

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 Rhythm Rockers 11:00-12:00 Line Dancing 12:30-1:30 Dance Fit 12:30-4:00 Mah Jongg 1:15-2:15 Better Breathers 1:45-2:45 Yoga Flow	9:00-1:00 Gems & Minerals 9:00-11:00 Duplicate Practice 10:00-11:30 Yoga 10:00-11:00 Rhythm Rockers 12:00-1:00 Al Anon 12:00-4:00 Canasta	9:30-10:30 Res. Exercise 10:00-11:00 Bible Study 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 1:00-4:00 La Tea Da Knitters 1:15-2:15 Better Breathers 5:30-6:30 Capitol City Cloggers 6:30-8:00 Al Anon	9:00-1:00 Gems & Minerals 10:00-11:00 Rhythm Rockers 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 Canasta 1:00-3:00 Gin Rummy 1:15-3:15 Bingo 6:00-7:15 CODA 6:30-7:30 Meditation Training	9:00-10:00 Jazzercise 9:30-10:30 Res. Exercise 12:00-1:00 Overeaters Anon. 12:00-4:00 2 Table Bridge 12:30-4:00 Mah Jongg 1:00-4:00 Bunco

Special Events & Activities

Don & Nadine Dance Party & Potluck, Saturday, Sept 2, 6:00-9:00pm

Sunday Bingo, Sunday Sept 10 and 24

Flu Shot Clinic, Tuesday, Sept 26, 9-11am

Follies in Outer Space, Saturday, Sept 30 at 6pm & Sunday, Oct 1 at 1pm

Medicare Open House, Tuesday, Oct 3

1

11:00-2:00 Blind Support Group
 10:30-12:30 Aetna Health
 11:00-12:30 Birthday Friday

**HAPPY
BIRTHDAY!**

6:30-9:00 Capitol Cutups

4

**CLOSED
for
Labor Day**

5

12:00-4:00 Maria's Bridge

6

9:00-10:30 Care Chest
 10:30-12:30 Alzheimer's
 Savvy Caregiver
 11:30-1:00 Northern Nevada
 Legal Aid
 1:00-3:00 Smiles from Heaven

7

10:00-2:00 Nevada Legal
 (By appt)

8

11:00-1:00 ATRIO Medicare
 6:30-9:00 Capitol Cutups

11

9:00-10:00 Produce on Wheels
 9:30-2:30 AARP Drivers
 Education
 1:00-3:00 Beta Sigma Phi

12

12:30-3:30 Omicron Master

13

9:00-12:00 Capital Quilters
 10:30-12:30 Alzheimer's
 Savvy Caregiver
 1:00-2:00 Diabetes Support
 Group

14

15

10:30-1:00 Voter Registration
 11:00-11:30 Dining Room
 Reopening Ribbon Cutting
 12:00-2:00 Governing Board
 6:30-9:00 Capitol Cutups

18

9:00-10:00 Produce on Wheels
 6:30-8:00 Capital Quilters

19

12:00-4:00 Maria's Bridge

20

9:00-12:00 Capital Quilters
 10:30-12:30 Alzheimer's
 Savvy Caregiver
 2:00-4:00 Volunteer
 Appreciation

21

22

11:00-1:00 ATRIO Medicare
 6:30-9:00 Capitol Cutups

25

1:00-3:00 LGBTQ+ Support
 Group
 1:00-3:00 Beta Sigma Phi

26

9:00-11:00 Flu Shot Clinic
 10:00-11:00 Food Commodities
 12:30-3:30 Omicron Master
 1:00-3:00 Advisory Council

27

10:00-12:00 Nation's Finest
 10:30-12:30 Alzheimer's
 Savvy Caregiver
 2:30-4:00 Alzheimer's Support
 Group

