

Medicare & NVCC Appointments Available. Call Reception for schedule.		Weekly Activities Calendar		Ping Pong, Billiards, and Computer Lab open 9-4pm	
MONDAY		TUESDAY		WEDNESDAY	
9:30-10:30 Res. Exercise 10:00-11:00 Rhythm Rockers 11:00-12:00 Line Dancing 12:30-4:00 Mah Jongg 1:15-2:15 Better Breathers		9:00-1:00 Gems & Minerals 10:00-11:30 Yoga 11:30-12:30 Yoga 10:00-11:00 Rhythm Rockers 12:00-1:00 Al Anon 12:00-4:00 Canasta		9:00-11:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 1:00-3:00 La Tea Da Knitters 1:15-2:15 Better Breathers 5:30-6:30 Capitol City Cloggers 6:30-8:00 Al Anon	
THURSDAY		FRIDAY			
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		9:30-10:30 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					
1 CLOSED HAPPY NEW YEAR 2024 HAPPY NEW YEAR		2 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group		3 9:00-10:30 Care Chest 10:45-12:30 Capital Quilters 1:00-3:00 Smiles from Heaven	
4 10:00-2:00 Nevada Legal (By appt)		5 10:30-12:30 Aetna Health 11:00-12:30 Birthday Friday HAPPY BIRTHDAY! 6:30-9:00 Capitol Cutups			
8 9:00-10:00 Produce on Wheels		9 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-4:00 Maria’s Bridge 12:30-3:30 Omicron Master		10 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group	
11		12 6:30-9:00 Capitol Cutups			
15 CLOSED MARTIN LUTHER KING DAY		16 10:30-12:30 Alignment Health 1:00-2:30 Connections Today, we’re scheduling Tax Appointments for Feb. 5 thru April 10		17 10:00-12:00 Nation’s Finest 1:00-3:00 Smiles from Heaven	
18		19 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 6:30-9:00 Capitol Cutups			
22 12:15-1:15 Dance Fit 1:30-1:30 Yoga Flow		23 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-4:00 Maria’s Bridge 12:30-3:30 Omicron Master 1:00-2:00 Advisory Council		24 9:00-12:00 Capital Quilters 2:30-4:00 Alzheimer’s Support Group	
25		26			
29 12:15-1:15 Dance Fit 1:30-1:30 Yoga Flow		30 12:30-1:30 Poet, Kathy Nelson		31 Don & Nadine Dance Party & Potluck Saturday, January 6, 6-9pm Sunday Bingo Sunday, January 14 & Sunday, January 28	

Carson City Senior Center Menu

January 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>CLOSED</u> <u>New Years</u> <u>Day!!!</u>	2 <u>Seafood Bake</u> Peas & Carrots House Salad Pineapple Chunks Brownie with Carmel Drizzle	3 <u>Honey Lemon</u> <u>Chicken</u> Penne Pasta Green Beans House Salad Sliced Peaches WW Bread #116	4 <u>Chicken w/ Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103	5 <u>HAPPY BIRTHDAY!</u> <u>Spaghetti w/ Meat</u> <u>Sauce</u> Steamed Peas House Salad Diced Pears WW Roll Cake & Ice Cream
8 <u>BBQ Chicken</u> Brown Rice Green Beans House Salad Berries on a Cloud	9 #110 <u>Baked Pork Chops</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Applesauce	10 <u>Sloppy Joe on WW</u> <u>Bun</u> Baked Beans Baby Carrot Fruit Cocktail #34	11 <u>Baked Pollock</u> Rice Pilaf 4 Way Veggies Fresh Apple Pudding	12 <u>Beef Enchilada</u> Refried Beans Mexicorn Spanish Rice Apple Crisp
15 <u>CLOSED</u> <u>Martin Luther</u> <u>King Day!!!</u>	16 #161 <u>Lemon Baked Fish</u> Brown Rice Green Beans Tossed Salad Fresh Orange WW Bread	17 <u>Chicken Cacciatore</u> 4 Way Veggies Applesauce Garlic Breadstick Peach Crisp	18 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt #152	19 <u>Meatloaf</u> Mashed Potatoes Corn House Salad w/Garbanzo Beans WW Roll
22 <u>Beef Stroganoff</u> Egg Noodles Chef Cut Veggie Orange Spinach Salad Fresh Apple #108	23 <u>Turkey Sandwich</u> Tomato Soup Three Bean Salad Sliced Pears Jell-O	24 <u>Beef Taco</u> Coleslaw Green Beans Sliced Peaches Cookie	25 #136 <u>Cheeseburger w/</u> <u>LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding	26 <u>Chicken Cordon Bleu</u> Rice Pilaf Peas House Salad Fresh Orange Apple Pie Delight
29 <u>Chili Cheese Baked</u> <u>Potato</u> Steamed Peas House Salad Fruit Cocktail Cookie	30 <u>Tuna Casserole</u> House Salad Mango Chunks WW Bread #177	31 <u>Beef Teriyaki</u> Jasmine Rice Broccoli Asian Chickpea Salad WW Bread Mandarin Oranges #27	Suggested donation: \$2.25 - 60 & over; Fee: \$6.00 – 59 & under Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch Options: <ul style="list-style-type: none"> To-Go Lunch Available Daily – Bring your containers. Entrée Salad Available – instead of the day's meal (on-site lunch only) [excludes Birthday Friday & Holiday Meals]. Lunch Served: 11-12:30pm, Mon – Fri 	