetes issues.

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 !!

Volunteer to be Inter- viewed by an Edgewood Nursing Student

Help Edgewood nursing students develop good skills by participating in a one-on-one health interview. The students will use the interviews as a guide in planning health and wellness programs to offer later this spring. An interview can be scheduled for 1:30 or 2:30 p.m. on Tuesdays in February. The thirty-minute interviews will take place in the Romnes community room. Please call 251-8405 to sign up.