

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 Carson City Strummers 12:00-4:00 Game Day 12:15-2:30 Karaoke Party 12:30-4:00 Mah Jongg 1:00-2:00 Tai Chi Beginners	9:00-9:45 Pilates Mat Class 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	9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 10:00-12:00 Bridge Lessons 12:00-3:00 La Tea Da Knitters 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:00-4:00 Euchre 12:30-1:15 The Church Ladies 1:00-4:00 Dup. Bridge Game 5:00-6:30 Cap. City Cloggers 6:30-8:00 Al Anon	9:00-9:45 Pilates Mat Class 9:00-12:00 Scrapbooking 9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 10:00-11:30 Yoga 10:00-12:30 Cribbage 11:45-12:45 Chair Yoga 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	
1 9:30-2:30 AARP Drivers Safety Class 6:30-8:00 Capital Quilters	2 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 11:00-12:30 Blind Support Grp	3 9:00-10:30 Care Chest 10:30-12:30 GUIDE Program Information Table 12:00-1:00 Courtyard Garden Planting 1:00-3:00 Smiles from Heaven	4 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle (By appt)	5 9:00-11:00 Tech Help with Jim (By appt) 11:00-12:30 Birthday Friday 6:00-8:30 Capitol Cutups	
8	9 10:00-11:00 Menu Committee 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 Living History: Greetings from the Salton Sea...Expect the Unexpected 5:30-6:30 Medicare 101	10 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven	11 10:00-1:00 Tech Help with Michelle (By appt)	12 9:00-11:00 Tech Help with Jim (By appt) 6:00-8:30 Capitol Cutups	
15 10:00-11:30 Critical Thinking: Bias: The Mind's Blind Spots 6:30-8:00 Capital Quilters	16 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 11:00-1:00 JAC Bus Pass Renewals 12:30-1:30 A Talk with NV Tami	17 9:00-11:00 JAC Bus Pass Renewals 1:00-3:00 Smiles from Heaven	18 10:00-1:00 Tech Help with Michelle (By appt)	19 CLOSED Juneteenth	
22	23 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 1:00-2:00 Advisory Council 6:30-7:30 Living History: Jackpots and Trailblazers... Reno's Casino Legacy	24 9:00-11:30 Capital Quilters 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	25 10:00-1:00 Tech Help with Michelle (By appt)	26 10:30-11:30 Are You Ready? Emergency Preparedness Workshop 10:30-11:45 Parkinson's Support Group 12:00-1:00 Governing Board 12:30-1:30 Book & Poetry Talk with Glade Myler 6:00-8:30 Capitol Cutups	
29	30 10:00-12:00 Tech Help w Ray	Don & Nadine Dance Party – June 6 at 6:00 p.m. Sunday Bingo – June 14 & June 28 JAC Bus Pass Renewals – June 16, 11-1:00 p.m., June 17, 9-11:00 a.m.			

Carson City Senior Center Menu

June 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
1 <u>Chicken Gumbo</u> Rice & Red Beans Green Beans Fruit Cup #142	2 <u>Swedish Meatballs</u> Egg Noodles Peas & Carrots Fresh Fruit	3 <u>Chile Relleno</u> <u>Casserole</u> Spanish Rice Refried Beans Mexicorn	4 <u>Tuna Salad Sandwich</u> House Salad Fruit Juice Beet Salad	5 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Chantilly Cup WW Bread Cake & Ice Cream #3
8 <u>Chicken Parm</u> Fettucine Pasta Mixed Veggies Fruit Juice WW Roll	9 <u>Herb Crusted Pork</u> Baked Yam Green Beans Pear Cup WW Roll #179	10 <u>Seafood Louie Salad</u> Fruit Cup Three Bean Salad Sourdough Bread	11 <u>Turkey Stir Fry</u> Jasmine Rice Stir Fry Veggies Fresh Fruit	12 <u>Spaghetti W/ Meat</u> <u>Sauce</u> Zucchini Colorful Salad Mandarin Oranges WW Bread #39
15 <u>Sauerbraten</u> Baked Yam Hot German Slaw Applesauce #31	16 <u>Mediterranean Salad</u> Pineapple Chunks Tomato Juice WW Roll	17 <u>Chicken w/ Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies WW Bread Yogurt Peaches #103	18 <u>Father's Day</u> <u>BBQ Ribs</u> Baked Beans Corn Coleslaw	19 <u>CLOSED</u> <u>JUNETEENTH!!!</u>
22 <u>Beef Tacos</u> Ranch Style Beans Mexicorn Tropical Fruit Cup #55	23 <u>Baked Pork Chop</u> <u>with Mushroom</u> <u>Gravy</u> Baked Potato with Sour Cream Steamed Peas & Carrots Cookie	24 <u>BBQ Chicken</u> Acorn Squash Cucumber Salad Biscuit Chantilly Cup #72	25 <u>Steak Strips</u> <u>Smothered in Onion</u> <u>Gravy</u> Italian Veggie Blend Fresh Apple WW Roll	26 <u>Turkey Swiss</u> <u>Sandwich</u> Potato Salad Fruit Juice Tomato Salad WW Hoagie Roll
29 <u>Southwest Penne &</u> <u>Chicken</u> Squash Breadstick Citrus Delight #169	30 <u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Fruit Juice Fortune Cookie	Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch: <ul style="list-style-type: none"> • 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.) 		