

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 Capital City Strummers 12:30-4:00 Mah Jongg 12:15-2:30 Karaoke Party 12:00-4:00 Game Day	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 10:30-12:45 MMB Insurance 11:30-12:30 Yoga 12:00-1:00 Al Anon 12:00-4:00 Canasta 1:00-2:30 Connections	9:00-11:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 1:00-3:00 La Tea Da Knitters 5:00-6:30 Capitol City Cloggers 6:30-8:00 Al Anon	9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 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 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. 12:30-4:00 2 Table Bridge 12:30-4:00 Mah Jongg 1:00-4:00 Bunco	
Special Events & Activities					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Don & Nadine Dance Party – Saturday, October 4, 6-9 p.m.		1 9:00-10:30 Care Chest 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	2 9:00-3:00 Nevada Legal (By appt)	3 11:00-12:30 Birthday Friday 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups	
6	7 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help with Kathleen 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane’s Bridge 2:00-4:00 Paint Party	8 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	9	10 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups	
13 6:30-8:00 Capital Quilters	14 10:00-11:00 Menu Committee 12:00-2:00 Tech Help w Mark 1:00-4:00 Digital Skills 1:30-2:30 Living History: Obscure History of the Eastern Sierra - Part Two	15 12:00-2:00 Tech Help w Mark 1:00-2:00 Volunteer Training 1:00-3:00 Smiles from Heaven 1:00-4:00 Digital Skills	16 1:00-4:00 Digital Skills	17 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups	
20	21 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane’s Bridge 12:30-1:30 A Talk with Heather Segale	22 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer’s Support Group	23 9:00-3:00 Nevada Legal (By appt)	24 10:00-4:00 Health Steps Fall Prevention Workshop 10:30-11:45 Parkinson’s Support Group	
27	28 10:00-11:00 Food Commodities 12:00-2:00 Tech Help w Mark 1:00-3:00 Advisory Council	29 12:00-2:00 Tech Help w Mark	30	31 CLOSED NEVADA DAY Happy Halloween	

Carson City Senior Center Menu

October 2025

Menu subject to change without notice.

Suggested donation for age 60 & over is \$2.25. Those under 60 must pay \$6.00.

Monday	Tuesday	Wednesday	Thursday	Friday
Milk: <ul style="list-style-type: none"> 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 containers Entrée Salad Available – instead of the day's meal (on-site lunch only) [see posted menu in Dining Room for excluded days]. Lunch Served: 11-12:30 pm, Mon – Fri 		1 <u>Honey Lemon Chicken</u> Penne Pasta Brussel Sprouts Garden Salad Sliced Peaches WW Bread #116	2 <u>Tuna Casserole</u> Steamed Cali Veggies Colorful Salad Mango Chunks WW Bread #177	3 <u>HAPPY BIRTHDAY!</u> <u>Chicken Cordon Bleu</u> Rice Pilaf Peas House Salad w/Garbanzo Beans Fresh Orange Cake & Ice Cream
6 <u>Veggie Omelet & Sausage Links</u> Cottage Cheese Fresh Fruit WW English Muffin V8 Juice	7 <u>Baked Cod</u> Rice Pilaf Garden Veggies Fresh Apple Pudding	8 <u>Sloppy Joe on WW Bun</u> Baked Beans Steamed Baby Carrots Fruit Cocktail #34	9 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Banana #110	10 <u>Chicken Broccoli Rice</u> Steamed Peas Mango Cup Pudding
13 <u>Tuna Salad</u> Minestrone Soup Pita Bread Cookie #8	14 <u>Hawaiian Pork & Rice</u> Stir Fry Veggies House Salad Tropical Fruit WW Roll	15 <u>Chicken Cacciatore</u> Steamed Broccoli Applesauce Garlic Breadstick Peach Crisp	16 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt #152	17 <u>Southwest Pork Salad</u> Fresh Fruit V8 Juice Cookie WW Roll
20 <u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103	21 <u>Shredded Chicken Nachos</u> Black Beans Corn Spanish Rice Pico de Gallo Fruit Cup	22 <u>Hamburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136	23 <u>Tomato Soup</u> Turkey Sandwich Three Bean Salad Sliced Pears Jell-O	24 <u>Meatloaf</u> Mashed Potatoes Broccoli House Salad w/Garbanzo Beans WW Roll Apple Crisp
27 <u>Chef Salad</u> Lentil Soup Mandarin Oranges Oatmeal Square #59	28 <u>BLT</u> 3 Bean Salad Cottage Cheese w/Pineapple Cranberry Juice Pudding WW Bread	29 <u>Lemon Baked Fish</u> Brown Rice Peas Tossed Salad Fresh Fruit WW Bread #161	30 <u>Garlic Ginger Glazed Pork</u> Mashed Sweet Potatoes Steamed Green Beans Pineapple Chunks WW Roll	31 <u>CLOSED</u> <u>NEVADA</u> <u>DAY!!!</u>