




**South Madison Coalition of the Elderly**  
 128 E. Olin Avenue Suite 110 251-8405  
**SOUTHSIDE SENIOR**

**JANUARY 2010 PAGE 4**  
**DINING CENTER**  
**MENU**

SUNDAY Madison Senior Center	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Dining  Fellowship, Food & Fun					<b>1</b>  Dining Centers Closed  Happy New Year!
<b>3</b>	<b>4</b> Swiss Burger Grilled Potatoes Pickle Corn & Pimento Pickle Pineapple	<b>5</b> Roast Beef Baked Potato Green Beans Bread Fruit Cup Pie	<b>6</b> Meatloaf Gravy Mashed Potatoes Squash Bread Orange Cake	<b>7</b> Broccoli Cheese Soup Crackers Egg Salad on Wheat Bun Pears	<b>8</b> Beef Stew Mashed Potatoes Bread Peaches Cookie
<b>12:30pm 10</b> Chicken Kiev Seasoned Rice Peas & Pearl Onions Fruit Salad Roll Lemon Meringue Pie	<b>11</b> Macaroni Chili Coleslaw Pineapple Corn Bread Strawberry Ice Cream	<b>12</b> Ham Loaf with Mustard Sauce Scalloped Potatoes Spinach Bread Orange Juice	<b>13</b> Salisbury Steak Gravy Roasted Red Potatoes Squash Rye Bread Applesauce	<b>14</b> Baked Chicken Dressing Gravy Vegetable Medley Apple Juice Pumpkin Bar	<b>15</b> Baked Fish Tartar Sauce Augratin Potatoes Beets Banana Bread Dessert
<b>17</b>	<b>18</b> Hamburger Grilled Potatoes Pickle Corn Peaches Cookie	<b>19</b> Lasagna Tossed Salad Diced Tomato Garlic Bread Mandarin Or- anges	<b>20</b> Roast Pork Gravy Rice Pilaf Vegetable Blend Bread Pears	<b>21</b> Shrimp Noodle Bake Peas Wheat Roll Banana Cake	<b>22</b> Spaghetti & Meat Sauce Green Beans Garlic Bread Pineapple
<b>24</b>	<b>25</b> Roast Turkey Sweet Potato Spinach Bread Fruit Cup	<b>26</b> Beef Tips over Noodles Mixed Vegetables Bread Banana Pie	<b>27</b> Cream of Potato Soup Crackers Tuna Salad on Wheat Bun Apricots Cookie	<b>28</b> Meatloaf Baked Potato Sour Cream Squash Bread Peaches	<b>29</b> Sliced Ham Pineapple Sauce Cheesy Hash Browns Broccoli Bread Orange

Brittingham Apartments  
755 Braxton 251-4525

Madison Senior Center  
330 W. Mifflin St. 266-6416

Romnes Apartments  
540 W. Olin 251-8405

Quaker Housing  
2025 Taft St. 310-6956





### Senior Lunch Program

To reserve or cancel a meal, call the location you plan to attend one day in advance.

- ◆ Brittingham Apartments  
755 Braxton, 251-4525
- ◆ Quaker Housing  
2025 Taft St., 310-6956
- ◆ Romnes Apartments  
540 W. Olin, 251-8405
- ◆ Madison Senior Center  
330 W. Mifflin, 266-6416

Guests 60 and over pay what they can contribute toward the meal (actual cost \$6), with a suggested donation of \$3 per meal.

*The dining centers will be closed on January 1. In addition, the Madison Senior Center will be closed on January 18.*

### Cooking for One or Two

UW-Extension educators will discuss ways to shop, reduce recipes, and use leftovers when making meals for one or two at:

- Quaker January 12, 11:30 a.m.
- Sr. Center January 19, 11:00 a.m.
- Romnes January 20, 11:15 a.m.
- Brittingham January 26, 11:30 a.m.

### National Pie Day

On Tuesday, January 26, enjoy a piece of pie in honor of National Pie Day. The celebration will feature the history of pie, discussion questions, and pie games. Bring your favorite pie recipe to share.

### Neighborhood Senior Center Program

The South Madison Coalition offers a variety of educational and recreational activities that older adults can enjoy in their neighborhood. These include parties, musical entertainment, speakers, games, crafts, health programs, foot-care clinics, and many others. These programs are held at two senior housing buildings, Romnes Apartments, 540 W. Olin Avenue. and Quaker Housing, 2025 Taft Street. As a way to expand our offerings, we can also connect you to other local resources, including MATC classes, the Overture Center's ticket voucher program, and Transit Solution's local trips (Olbrich Gardens, Memorial Union, etc.).

Stay abreast of Coalition programs by checking this monthly newsletter, the *Southside Senior*. You can also find information in *Isthmus*, the *Wisconsin State Journal* monthly insert *Neighbors*, the *Baycreek Newsletter*, and *Southern Exposure*. Internet users can find our events on our Web site, [smcelder.com](http://smcelder.com); the Isthmus Web site [thedailypage.com](http://thedailypage.com); and Capitol Newspapers' Web site, [77square.com](http://77square.com). If you have questions or suggestions about the Coalition's programs we invite you to call us at 251-8405.

### Edgewood Nursing Students at Quaker and Romnes!

Next spring, nursing students from Edgewood College will be providing a series of valuable senior programs at both Quaker Housing and Romnes Apartments. In planning the programs, we need seniors to participate in a 30-minute one-on-one interview with the students. The interviews will be held each Tuesday in January and February at 1:30 or 2:30 p.m. Please call 251-8405 to sign up for an interview, and let us know which location you prefer.

### Martin Luther King Jr. Bingo

With the help of volunteers from Kraft Foods, we will honor the legacy of Dr. Martin Luther King, Jr., on Monday, January 18, at 12:30 p.m. at Romnes Apartments, 540 W. Olin Avenue, with bingo games with some very special prizes. We will discuss the history, memories, and the impact of Martin Luther King, Jr.

### Foot Care Clinic

Home Health United will be providing toenail clipping on Thursday, January 28, from 1 to 3 p.m. at Romnes Apartments, 540 W. Olin Avenue. Call 251-8405 for an appointment. The cost for this service is \$20.

### Inclement Weather Reminder

**When Madison's public schools close due to bad weather, there will be no meals or programs at our various sites.**