CARSON CITY SENIOR CENTER

November 2026

Visit us online:
carsoncityseniorcenter.org

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	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 4:30-5:30 Beg. Clogging 5:30-6:30 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

Special Events & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-11:00 Tech Help with Riley (by appt) 9:30-2:30 AARP Driver's Safety 10:30-12:30 Medicare Store 1:00-4:00 Tech Help with Riley (by appt) 6:30-8:00 Capital Quilters	**3** 9:00-11:00 Mobile Harvest 10:00-11:30 Healing w Nut. 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 11:00-12:30 Blind Support Grp 2:00-3:30 Writing Class	**4** 9:00-10:30 Care Chest 9:00-11:30 Crafters Corner 1:00-3:00 Smiles from Heaven	**5** 9:00-2:00 Jewelry Sale 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle (By appt) 2:00-3:30 Memoir Writing	**6** 9:00-2:00 Jewelry Sale 9:00-11:00 Tech Help with Jim (By appt) 10:30-11:30 The Gift of Preparation – Walton's Funeral Home 11:00-12:30 Birthday Friday 6:00-8:30 Capitol Cutups
9 9:00-11:00 Tech Help with Riley (by appt) 9:00-3:00 Sewing Class 1:00-4:00 Tech Help with Riley (by appt)	**10** 10:00-11:00 Menu Committee 10:00-11:30 Healing w Nut. 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 History Program: Water, Power and Rebellion ~~2:00-3:30 Writing Class~~	**11** **CLOSED Veterans Day**	**12** 10:00-1:00 Tech Help with Michelle (By appt) 10:30-12:30 CC Library 2:00-3:30 Memoir Writing	**13** 9:00-11:00 Tech Help with Jim (By appt) 9:00-3:00 Sewing Class 10:30-11:45 Parkinson's Support Group 6:00-8:30 Capitol Cutups
16 9:00-11:00 Tech Help with Riley (by appt) 9:00-3:00 Sewing Class	**17** 10:00-12:00 Tech Help w Ray 10:00-11:30 Healing w Nut. 10:30-12:45 MMB Insurance 12:30-1:30 A Taste for History: Discovering Untold Stories about the Region's Food 1:00-2:00 Advisory Council 2:00-3:30 Writing Class	**18** 9:00-11:30 Crafters Corner 10:30-12:30 The Medicare Store 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	**19** 10:00-1:00 Tech Help with Michelle (By appt) 10:30-11:30 Carson City Roadrunners 10:30-12:30 Mountainview Health & Rehab. 2:00-3:30 Memoir Writing	**20** 9:00-11:00 Tech Help with Jim (By appt) 9:00-3:00 Sewing Class 12:00-1:00 Governing Board ~~6:00-8:30 Capitol Cutups~~
23 9:00-11:00 Tech Help with Riley (by appt) 9:00-3:00 Sewing Class 1:00-4:00 Tech Help with Riley (by appt)	**24** 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 2:00-3:30 Writing Class	**25** 9:00-11:30 Capital Quilters **CLOSING at 1PM**	**26** **CLOSED Thanksgiving**	**27** **CLOSED Family Day**
30 9:00-11:00 Tech Help with Riley (by appt)	**Don & Nadine Dance Party** – Saturday, November 7 at 6:00 p.m. **Sunday Bingo** – Sun., November 8 & Sun., November 22 **Jewelry Sale** – Nov. 5 & 6, 9-2 p.m. AND Saturday, Nov. 7, 9-12 p.m. **Coming in December:** Hidden Treasures Holiday Craft Fair & Christmas Show			

Carson City Senior Center Menu

November 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
2 **Fish Taco** Frijoles Charros Melon Cup Corn #168	**3** **Egg Salad Sandwich on WW Bread** Lettuce, Onion, Tomato, Pickle Three Bean Salad Fruit Juice	**4** **Pepper Steak** Mashed Sweet Potatoes Green Beans W/ Mushrooms Garbanzo Salad Muffin #137	**5** **Shrimp Gumbo** Rice W/ Red Beans Steamed Broccoli Fresh Orange Cornbread	**6** **HAPPY BIRTHDAY!** **Chicken Cordon Bleu** Rice Pilaf Peas & Carrots Fresh Apple Cake & Ice Cream
9 **Roast Beef** Buttery Red Potatoes Mixed Veggies Garden Salad Mandarin Oranges Gingerbread #104	**10** **Honoring our Veterans** **BBQ Ribs** Baked Beans Corn Fresh Apple Cornbread	**11** **CLOSED** **VETERANS DAY**	**12** **Chicken Cranberry Walnut Salad** Fruit Juice Carrot Sticks Cookie	**13** **Sweet & Sour Pork** Brown Rice Broccoli Colorful Salad Peaches WW Bread #51
16 **Chicken w/ Orange Sauce** Mashed Potatoes Mixed Veggies Garden Salad Yogurt Peaches WW Bread #103	**17** **Philly Cheesesteak Sandwich** Tater Tots Baked Beans Watermelon Tomato Juice	**18** **German Pancakes** Sausage Breakfast Potatoes Orange Juice Fresh Fruit	**19** **Italian Beef Bake** Peas & Carrots Spinach Salad Yogurt Cherry Crisp #152	**20** **Crispy Chicken Sandwich** Garlic Navy Beans Coleslaw Melon Cup
23 **Lemon Baked Fish** Brown Rice Peas Tossed Salad Grapes WW Bread #161	**24** **Pork Chow Mein** Spinach Pineapple WW Bread #122	**25** **Turkey with Gravy** Mashed Potatoes Stuffing Mixed Veggies & Lima Beans Cranberry Sauce WW Roll Pumpkin Pie	**26** **CLOSED** **HAPPY THANKSGIVING**	**27** **CLOSED** **FAMILY DAY**
30 **Creamy Tuscan Pork** Long Grain & Wild Rice Squash Fresh Oranges Pumpkin Cheesecake Bites	**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.)**			