

Goodman Community Center


March 2011



Calendar for Older Adults, 60 & over

Welcome one & all!

Senior Striders	MON-FRI, 7-9 AM Walk in the gym after first checking in at the lobby. An ice-free, protected-from-the-elements, place to walk! Free. (Canceled when the center is closed.)
Saturday Euchre	3/5 3/19 4/2 4/16 5/7 6/11 7/9 8/13 9/10 12:30 PM dessert 9/24 10/1 10/22 11/5 11/19 12/3 12/17 1-3 PM cards, \$1
Special Event	Starkweather Seniors Write * * * a writing group led by Jamie Steckelberg Saturdays, March 5 th & April 2 nd 10:30 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	1 11:40 AM Lunch 12:30-2:30 PM Euchre \$1	2 10 AM Gentle Exercise 11:40 AM Lunch 12:45-2:30 PM Nickel Bingo	3 11:40 AM Lunch 1-3:30 PM Bridge 1-2:30 PM Philosophy...Wise	4 9 AM Walking Group 10:30 AM Coffee with Marlene 11:40 AM Lunch	Saturday, 3/5 10:30 AM Writing Group 1-3 PM Euchre (12:30 PM dessert) \$1
7 11:40 AM Lunch 12:30-2 PM Nickel Bingo	8 11:40 AM Lunch 12:30-2:30 PM Euchre \$1	9 10 AM Gentle Exercise <i>11 AM HospiceCare visit</i> 11:40 AM Lunch 12:45-2:30 PM Nickel Bingo	10 11:40 AM Lunch 1-3:30 PM Bridge 1-2:30 PM Philosophy...Wise	11 9 AM Walking Group 11:40 AM Lunch 12:45 PM St. Patrick's Day History & Trivia with Anna	<i>Bring your nickels & dollar bills!</i> <i>We do not have change.</i>
14 <i>11:30 AM UW Extension— Nutrition Education</i> 11:40 AM Lunch 12:30-2 PM Nickel Bingo	15 11:40 AM Lunch 12:30-2:30 PM Euchre \$1	16 10 AM Gentle Exercise 11:40 AM Lunch 12:45-2:30 PM Nickel Bingo	17 11:40 AM Lunch 1-3:30 PM Bridge 1-2:30 PM Philosophy...Wise	18 9 AM Walking Group 11:40 AM Lunch	Saturday, 3/19 1-3 PM Euchre (12:30 PM dessert) \$1
21/28 11:40 AM Lunch 12:30-2 PM Nickel Bingo	22/29 11:40 AM Lunch 12:30-2:30 PM Euchre \$1	23/30 10 AM Gentle Exercise 11:40 AM Lunch 12:45-2:30 PM Nickel Bingo	24/31 11:40 AM Lunch 1-3:30 PM Bridge 1-2:30 PM Philosophy...Wise	25 9 AM Walking Group 11:40 AM Lunch 12:45 PM WI Lore & Current Events with Anna	

Goodman Community Center

149 Waubesa Street, Madison, WI 53704

Marlene Storms, Older Adult Program Director
Anna Mirkin, Older Adult Program Intern

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Welcome one & all!

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Events 11 AM coffee and visiting time. 11:30 AM suggested arrival time for lunch. 11:40 AM tossed salad served, followed by the entrée <i>Lunch is by donation.</i>				
Monday-Friday, 7-9 AM: Senior Striders in the gym. Check in at lobby desk first. Free. An ice-free, protected from the elements, place to walk!				
12:30-2 PM Nickel Bingo <i>Bring nickels!</i>	12:30-2:30 PM Euchre <i>\$1 to play</i>	10 AM Gentle Exercise 12:45-2:30 PM Nickel Bingo <i>Bring nickels!</i>	1-3:30 PM Bridge 12:30-2:30 PM Philosophy for the Wise Class/ Discussion Group	9 AM Walking Group
Goodman Community Center www.goodmancenter.org			149 Waubesa Street, Madison, WI 53704 608/241-1574	



Welcome to our senior program and county meal site at Goodman Community Center.

Reservations: needed for transportation, but **not needed for the meal.**

Transportation is available in *certain* geographic areas, \$1 roundtrip. Must be 60 or over. Call for details—241-1574x232.

Cards: Bridge—Thursdays; Euchre—Tuesdays and two Saturdays/month

Senior Exercise Groups--Gentle Exercise on Wednesdays--by donation; drop in. **Walking Group** on Fridays, meet inside near front reception desk. **Senior Striders**, MON-FRI, first check in at lobby desk then head to gym.

Philosophy for the Wise: Popular and thought-provoking class and discussion group, Thursday after 11:40 AM.

Bingo: Mondays & Wednesdays—nickel per card. Four card max. Last game of the day is blackout bingo.

Special March Events

Friday, 3/4	Coffee with Marlene. Come share a cup of coffee and some conversation. A new, once a month event. 10:30 AM.
Saturday, 3/5	Starkweather Seniors Write —join us with some paper and an interest in writing. Jamie Steckelberg, Amherst Writers & Artists affiliate and MATC literature instructor, will lead this writing workshop, free. 10:30 AM.
Saturdays, 3/5 & 3/19	Senior euchre tournament from 1-3 PM, \$1 to play. Dessert and coffee served at 12:30 PM.
Wednesday, 3/9	Visiting time with Laura from Hospice Care , 11 AM.
Friday, 3/11	St. Patrick's Day History & Trivia with Anna, 12:45 PM
Monday, 3/14	UW Extension Nutrition Program , 11:30 AM.
Friday, 3/25	Wisconsin Lore & Current Events with Anna, 12:45 PM.