

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 10:00-11:30 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 2:00-4:00 Backgammon	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 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 6:00-8:30 Capitol Cutups

Special Events & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 9:00-10:30 Care Chest 1:00-3:00 Smiles from Heaven	3 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle (By appt)	4 9:00-11:00 Tech Help with Jim (By appt) 10:30-12:30 Emergency Preparedness in the Lobby 11:00-12:30 Birthday Friday
7 CLOSED LABOR DAY	8 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: All Aboard! Steel Rails of the Silver State	9 9:00-11:30 Capital Quilters 10:00-11:30 Estate Planning 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven	10 10:00-1:00 Tech Help with Michelle (By appt)	11 9:00-11:00 Tech Help with Jim (By appt) 11:00-12:00 Navigating the Healthcare System Follies is this Weekend!
14 9:00-11:00 Tech Help with Riley (by appt) 9:30-2:30 AARP Drivers Safety 1:00-4:00 Tech Help with Riley (by appt)	15 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 12:30-1:30 A Talk with The Power of Zero 2:00-3:00 Nutrition in the News	16 10:00-11:30 Estate Planning 1:00-3:00 Smiles from Heaven	17 10:00-1:00 Tech Help with Michelle (By appt) 10:00-11:30 Brain Health – Strategies to Keep You Sharp	18 9:00-11:00 Tech Help with Jim (By appt) 12:00-1:00 Governing Board
21 9:00-11:00 Tech Help with Riley (by appt) 10:30-11:30 Medicare Class 1:00-4:00 Tech Help with Riley (by appt) 6:30-8:00 Capital Quilters	22 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	23 9:00-11:30 Capital Quilters 10:00-11:30 Estate Planning 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	24 10:00-1:00 Tech Help with Michelle (By appt)	25 9:00-11:00 Tech Help with Jim (By appt) 10:30-11:45 Parkinson's Support Group
28 9:00-11:00 Tech Help with Riley (by appt) 10:30-11:30 Medicare Class 1:00-4:00 Tech Help with Riley (by appt)	29 10:00-12:00 Tech Help w Ray	30 10:00-11:30 Estate Planning 2:00-5:00 Preparedness Fair at the Community Center Gym (not at the Senior Center)	Don & Nadine Dance Party – Sept 5 at 6:00 p.m. Follies Show – Sept. 11, 12, & 13 Sunday Bingo – Sun., Sept 13 & Sun., Sept 27	

Carson City Senior Center Menu

September 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>Pepperoni Flatbread</u> <u>Pizza</u> House Salad Watermelon Tomato Juice Cookie	2 <u>Lemon Baked Fish</u> Brown Rice Peas House Salad Grapes WW Bread #161	3 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans WW Roll Fresh Apple #110	4 <u>Chicken Cordon Bleu</u> Rice Pilaf Cali Veggie Blend W/ Lima Beans Fresh Orange Cake & Ice Cream
7 <u>CLOSED LABOR DAY!!!!</u>	8 <u>Mongolian Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie	9 <u>BBQ Chicken</u> Steamed Squash Chantilly Cup Apple Crisp WW Roll #72	10 <u>Pepper Steak</u> Brown Rice Broccoli Berry Cup WW Roll Cookie #135	11 <u>Country Fried Steak</u> Mashed Potatoes Peas & Carrots Fruit Cocktail Jell-O WW Roll
14 <u>Fish Taco</u> Black Beans Coleslaw Fruit Juice Brownie	15 <u>Italian Beef Bake</u> Italian Veggies with Lima Beans House Salad Tropical Fruit Cup WW Roll	16 <u>Pork Chop W/ Mushroom Gravy</u> Baked Potato & Sour Cream Steamed Carrots Berry Cup #159	17 <u>Herbed Chicken</u> Mashed Sweet Potatoes Vegetable Medley Pears Peach Crisp #73	18 <u>Reuben Sandwich</u> Tater Tots Veggie Blend Cottage Cheese Fresh Fruit
21 <u>Chicken Tenders</u> Macaroni & Cheese Green Beans Fresh Apple WW Roll Banana Bread Cookies	22 <u>Tuna Casserole</u> Steamed Cali Veggies Fresh Fruit WW Bread #177	23 <u>Beef Nacho Casserole</u> Spanish Rice Frijoles Charros Orange Spinach Salad Fresh Fruit #145	24 <u>Turkey, Bacon, & Avocado Sandwich</u> Three Bean Salad Fruit Juice Pudding	25 <u>Pork Verde</u> Red Beans & Rice Corn Fresh Fruit WW Bread Cherry Crisp
28 <u>Seafood Louie Salad</u> Three Bean Salad Diced Peaches Sourdough Bread Cookies	29 <u>Chicken Parmesan</u> Fettucine Noodles Green Beans Pineapple Chunks Banana Bread	30 <u>Salisbury Steak</u> Herbed Jasmine Rice Cali. Veggie Blend House Salad Fruit Cup	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.)	