



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

**MAY 2012
Senior Activities**

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2 11:30 am <i>Birthday Party</i> Lunch Program 12:30 pm Food Prize Bingo 3:00-4:30 p.m. Free Yoga	3 12:30 p.m. <i>Harmonica</i> Hour 1:30 p.m. Edgewood RN Students	4 11:30 am <i>Cinco de</i> <i>Mayo</i> Lunch Program	5
6	7 12:30-2:30 p.m. Snacks, Cards, Games & More!	8 RECALL ELECTION PRIMARY	9 12:30 pm Bingo	10	11 11:30 am <i>Mother's Day</i> Tea Lunch Program	12
13	14 12:30-2:30 p.m. Snacks, Cards, Games & More!	15	16 11:00 a.m. <i>Spring Salads</i> UW Extension Lunch Program 12:30 pm Food Prize Bingo 3:00-4:30 p.m. Free Yoga	17 10:00 am RSVP Craft Group	18 11:30 am <i>Italian Day</i> Lunch Program	19
20	21 12:30-2:30 p.m. Snacks, Cards, Games & More!	22	23 12:30 pm Bingo	24 1:00-3:00 p.m. non-Diabetic Foot Care Clinic 2:00 pm Diabetes Discussion Group	25	26
27	28 OFFICE CLOSED NO MEALS SERVED	29	30 12:30 pm Food Prize Bingo	31	FARMER'S MARKET VOUCHERS COMING IN MID-JUNE	



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MAY 2012 Senior Activities

Weekly Bingo

Wednesdays, 12:30 p.m.—play for food prizes May 2, 16 & 30

Weekly Fun! Snacks, Cards, Board Games, Dominoes & More!!

Set aside **Monday afternoons** for some fun with your neighbors. We will provide snacks and the equipment—you provide your skills!

Challenge your friends to some hands of cards, a board game, or dominoes. If you prefer a solo activity, enjoy assembling one of our puzzles. **Join the fun in the community room on Mondays from 12:30-2:30 p.m.**

The South Madison Coalition of the Elderly is a local nonprofit agency working to help seniors remain safely independent in the community.

We are experts on local resources and can answer many questions over the phone, or you can check with our case manager during her "office hours" in the Romnes community room on Thursdays, between 11:00 a.m.-12:00 noon.

Our free, 8-page, *Southside Senior* newsletter provides details about lunches at Romnes, plus additional info of interest to older adults. If you would like to be on our mailing list, call us at 251-8405.

Free Yoga Classes

These classes are for all ages and abilities. Consider trying one out! This month, Ash will lead classes in the **library from 3:00-4:30 p.m. on Wednesdays, May 2 and 16.** You are welcome to join the group whenever you can; just call ahead so Ash knows you are coming; 509-1897 or 509-1765.

Come to *Harmonica Hour*

Don't miss this lively performance patterned after an old-time radio show. Be part of the "studio audience" and sing along as this guitar and harmonica duo play old-time favorites. Join in the fun in the community room at **12:30 p.m. on Thursday, May 3.** Snacks and old-fashioned beverages will be served.

Cinco de Mayo

Come to lunch on Friday, May 4 to savor the sights, sounds and tastes of Mexican culture, and enjoy a fiesta meal of chicken enchilada casserole, beans and Spanish rice and cherry cheesecake.

Celebrate Mothers

Join in honoring all mothers at lunch on **Friday, March 11.** Tea and special treats will be served along with an exotic Chinese Style Meal.

Creative Spring Salads!

Fresh salad fixings are plentiful now! Join your UW Extension nutrition educator for creative ways to mix up tempting salads, and sample a mandarin orange, strawberry and lettuce salad, at **11:00 am, Wednesday, May 16.**

Italian Day

Join us at 11:30 a.m. on Friday, May 18, to try an Italian Soda, hear great Italian music, and enjoy our special meal of Mediterranean Chicken Pasta Salad, Fresh Fruit, French Bread with Seasoned Olive Oil Dip, and Mediterranean Lemon Cake.

Non-Diabetic Foot Care

Home Health United will be providing toenail clipping for non-diabetics on **Thursday, May 24** from 1:00-3:00 p.m. Cost is \$20. Advance appointments needed; call 251-8405.

Diabetes Group

Join the diabetes discussion group for supportive conversation at **2:00 p.m. on Thursday, May 24.**

The **South Madison Coalition office will be closed and no meals will be served on MEMORIAL DAY, MONDAY, MAY 28**