

Medicare & NVCC Appointments
 Available. Call Reception for schedule.

Weekly Activities Calendar

**Ping Pong, Billiards, and
Computer Lab open 9-4pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 Res. Exercise 10:00-11:00 Mix-It-Up 11:00-12:00 Line Dancing 11:15-12:45 Capital City Strummers 12:30-4:00 Mah Jongg 12:15-2:30 Karaoke Party 12:00-4:00 Game Day	9:00-1:00 Gems & Minerals 9:30-11:30 Paper Crafting 10:00-11:00 Mix-It-Up 10:00-11:00 Bible Study with Jim & Monica 10:00-11:30 Yoga 10:30-12:45 MMB Insurance 11:30-12:30 Yoga 12:00-1:00 Al Anon 12:00-4:00 Canasta 12:00-4:00 Game Day 1:00-2:30 Connections	9:00-11:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:30-4:00 Euchre 12:00-3:00 La Tea Da Knitters 5:00-6:30 Capitol City Cloggers 6:30-8:00 Al Anon	9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 10:00-11:30 Yoga 10:00-12:00 Cribbage 9:00-12:00 Scrapbooking 12:00-1:00 Al Anon 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:00-4:00 Canasta 1:00-2:00 Tai Chi Beginners 1:00-4:00 Wire Wrapping 1:15-3:15 Bingo 6:00-7:15 CODA	9:00-12:00 The Medicare Store 9:00-4:00 Welfare Office Hours 9:30-10:30 Res. Exercise 10:45-11:45 Chair Yoga 12:00-1:00 Overeaters Anon. 12:00-4:00 Game Day 12:30-4:00 2 Table Bridge 12:30-4:00 Mah Jongg 1:00-4:00 Bunco 1:00-4:00 Wire Wrapping

Special Events & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED Happy New Year	2 12:30-2:00 Tech Help with Kathleen (Birthday Friday will be celebrated next week)
5 10:00-12:00 Tech Help with Michelle	6 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help with Kathleen 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark	7 9:00-10:30 Care Chest 10:30-1:00 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	8 9:00-3:00 Nevada Legal (By appt) 10:00-12:00 Tech Help with Michelle	9 11:00-12:30 Birthday Friday 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
12 10:00-12:00 Tech Help with Michelle	13 10:00-11:00 Menu Committee 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Tenacious Women of the Eastern Sierra Part Two	14 9:00-11:30 Capital Quilters 11:00-12:00 1Care Hospice 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	15 10:00-12:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	16 10:30-11:30 A Better Way to Care: The Real Story of Hospice 12:00-1:00 Governing Board 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
19 CLOSED MLK Day	20 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark Call today to start making tax appointments	21 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	22 10:00-12:00 Tech Help with Michelle	23 10:30-11:45 Parkinson's Support Group 12:30-2:00 Tech Help with Kathleen
26 10:00-12:00 Tech Help with Michelle	27 10:00-11:00 Food Commodities 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:00-2:00 Advisory Council	28 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	29 10:00-12:00 Tech Help with Michelle 10:30-11:30 Carson City Roadrunners RV Club	30 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups

Carson City Senior Center Menu

January 2026

Menu subject to change without notice.

Suggested donation for age 60 & over is \$2.25. Those under age 13-59 must pay \$6.00, and under 12 must pay \$2.25.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</p> <p>On-Site (Congregate) Lunch:</p> <ul style="list-style-type: none"> • Lunch Served: 11-12:30 pm, Mon – Fri • To-Go Lunch Available Daily – Bring your containers. • Entrée Salad Available Most Days – instead of the day's meal for on-site lunch only. See the weekly menu for availability. 			1 <u>CLOSED</u> <u>HAPPY NEW</u> <u>YEAR!!!</u>	2 <u>Sloppy Joe on WW</u> <u>Bun</u> Baked Beans Steamed Baby Carrots Fruit Cocktail #34
5 <u>Tuna Sandwich w</u> <u>LTOP on WW</u> 3 Bean Salad Spiced Applesauce Apple Crisp	6 <u>Beef Stew</u> WW Noodles Garden Salad Fruit Cup #16	7 <u>Chicken Broccoli Rice</u> Beet Salad Diced Pears Bran Muffin #38	8 <u>Herb Crusted Pork</u> <u>Chop</u> Long Grain Wild Rice Peas House Salad Fresh Fruit	9 <u>HAPPY BIRTHDAY!</u> <u>Country Fried Steak</u> Mashed Potatoes Cali Veggie Blend Fruit Juice Cake & Ice Cream
12 <u>BBQ Chicken</u> Steamed Veggies Garden Salad Chantilly Cup Cookie WW Roll	13 <u>Vegetable Beef Soup</u> Tuna Macaroni Salad Tropical Fruit Cup WW Roll #19	14 <u>Sweet & Sour Pork</u> Brown Rice Pilaf Broccoli Colorful Salad Fresh Fruit WW Bread Fortune Cookie #51	15 <u>Fish Tacos</u> Roasted Corn Pico de Gallo Cole Slaw Fresh Fruit	16 <u>Chef Salad</u> Fresh Fruit Tomato Juice Three Bean Salad Cookie
19 <u>CLOSED</u> <u>MARTIN</u> <u>LUTHER KING</u> <u>JR DAY!!!</u>	20 <u>Creamy Cilantro</u> <u>Pork</u> Linguine Pasta Italian Veggies Carrot Salad Fruit Juice WW Roll	21 <u>Hot Turkey Sandwich</u> Peas & Carrots Tomato Salad Fresh Orange Spinach Salad Cookie #167	22 <u>Beef Stir Fry</u> Brown Rice Stir Fry Veggies Asian Garbanzo Bean Salad Fresh Oranges	23 <u>Honey Lemon</u> <u>Chicken</u> Penne Brussels Sprouts Garden Salad Fresh Fruit WW Bread #116
26 <u>Spaghetti W/ Meat</u> <u>Sauce</u> Steamed Italian Veggies House Salad Fresh Fruit WW Roll #39	27 <u>Clam Chowder</u> Ham Sandwich House Salad Fruit Juice	28 <u>Biscuit & Sausage</u> <u>Gravy</u> Breakfast Veggies Fresh Fruit Three Bean Salad Muffin	29 <u>Chicken Pasta</u> <u>Primavera</u> Colorful Salad Citrus Delight Garlic Bread #32	30 <u>Salisbury Steak</u> Mashed Potatoes Peas & Carrots Fresh Fruit WW Roll