

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 12:15-1:15 Dance Fit 12:30-4:00 Mah Jongg 1:15-2:15 Better Breathers 1:30-2:30 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 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	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

Don & Nadine Dance Party & Potluck Saturday, February 3, 6-9pm			1 10:00-2:00 Nevada Legal (By appt)	2 11:00-12:30 Birthday Friday HAPPY BIRTHDAY! 6:30-9:00 Capitol Cutups
Sunday Bingo Sunday, February 11 & Sunday, February 25				
5 9:30-2:30 AARP Driver's Safety	6 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group	7 9:00-10:30 Care Chest 10:45-12:30 Capital Quilters 1:00-3:00 Smiles from Heaven	8	9 10:00-1:00 ATRIO Health 6:30-9:00 Capitol Cutups
12 9:00-10:00 Produce on Wheels 10:30-12:30 Carson City Library	13 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 Mardi Gras	14 9:00-11:30 Capital Quilters 11:00-11:45 Love Songs with Bumps in the Road 1:00-2:00 Diabetes Support Group <i>happy Valentine's day</i>	15	16 10:30-1:00 Voter Registration 6:30-9:00 Capitol Cutups
19 CLOSED 	20 10:30-12:30 Alignment Health 1:00-2:30 Connections	21 10:00-12:00 Nation's Finest 1:00-3:00 Smiles from Heaven	22	23 10:00-1:00 ATRIO Health 12:00-2:00 Governing Board 6:30-9:00 Capitol Cutups
26	27 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	28 9:00-12:00 Capital Quilters 2:30-4:00 Alzheimer's Support Group	29	

Carson City Senior Center Menu

February 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
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 			1 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Fresh Fruit House Salad WW Roll	2 <u>HAPPY BIRTHDAY!</u> <u>Shrimp Scampi</u> Linguine Pasta Steamed Broccoli Tuscan Beans Diced Pears Cake & Ice Cream
5 <u>Beef Taco</u> Spanish Rice Refried Beans MexiCorn Churro	6 <u>Biscuits & Sausage</u> <u>Gravy</u> Omelet and Breakfast Veggies Fresh Grapes Peach Crisp	7 <u>Chicken Broccoli Rice</u> Beet Salad Mango Cup Muffin #38	8 <u>Beef Vegetable Soup</u> Tuna Macaroni Salad Tropical Fruit Cup WW Roll Cookie #19	9 <u>Spaghetti W/ Meat</u> <u>Sauce</u> Steamed Peas House Salad Pineapple Chunks WW Roll
12 <u>Chicken Tetrzzini</u> Cooked Carrots Broccoli Salad WW Roll Pudding #47	13 <u>Clam Chowder</u> Turkey Sandwich Peas, Carrots, & Corn Spinach Salad Fresh Fruit #43	14 VALENTINE'S DAY <u>Chicken Cordon Bleu</u> Brown Rice California Blend Veggies House Salad Red Velvet Cake	15 <u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie	16 <u>Meatloaf</u> Mashed Potatoes w/Gravy Steamed Spinach Chantilly Fruit Cup WW Roll
19 CLOSED PRESIDENT'S DAY	20 <u>Swiss Steak</u> Baked Potato Steamed Peas House Salad Fresh Orange WW Roll	21 <u>Chef Salad</u> Veggie Loaded Minestrone Soup Grapes V8 Juice Apple Crisp	22 <u>Lemon Baked Fish</u> Brown Rice Steamed Garden Veggies Mixed Green Salad Fresh Orange WW Roll #79	23 <u>Chicken Pasta</u> <u>Primavera</u> Steamed Broccoli Garlic Breadstick Citrus Delight #32
26 <u>Chicken Mushroom</u> <u>Marsala</u> Rice Pilaf Spinach Salad Diced Pears Mixed Veggies	27 <u>Tuna Casserole</u> Colorful Salad Mango Chunks WW Bread Pudding Swirl #177	28 <u>Salisbury Steak</u> Mashed Potatoes Peas Mixed Berry Cup House Salad WW Roll Cookie	29 <u>BBQ Chicken</u> Steamed Cali. Veggies Garden Salad Chantilly Cup WW Roll #72	