28

1:30-3:00 Leisure Hour

29

6:30-9:00 Capitol Cutups

Carson City Senior Center Menu

September 2023

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested donation for age 60 & over is \$2.25. Those under 60 must pay \$6.00</p> <p>Milk: On-site (Congregate) 8oz served daily; Meals on Wheels receive half gallon delivered weekly</p> <p style="text-align: center;">On-Site Lunch:</p> <p style="text-align: center;">To-Go Pickup – Bring your containers and check-in for more information.</p> <p style="text-align: center;">Choice Entrée – We will test a few options to see how to best offer choices to the on-site menu.</p>				<p>1</p> <p><u>HAPPY BIRTHDAY!</u></p> <p><u>Country Fried Steak</u></p> <p>Mashed Potatoes</p> <p>Cali Veggie Blend W/</p> <p>Lima Beans</p> <p>Fruit Cocktail</p> <p>Cake & Ice Cream</p>
<p>4</p> <p><u>CLOSED LABOR DAY!!!</u></p>	<p>5</p> <p><u>Sweet & Sour Pork</u></p> <p>Jasmine Rice</p> <p>Stir Fry Veggies</p> <p>Mandarin Oranges</p> <p>Fortune Cookie</p>	<p>6</p> <p><u>Chicken w/ Orange Sauce</u></p> <p>Mashed Potatoes</p> <p>Mixed Veggies</p> <p>House Salad</p> <p>Diced Peaches</p> <p>WW Bread</p> <p>#103</p>	<p>7</p> <p><u>Honey Lemon Chicken</u></p> <p>Penne Pasta</p> <p>Green Beans</p> <p>House Salad</p> <p>Fresh Fruit</p> <p>WW Bread</p> <p>#116</p>	<p>8</p> <p><u>Hot Turkey Sandwich</u></p> <p>Peas & Carrots</p> <p>Fresh Orange</p> <p>Spinach Salad</p> <p>Cookie</p>
<p>11</p> <p><u>Veggie Omelet & Sausage Links</u></p> <p>Country Style Potatoes</p> <p>Diced Peaches</p> <p>Muffin</p>	<p>12</p> <p><u>Chicken Gumbo</u></p> <p>Rice & Beans</p> <p>Steamed Veggies</p> <p>Colorful Salad</p> <p>Cookie</p>	<p>13</p> <p><u>Baked Pork Chops</u></p> <p>Mashed Sweet Potatoes</p> <p>Steamed Green Beans</p> <p>Mixed Green Salad</p> <p>Fresh Fruit</p> <p>WW Roll</p> <p>#110</p>	<p>14</p> <p><u>BBQ Chicken Sandwich</u></p> <p>WW Bun</p> <p>Baked Beans</p> <p>Steamed Peas & Carrots</p> <p>Fresh Fruit</p>	<p>15</p> <p><u>Dining Room Ribbon Cutting Event</u></p> <p><u>Seafood Louie Salad</u></p> <p>V8 Juice</p> <p>Tropical Fruit</p> <p>Sourdough Bread</p> <p>Pudding</p>
<p>18</p> <p><u>Teriyaki Chicken</u></p> <p>Brown Rice</p> <p>Green Beans</p> <p>Pineapple Chunks</p> <p>Apple Crisp</p>	<p>19</p> <p><u>Beef Stew</u></p> <p>Egg Noodles</p> <p>Steamed Veggies</p> <p>Fruit Cup</p> <p>#16</p>	<p>20</p> <p><u>Chicken Cacciatore</u></p> <p>4 Way Veggies</p> <p>Fresh Fruit</p> <p>Garlic Breadstick</p> <p>Brownie</p>	<p>21</p> <p><u>Italian Rice & Beef</u></p> <p>Steamed Carrots</p> <p>House Salad</p> <p>Spiced Applesauce</p> <p>WW Roll</p> <p>#124</p>	<p>22</p> <p><u>Chicken Alfredo</u></p> <p>Fettucine Noodles</p> <p>Steamed Peas & Carrots</p> <p>Diced Pears</p> <p>Cookie</p>
<p>25</p> <p><u>Beef Stroganoff</u></p> <p>Egg Noodles</p> <p>Chef Cut Veggie</p> <p>House Salad</p> <p>Fresh Apple</p> <p>#108</p>	<p>26</p> <p><u>Turkey Sandwich W/ Lettuce & Tomato</u></p> <p>Tomato Soup</p> <p>House Salad</p> <p>Fruit Cocktail</p> <p>Cookie</p>	<p>27</p> <p><u>Beef Enchilada</u></p> <p>Refried Beans</p> <p>Mexicorn</p> <p>Spanish Rice</p> <p>Jell-O</p>	<p>28</p> <p><u>Cheeseburger w/ LTOP</u></p> <p>WW Bun</p> <p>Baked Beans</p> <p>Steamed Corn</p> <p>Fresh Orange</p> <p>Cookie</p> <p>#136</p>	<p>29</p> <p><u>Meatloaf</u></p> <p>Mashed Potatoes</p> <p>Corn</p> <p>House Salad</p> <p>WW Roll</p>