

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
2 9:30-2:30 AARP Driver's Safety 10:00-1:00 Tech Help with Michelle	3 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	4 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	5 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	6 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
9 10:00-1:00 Tech Help with Michelle	10 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	11 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	12 10:00-1:00 Tech Help with Michelle	13 9:00-12:00 The Medicare Store 12:30-2:00 Tech Help with Kathleen
16 CLOSED Presidents Day	17 10:00-12:00 Tech Help with Kathleen 12:30-1:30 A Talk with Poets Teresa Breedon & Melanie Perish 2:00-4:00 Story Connections	18 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven	19 10:00-1:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	20 9:00-12:00 The Medicare Store 12:30-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
23 10:00-1:00 Tech Help with Michelle	24 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	25 9:00-11:30 Capital Quilters 1:00-3:00 Tech Help with Jim 2:30-4:00 Alzheimer's Support Group	26 10:00-1:00 Tech Help with Michelle 10:30-11:30 Carson City Roadrunners RV Club	27 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</u> <u>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</u> <u>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</u> <u>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>CLOSED</u> <u>PRESIDENTS</u> <u>DAY!</u>	17 <u>Tuna Casserole</u> Herbed Veggie Medley House Salad WW Bread Oatmeal Bar #56	18 <u>Black Bean Soup &</u> <u>Mediterranean Salad</u> Banana Tomato Juice Corn Bread	19 <u>Honey Lemon</u> <u>Chicken</u> Penne Pasta Steamed Veggies House Salad Peaches WW Bread #116	20 <u>Shrimp & Roasted</u> <u>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/</u> <u>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.)