

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 AI 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: Bible Alive 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 AI 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 AI 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	
3 10:00-12:00 Tech Help with Riley 6:30-8:00 Capital Quilters	4 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	5 9:00-10:30 Care Chest 10:30-12:30 GUIDE Program Information Table 1:00-3:00 Smiles from Heaven	6 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle (By appt)	7 9:00-11:00 Tech Help with Jim (By appt) 11:00-12:30 Birthday Friday 6:00-8:30 Capitol Cutups	
10 10:00-12:00 Tech Help with Riley 10:30-11:30 Medicare Class	11 10:00-11:00 Menu Committee 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 History Program: Mystery, Money & Maelstrom 5:30-6:30 Medicare 101	12 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven	13 10:00-1:00 Tech Help with Michelle (By appt)	14 9:00-11:00 Tech Help with Jim (By appt) 6:00-8:30 Capitol Cutups Saturday, August 15 11-2 pm Celebration & Open House 	
17 10:00-12:00 Tech Help with Riley 6:30-8:00 Capital Quilters	18 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 12:30-1:30 A Talk with Silver State Chautauqua: Bringing History to Life	19 1:00-3:00 Smiles from Heaven	20 10:00-1:00 Tech Help with Michelle (By appt)	21 9:00-11:00 Tech Help with Jim (By appt) 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups	
24 10:00-12:00 Tech Help with Riley 10:30-12:30 Carson City Library 10:30-11:30 Medicare Class	25 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	26 9:00-11:30 Capital Quilters 11:00-12:00 Valage Senior Living Information Table 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	27 10:00-1:00 Tech Help with Michelle (By appt)	28 9:00-11:00 Tech Help with Jim (By appt) 10:30-11:45 Parkinson's Support Group 6:00-8:30 Capitol Cutups	
31 10:00-12:00 Tech Help with Riley	Don & Nadine Dance Party – August 8 at 6:00 p.m. Sunday Bingo – Sunday, August 9 & Sunday, August 23				

Carson City Senior Center Menu

August 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
3 <u>Beef Ragu</u> Egg Noodles Steamed Spinach Sliced Pears WW Breadstick	4 <u>Shredded Turkey</u> <u>Fajitas</u> Spanish Rice Ranch Style Beans Chopped Spinach Pineapple Chunks #17	5 <u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Mandarin Oranges Fortune Cookie	6 <u>Cranberry Glazed</u> <u>Chicken</u> Long Grain & Wild Rice House Salad Green Beans Mandarin Oranges #163	7 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed Potatoes Peas & Carrots Creamy Tomato Salad WW Roll Cake & Ice Cream
10 <u>Baked Pork Chops</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Banana #110	11 <u>BBQ Pulled Chicken</u> <u>Sandwich</u> Coleslaw Squash Three Bean Salad	12 <u>Tilapia W/ Lemon</u> <u>Garlic Sauce</u> Rotini Pasta Steamed Broccoli Fresh Oranges	13 <u>Cheeseburger W/</u> <u>LTOP</u> Baked Beans Corn Watermelon WW Bun	14 <u>Chicken w/ Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103
17 <u>Chili Cheese Baked</u> <u>Potato</u> Steamed Peas Fresh Apples Cookie	18 <u>Italian Sausage</u> Peppers & Onions Elbow Macaroni Pasta Broccoli House Salad Banana #9	19 <u>Chicken Cacciatore</u> 4 Way Veggies Watermelon WW Breadstick Peach Crisp	20 <u>Italian Rice & Beef</u> Steamed Carrots Tossed Salad Applesauce WW Roll #124	21 <u>Seafood Louie Salad</u> Three Bean Salad Sourdough Bread Fruit Juice
24 <u>Chicken Pasta</u> <u>Alfredo</u> Steamed Broccoli Fresh Orange WW Breadstick	25 <u>Apple Topped Pork</u> <u>Chop</u> Baked Sweet Potato House Salad W/ Garbanzo Beans Mandarin Oranges WW Bread #151	26 <u>Beef Stroganoff</u> Egg Noodles Squash Cucumber Salad Fresh Apple #108	27 <u>Herbed Baked</u> <u>Chicken</u> Mashed Sweet Potatoes Herbed Veggie Blend Spiced Applesauce WW Bread #73	28 <u>Pancakes</u> Scrambled Eggs Breakfast Sausage Breakfast Potatoes Orange Juice Sliced Bananas
31 <u>Tuna Salad Sandwich</u> Three Bean Salad Tomato Juice Fresh Fruit WW Bread	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.)			