

**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
<b>Don &amp; Nadine Dance Party – Postponed until February</b>  <b>Sunday Bingo – 2<sup>nd</sup> &amp; 4<sup>th</sup> Sundays</b> Doors open at 11am, play starts at 1pm			<b>1</b>  <b>CLOSED</b>  <b>Happy New Year</b>	<b>2</b> 12:30-2:00 Tech Help with Kathleen  <b>(Birthday Friday will be celebrated next week)</b>
<b>5</b> 10:00-12:00 Tech Help with Michelle	<b>6</b> 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	<b>7</b> 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	<b>8</b> 9:00-3:00 Nevada Legal (By appt) 10:00-12:00 Tech Help with Michelle	<b>9</b> 11:00-12:30 Birthday Friday 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
<b>12</b> 10:00-12:00 Tech Help with Michelle	<b>13</b> 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	<b>14</b> 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	<b>15</b> 10:00-12:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	<b>16</b> 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
<b>19</b>  <b>CLOSED</b>  <b>MLK Day</b>	<b>20</b> 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark  <b>Call today to start making tax appointments</b>	<b>21</b> 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	<b>22</b> 10:00-12:00 Tech Help with Michelle	<b>23</b> 10:30-11:45 Parkinson's Support Group 12:30-2:00 Tech Help with Kathleen
<b>26</b> 10:00-12:00 Tech Help with Michelle	<b>27</b> 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	<b>28</b> 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	<b>29</b> 10:00-12:00 Tech Help with Michelle 10:30-11:30 Carson City Roadrunners RV Club	<b>30</b> 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
<b>Milk:</b> On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. <b>On-Site (Congregate) Lunch:</b> <ul style="list-style-type: none"> <li>Lunch Served: 11-12:30 pm, Mon – Fri</li> <li>To-Go Lunch Available Daily – Bring your containers.</li> <li>Entrée Salad Available Most Days – instead of the day's meal for on-site lunch only. See the weekly menu for availability.</li> </ul>			<b>1</b>  <u><b>CLOSED</b></u> <u><b>HAPPY NEW</b></u> <u><b>YEAR!!!</b></u>	<b>2</b>  <u><b>Sloppy Joe on WW</b></u> <u><b>Bun</b></u> Baked Beans Steamed Baby Carrots Fruit Cocktail #34
<b>5</b>  <u><b>Tuna Sandwich w</b></u> <u><b>LTOP on WW</b></u> 3 Bean Salad Spiced Applesauce Apple Crisp	<b>6</b>  <u><b>Beef Stew</b></u> WW Noodles Garden Salad Fruit Cup #16	<b>7</b>  <u><b>Chicken Broccoli Rice</b></u> Beet Salad Diced Pears Bran Muffin #38	<b>8</b>  <u><b>Herb Crusted Pork</b></u> <u><b>Chop</b></u> Long Grain Wild Rice Peas House Salad Fresh Fruit	<b>9</b> <u><b>HAPPY BIRTHDAY!</b></u> <u><b>Country Fried Steak</b></u> Mashed Potatoes Cali Veggie Blend Fruit Juice Cake & Ice Cream
<b>12</b>  <u><b>BBQ Chicken</b></u> Steamed Veggies Garden Salad Chantilly Cup Cookie WW Roll	<b>13</b>  <u><b>Vegetable Beef Soup</b></u> Tuna Macaroni Salad Tropical Fruit Cup WW Roll #19	<b>14</b>  <u><b>Sweet &amp; Sour Pork</b></u> Brown Rice Pilaf Broccoli Colorful Salad Fresh Fruit WW Bread Fortune Cookie #51	<b>15</b>  <u><b>Fish Tacos</b></u> Roasted Corn Pico de Gallo Cole Slaw Fresh Fruit	<b>16</b>  <u><b>Chef Salad</b></u> Fresh Fruit Tomato Juice Three Bean Salad Cookie
<b>19</b>  <u><b>CLOSED</b></u> <u><b>MARTIN</b></u> <u><b>LUTHER KING</b></u> <u><b>JR DAY!!!</b></u>	<b>20</b>  <u><b>Creamy Cilantro</b></u> <u><b>Pork</b></u> Linguine Pasta Italian Veggies Carrot Salad Fruit Juice WW Roll	<b>21</b>  <u><b>Hot Turkey Sandwich</b></u> Peas & Carrots Tomato Salad Fresh Orange Spinach Salad Cookie #167	<b>22</b>  <u><b>Beef Stir Fry</b></u> Brown Rice Stir Fry Veggies Asian Garbanzo Bean Salad Fresh Oranges	<b>23</b>  <u><b>Honey Lemon</b></u> <u><b>Chicken</b></u> Penne Brussels Sprouts Garden Salad Fresh Fruit WW Bread #116
<b>26</b>  <u><b>Spaghetti W/ Meat</b></u> <u><b>Sauce</b></u> Steamed Italian Veggies House Salad Fresh Fruit WW Roll #39	<b>27</b>  <u><b>Clam Chowder</b></u> Ham Sandwich House Salad Fruit Juice	<b>28</b>  <u><b>Biscuit &amp; Sausage</b></u> <u><b>Gravy</b></u> Breakfast Veggies Fresh Fruit Three Bean Salad Muffin	<b>29</b>  <u><b>Chicken Pasta</b></u> <u><b>Primavera</b></u> Colorful Salad Citrus Delight Garlic Bread #32	<b>30</b>  <u><b>Salisbury Steak</b></u> Mashed Potatoes Peas & Carrots Fresh Fruit WW Roll