

**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 12:00-4:00 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 1:15-3:15 Bingo 6:00-7:15 CODA	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

## Special Events & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30-2:30 AARP Driver's Safety 10:00-1:00 Tech Help with Michelle	<b>3</b> 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help with Kathleen 11:00-12:30 Blind Support Group 2:00-4:00 Paint Party 2:00-4:00 Story Connections	<b>4</b> 9:00-10:30 Care Chest 10:30-1:00 Capital Quilters 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven	<b>5</b> 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	<b>6</b> 9:00-12:00 The Medicare Store 10:30-11:30 Heart Healthy Presentation 11:00-12:30 Birthday Friday 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
<b>9</b> 10:00-1:00 Tech Help with Michelle	<b>10</b> 10:00-11:00 Menu Committee 10:00-12:00 Tech Help with Kathleen 1:30-2:30 Living History: Obscure History of the Eastern Sierra Part Three 2:00-4:00 Story Connections	<b>11</b> 9:00-11:30 Capital Quilters 11:00-12:00 1Care Hospice 1:00-3:00 Tech Help with Jim 1:00-2:00 Diabetes Support Group	<b>12</b> 10:00-1:00 Tech Help with Michelle	<b>13</b> 9:00-12:00 The Medicare Store 12:30-2:00 Tech Help with Kathleen
<b>16</b> <b>CLOSED Presidents Day</b>	<b>17</b> 10:00-12:00 Tech Help with Kathleen 12:30-1:30 A Talk with Poets Teresa Breeden & Melanie Perish 2:00-4:00 Story Connections	<b>18</b> 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven	<b>19</b> 10:00-1:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	<b>20</b> 9:00-12:00 The Medicare Store 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
<b>23</b> 10:00-1:00 Tech Help with Michelle	<b>24</b> 10:00-11:00 Food Commodities 10:00-12:00 Tech Help with Kathleen 12:00-4:00 Jane's Bridge 1:00-2:00 Advisory Council 2:00-4:00 Story Connections 2:00-4:00 Calamity Jane History Program	<b>25</b> 9:00-11:30 Capital Quilters 1:00-3:00 Tech Help with Jim 2:30-4:00 Alzheimer's Support Group	<b>26</b> 10:00-1:00 Tech Help with Michelle 10:30-11:30 Carson City Roadrunners RV Club	<b>27</b> 9:00-12:00 The Medicare Store 10:30-11:45 Parkinson's Support Group 12:00-1:00 Governing Board 12:30-2:00 Tech Help with Kathleen

### Don & Nadine Dance Party – February 7

**Coming in March – Sign up now!**

- Taiko Drumming Classes
- Estate Planning

# Carson City Senior Center Menu

## February 2026

Menu subject to change without notice.

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

Monday	Tuesday	Wednesday	Thursday	Friday
2  <u>BBQ Chicken</u> Mashed Potatoes Mixed Veggies Fruit Juice Cookie	3  <u>Hamburger on WW Bun</u> Lettuce, Onion, Tomato Baked Beans Lettuce & Tomato Salad Fresh Fruit #136	4  <u>Sweet and Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fruit Juice Fortune Cookie	5  <u>Honey Apricot Chicken</u> Long Grain W. Rice Cali. Blend Veggies Fresh Fruit WW Roll #183	6  <u>Happy Birthday</u> <u>Seafood Louie Salad</u> Three Bean Salad Diced Peaches Fruit Juice Sourdough Bread Cake & Ice Cream
9  <u>Herbed Baked Chicken</u> Mashed Sweet Potatoes Steamed Veggies Applesauce WW Bread #73	10  <u>Creamy Tuscan Pork</u> Linguine Pasta Brussels Sprouts House Salad w Garbanzo Beans Apple WW Roll	11  <u>Chicken Noodle Soup</u> Waldorf & Cheddar Salad WW Crackers Yogurt Berry Cup Fruit Juice #94	12  <u>Seafood Bake</u> WW Shell Pasta Corn Lentil Salad Fruit Cup	13  <u>Teriyaki Chicken</u> White Rice Stir Fry Veggies Beet Salad Mandarin Oranges
16  <u><b>CLOSED</b></u> <u><b>PRESIDENTS</b></u> <u><b>DAY!</b></u>	17  <u>Tuna Casserole</u> Herbed Veggie Medley House Salad WW Bread Oatmeal Bar #56	18  <u>Black Bean Soup &amp; Mediterranean Salad</u> Banana Tomato Juice Corn Bread	19  <u>Honey Lemon Chicken</u> Penne Pasta Steamed Veggies House Salad Peaches WW Bread #116	20  <u>Shrimp &amp; Roasted Corn Chowder</u> Ham & Cheese Sandwich Three Bean Salad Grapes Tomato Juice
23  <u>Shrimp Alfredo</u> Fettucine Pasta Peas House Salad Fruit Cup	24  <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Chantilly Fruit Cup WW Bread Cookie #3	25  <u>Chef Salad W/ Garbanzo Beans</u> Mandarin Oranges V8 Juice Muffin	26  <u>Cranberry Chicken</u> Mashed Potatoes Broccoli V8 Juice Fruit Cup	27  <u>Baked Pork Chop</u> Baked Squash House Salad Baked Banana WW Bread #20

Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.

On-Site (Congregate) Lunch:

- Lunch Served: 11-12:30pm, 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 weekly menu for availability.)