

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 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	10:00-12:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 1:00-4:00 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> 10:00-1:00 Tech Help with Michelle 11:00-12:00 Music with Lunch Ukulele	<b>3</b> 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help w Ray 11:00-12:30 Blind Support Group 2:00-4:00 Story Connections 4:00-5:30 Taiko Drumming	<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 4:00-5:30 Estate Planning Workshop	<b>6</b> 9:00-12:00 The Medicare Store 10:30-11:30 Combatting Loneliness in Aging 11:00-12:30 Birthday Friday 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 w Ray 10:30-12:45 MMB Insurance 12:30-1:30 Poetry Talk 1:30-2:30 Living History: Lights...Camera...Sierras! 2:00-4:00 Story Connections 4:00-5:30 Taiko Drumming	<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> 9:00-4:00 <b>CLOSED</b> <b>Staff In-Service Training</b> 4:00-5:30 Estate Planning Workshop	<b>13</b> 9:00-12:00 The Medicare Store 10:30-11:30 1Care Hospice: Preventative Care	
<b>16</b> 10:00-1:00 Tech Help with Michelle	<b>17 Wear Green!</b> 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 12:30-1:30 A Talk with Chandler and Kendall Brown 2:00-4:00 Story Connections 2:00-3:00 The Power of Nutrition Talk 4:00-5:30 Taiko Drumming	<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 11:45-12:45 Chair Yoga 4:00-5:30 Estate Planning Workshop	<b>20</b> 9:00-12:00 The Medicare Store 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups	
<b>23</b> 10:00-1:00 Tech Help with Michelle	<b>24</b> 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 12:00-4:00 Jane's Bridge 1:00-2:00 Advisory Council 4:00-5:30 Taiko Drumming	<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 11:00-1:00 Doug See Medicare 11:45-12:45 Chair Yoga 4:00-5:30 Estate Planning Workshop	<b>27</b> 9:00-12:00 The Medicare Store 10:30-11:45 Parkinson's Support Group	
<b>30</b> 10:00-1:00 Tech Help with Michelle	<b>31</b> 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance	<b>Don &amp; Nadine Dance Party: March 7</b> <b>Sunday Bingo Returns – March 8 &amp; 22</b>			

# Carson City Senior Center Menu

## March 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
<b>2</b>  <u>Chicken Pasta Primavera</u> House Salad Citrus Delight Garlic Bread #32	<b>3</b>  <u>Cabbage &amp; Ham Stew</u> Diced Potatoes House Salad with Garbanzo Beans Diced Peaches WW Roll	<b>4</b>  <u>Beef Stir Fry</u> Steamed Brown Rice Beet Salad Mandarin Oranges Pudding	<b>5</b>  <u>Shepherd's Pie</u> Mixed Veggies Spinach Salad Muffin Fresh Fruit #29	<b>6</b> <u>HAPPY BIRTHDAY!</u> <u>Shrimp Scampi</u> Pasta Steamed Broccoli House Salad Fresh Banana WW Roll Ice Cream and Cake
<b>9</b>  <u>Pork Verde</u> Long Grain Wild Rice Cali Veggie Blend Fruit Juice Fresh Fruit	<b>10</b>  <u>Turkey Bean Soup</u> PB Banana Sandwich Chopped Spinach Melon Cup #24	<b>11</b>  <u>Chicken Parmesan</u> Fettucine Noodles Green Beans Tossed Salad Pineapple Chunks #184	<b>12</b>  <u>CLOSED STAFF IN SERVICE DAY!</u>	<b>13</b>  <u>Chicken Cordon Bleu</u> Rice Pilaf Steamed Peas House Salad Fresh Apple Cookie
<b>16</b>  <u>Ginger Garlic Glazed Pork</u> Jasmine Rice California Veg Blend Fresh Orange Pudding Cup	<b>17</b> <u>Happy St. Patrick's Day!</u> <u>Reuben Sandwich</u> Rye Bread Potato Salad House Salad Tomato Juice Fruit Cup  <u>Wear Green!</u>	<b>18</b>  <u>Beef Taco</u> Ranch Style Beans Mexicorn Tropical Fruit #55	<b>19</b>  <u>Swiss Steak</u> Egg Noodles Mixed Veggies Orange Spinach Salad Fresh Banana WW Roll #69	<b>20</b>  <u>Chicken Gumbo</u> Rice & Red Beans Green Beans Cornbread Fruit Juice Fruit Cup 60
<b>23</b>  <u>Sweet Chili Chicken</u> Brown Rice Stir Fry Veggies Pineapple Chunks Fruit Juice	<b>24</b>  <u>Sausage Patties</u> Cheese & Scallion Potato Puffs Onions & Peppers Fruit Juice Fruit Cup	<b>25</b>  <u>Asian Sesame Chicken</u> Brown Rice Stir Fry Veggies Pineapple Chunks House Salad Fortune Cookie	<b>26</b>  <u>Chef Salad</u> Lentil Soup Mandarin Oranges Muffin #59	<b>27</b>  <u>Baked Pork Chop W/ Mushroom Gravy</u> Baked Potato with Sour Cream Steamed Carrots House Salad Berry Cup #159
<b>30</b>  <u>Clam Chowder</u> <u>Turkey Sandwich</u> Steamed Lima Beans Fresh Fruit Pudding WW Roll	<b>31</b>  <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Fruit Cup WW Bread #3	<b>Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</b>  <b>On-Site (Congregate) Lunch:</b> <ul style="list-style-type: none"> <li>• Lunch Served: 11-12:30pm, Mon – Fri</li> <li>• To-Go Lunch Available Daily – Bring your containers.</li> </ul> <b>Entrée Salad Available Most Days – instead of the day's meal for on-site lunch only. (See weekly menu for availability.)</b>		