



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

JULY 2017
Senior Activities

MON	TUES	WED	THUR	FRI
3 12:30 pm Dominoes 1:00 pm Cards & Games	4 OFFICE CLOSED NO MEALS SERVED	5 11:45 am— 12:45 pm HARMONICA HOUR 2:00 pm Bingo with Jeanette 3:00-4:30 pm Free Yoga	6 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards	7 12:30 pm Dominoes 1:00 pm Cards
10 12:30 pm Dominoes 1:00 pm Cards & Games 1:00-3:00 pm *** <i>Ryan Bros.</i>	11 11:15 am <i>Poetry with Fabu</i> 12:30 pm Dominoes	12 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	13 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards	14 12:30 pm Dominoes 1:00 pm Cards
17 12:30 pm Dominoes 1:00 pm Cards & Games 1:00-3:00 pm *** <i>Ryan Bros.</i>	18 12:30 pm Dominoes	19 12:30 pm Dominoes 1:00 pm Bingo with Jeanette 3:00-4:30 pm Free Yoga	20 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards	21 12:30 pm Dominoes 1:00 pm Cards
24 12:30 pm Dominoes 1:00 pm Cards & Games 1:00-3:00 pm *** <i>Ryan Bros.</i>	25 12:30 pm Dominoes	26 12:30 pm Dominoes 3:00-4:30 pm Free Yoga	27 11:00 am-12 noon Case Manager Hours 12:30 pm Dominoes 1:00 pm Cards 12:30—3:00 pm Non-Diabetic Foot Care	28 12:30 pm Dominoes 1:00 pm Cards
31 12:30 pm Dominoes 1:00 pm Cards & Games 1:00-3:00 pm *** <i>Ryan Bros.</i>				



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**Two Independence Day Celebrations
Monday, July 3:**

Special Meal; Barbecued Ribs, Potato Salad, Baked Beans, Cornbread, Watermelon & Sweet Potato Pie

Wednesday, July 5:

Entertainment by Harmonica Hour

Dominoes Monday-Friday 12:30 pm

Cards & Games

Mondays, Thursdays & Fridays 1:00 pm

Bingo with Jeanette

Wednesday, July 5 at 2:00 pm

Wednesday, July 19 at 1:00 pm

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.

Foot Care for non-Diabetics

Thursday, July 27, 1:00 – 3:00 pm

**Provided by Home Health United \$20
Advance Appointments needed; 251-8405**

**South Madison Coalition of the Elderly office will be closed on Tuesday, July 4.
No meals will be served**

Best Wishes to Pearl W. on Her Retirement As Dining Center Manager !!

After more than 12 years, Pearl Williams has retired as manager of the Romnes Senior Dining Center. Please join us in wishing her health and happiness in this new phase of her life.

As of July, Jeanette Arthur will manage the dining room on Mondays, Tuesdays and Wednesdays. May Kennedy will manage the dining room on Thursdays and Fridays.

Jeanette will continue to organize afternoon games, Bingo and other activities. She is also the Coordinator of our Volunteer Home Chore Program. On Thursdays and Fridays, she will be busy with these other duties.

MEAL PROGRAM BUDGET

Our Senior Meal Program is paid for using Federal and State dollars, local taxes, Senior Coalition dollars and your donations. There are separate budgets for home-delivered and “congregate” meals. This year, the number of home-delivered meals needed is expected to be far greater than the funds to pay for them. For that reason, it has been decided to discontinue home delivered meals to seniors on weekends.

There are no plans to change the meals offered in Senior Dining Centers, but we will be very conscious of the need to avoid waste. You can help keep the program going by making regular donations of whatever amount you can afford.