

**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 10:00-11:30 Yoga 11:30-12:30 Yoga 10:00-11:00 Rhythm Rockers 12:00-1:00 AI 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 AI 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 AI 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

**Holiday Craft Sale, November 30 thru December 2, 9-5pm**

**Christmas Show, Sat., December 2, 2pm**

**Don & Nadine Dance Party & Potluck, Sat., December 2, 6-9pm**

**Sunday Bingo, Sunday, December 10 & Sunday, December 31**

**1**


9:00-5:00 Holiday Craft Sale

10:30-12:30 Aetna Health

11:00-12:30 Birthday Friday

**HAPPY  
BIRTHDAY!**

6:30-9:00 Capitol Cutups

<b>4</b> 10:30-12:30 Medicare & Muffins 1:00-2:30 Theatre Program	<b>5</b> 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group	<b>6</b> 9:00-10:30 Care Chest 10:45-12:30 Capital Quilters 1:00-3:00 Smiles from Heaven	<b>7</b> 10:00-2:00 Nevada Legal (By appt)	<b>8</b> 6:30-9:00 Capitol Cutups
<b>11</b> 9:00-10:00 Produce on Wheels 10:30-12:30 Carson City Library 1:00-2:30 Theatre Program 1:00-3:00 Beta Sigma Phi	<b>12</b> 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-4:00 Maria's Bridge 12:30-1:30 Charlie Abowd 12:30-3:30 Omicron Master	<b>13</b> 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group: Recipe Exchange & Cookies	<b>14</b>	<b>15</b> 10:30-1:00 Voter Registration 11:00-12:00 Carson Chamber Singers 12:00-2:00 Governing Board 6:30-9:00 Capitol Cutups
<b>18</b> 9:00-10:00 Produce on Wheels	<b>19</b> 10:30-12:30 Alignment Health 1:00-2:30 Connections	<b>20</b> 10:00-12:00 Nation's Finest 1:00-3:00 Smiles from Heaven	<b>21</b>	<b>22</b> 11:00-12:30 Christmas Lunch  <b>CLOSING AT 1PM</b>
<b>25</b> <b>CLOSED for Christmas</b>	<b>26</b> 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	<b>27</b> 9:00-12:00 Capital Quilters 2:30-4:00 Alzheimer's Support Group	<b>28</b>	<b>29</b> <b>CLOSING AT 1PM</b>

# Carson City Senior Center Menu

## December 2023

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk:</b> On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.  <b>On-Site (Congregate) Lunch Options:</b> <ul style="list-style-type: none"> <li><b>To-Go Lunch Available Daily</b> – Bring your containers.</li> <li><b>Entrée Salad Available Daily</b> – instead of the day's meal (on-site lunch only) [excludes Birthday Friday &amp; Holiday Meals].</li> <li><b>Lunch Served:</b> 11-12:30pm, Monday – Friday</li> </ul>				<b>1</b> <b><u>HAPPY BIRTHDAY!</u></b> <b><u>Chicken Cordon Bleu</u></b> Rice Pilaf Peas & Carrots Sliced Pears WW Roll Ice Cream & Cake
<b>4</b>  <u>Sausage Links &amp; Veggie Omelet</u> V8 Juice Cottage Cheese Fresh Fruit Cookie	<b>5</b>  <u>Italian Rice &amp; Beef</u> Steamed Carrots House Salad W/ Garbanzo Beans Applesauce WW Roll #124	<b>6</b>  <u>Split Pea Soup</u> Ham Sandwich House Salad Pudding Fresh Fruit	<b>7</b>  <u>Swiss Steak</u> Baked Potato w/ Sour Cream Herbed Veg Medley WW Roll Applesauce Cookie #44	<b>8</b>  <u>Meatball Sub</u> Corn Coleslaw Fresh Fruit Fruit Juice
<b>11</b>  <u>Beef Stew</u> Egg Noodles House Salad Fruit Cup #16	<b>12</b>  <u>BLT on WW Bread</u> 3 Bean Salad Cottage Cheese Cranberry Juice Pudding	<b>13</b>  <u>Spaghetti w/ Meat Sauce</u> Peas Mandarin Oranges 7 Grain Bread #39	<b>14</b>  <u>Chicken Gumbo</u> Red Beans & Rice Colorful Salad Chantilly Cup Cookie	<b>15</b>  <u>Tuna Noodle Casserole</u> Vegetable Medley House Salad WW Bread Oatmeal Bar
<b>18</b>  <u>Chicken Pasta Primavera</u> Citrus Delight Steamed Broccoli Garlic Breadstick #32	<b>19</b>  <u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Sourdough Bread Brownie	<b>20</b>  <u>Lentil Soup</u> Tuna Salad Sandwich House Salad Fruit Cup #50	<b>21</b>  <u>Sweet &amp; Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie	<b>22</b>  <b>Christmas Lunch</b> <b>Brown Sugar Honey Glazed Ham</b> Mashed potatoes w/ Gravy Mushroom Strata Green Beans WW Roll Apple Pie
<b>25</b>  <b><u>CLOSED</u></b>  <b>Christmas</b>	<b>26</b>  <u>Herbed Baked Chicken</u> Mashed Sweet Potatoes Steamed Peas Applesauce WW Bread #73	<b>27</b>  <u>Chicken Parmesan</u> Fettucine Noodles Green Beans Tossed Salad Pineapple Chunks	<b>28</b>  <u>Chili Cheese Baked Potato</u> Steamed Broccoli Muffin Yogurt Fruit Juice	<b>29</b>  <u>Meatloaf</u> Mashed Potatoes w/Gravy Steamed Spinach Fresh Fruit WW Roll Tapioca Pudding #3