



**South Madison Coalition of the Elderly
Romnes Neighborhood
Senior Center
Questions? Call 251-8405**

**AUGUST 2017
Senior Activities**

MON	TUES	WED	THUR	FRI
	1 11:15 am Poetry with Fabu 12:30 pm Dominoes	2 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	3 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards 2:00 pm Bingo with Jeanette	4 12:30 pm Dominoes 1:00 pm Cards
7 12:30 pm Dominoes 1:00 pm Cards & Games	8 12:30 pm Dominoes	9 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	10 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards	11 12:30 pm Dominoes 1:00 pm Cards
14 12:30 pm Dominoes 1:00 pm Cards & Games	15 12:30 pm Dominoes	16 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	17 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards 2:00 pm Bingo with Jeanette	18 12:30 pm Dominoes 1:00 pm Cards
21 12:30 pm Dominoes 1:00 pm Cards & Games	22 12:30 pm Dominoes	23 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	24 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards	25 12:30 pm Dominoes 1:00 pm Cards
28 12:30 pm Dominoes 1:00 pm Cards & Games	29 12:30 pm Dominoes 2:00 pm Refreshments with New Edgewood RN Students	30 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	31 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards	



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NOTE: Monday office hours with Ryan Brothers
EMT, Steve, have been discontinued

Dominoes Monday-Friday 12:30 pm

Cards & Games

Mondays, Thursdays & Fridays 1:00 pm

Bingo with Jeanette-new time

Thursdays, at 2:00 pm August 3 & 17

Free Yoga for All Ages & Abilities

Wednesdays, 3:00-4:30 pm.

Newcomers are always welcome to join in—
just call the instructor at 608-515-8127.

Weekly Case Manager Q & A

Thursdays, 11:00 am-12:00 noon

Have questions about senior resources? Stop
in the community room and visit with our
case manager, Greg.

Read & Compose Poetry with Fabu

Tuesday, August 1 at 11:15 am.

Meet & Greet Edgewood RN Students

Tuesday, August 29 2:00 pm

Refreshments served!

All Romnes residents are invited to join in
welcoming a new class of seven nursing stu-
dents from Edgewood College. Learn about
ways you can help them to become good
nurses, and ways they can be helpful to you!

The class will be at Romnes between August
29 and December 8, from 1:00—4:00 pm on
Tuesdays. In the first weeks they will be
looking for volunteers to help them practice
their interviewing skills. As the semester
goes on, they will be offering wellness pro-
grams and activities tailored to your interests.

South Madison Coalition of the Elderly

Senior Lunch Program Questions or Reservations? Call us at 251-8405

We welcome you to attend lunch Monday through Friday in the community room. Come every day
or once in a while. The menu includes a vegetarian entrée choice every day, and a main dish salad
choice on Fridays. Extra menus are available from the kitchen manager during lunch time.

If you are age 60 or older, or are living at Romnes, you will not be charged for the meals. But please
donate what you can, to keep the program going. The suggested minimum donation is \$4 per meal.
You can make your donation anonymously at the dining center. Other persons who attend the meals
will be asked to pay the full cost of the meal; \$10.23.

Meal reservations must be made by noon, at least one business day in advance. Call 608-251-8405.
Please also call if you must cancel, even if it is close to lunch time.

Take out meals are not available.

HOME DELIVERED MEALS Call our office at 608-251-8405 to discuss your options for home delivered
meals. If you are home-bound—either due to short-term illness or long-term disability One of our case man-
agers will help to arrange the appropriate delivery option.

Suggested donation for these home deliveries is \$4 per meal *for adults age 60 and older*. Residents who are
under 60 will be asked to pay the full cost of the home delivered meal.