


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	9:00-3:00 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 9:00-3:00 Gems & Minerals 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	9:00-3:00 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 1:15-3:15 Bingo 6:00-7:15 CODA	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, March 2, 6-9pm		Easter Sunday, March 31		1 11:00-12:30 Birthday Friday  1:00-2:00 Tech Help with Raj 6:30-9:00 Capitol Cutups	
Sunday Bingo Sunday, March 10 & Sunday, March 24		Jewelry Sale Thurs., April 4 & Fri., April 5, 9-2pm			
Daylight Savings Sunday, March 10 (turn clocks ahead)					
4 10:00-2:00 Tech Help with Michelle	5 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group 12:00-4:00 Jane’s Bridge 12:30-1:30 Scams & Seniors: How to Recognize & Prevent Scams	6 9:00-10:30 Care Chest 10:45-12:30 Capital Quilters 1:00-3:00 Smiles from Heaven	7 10:00-2:00 Nevada Legal (By appt) 10:00-2:00 Tech Help with Michelle 12:30-1:30 Scams & Seniors: Emails & Links 1:00-2:00 Chair Yoga	8 10:00-11:00 Scams & Seniors: Local Scams Targeting Seniors 10:00-1:00 ATRIO Health 6:30-9:00 Capitol Cutups	
11 9:00-10:00 Produce on Wheels 10:00-2:00 Tech Help with Michelle	12 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:30-1:30 Three Women Reading Poetry 12:30-3:30 Omicron Master 1:00-2:00 Tech Help with Carson High Students	13 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	14 1:00-2:00 Chair Yoga	15 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 1:00-2:00 Tech Help with Raj 6:30-9:00 Capitol Cutups	
18 9:00-10:00 Produce on Wheels 10:00-2:00 Tech Help with Michelle	19 10:30-12:30 Alignment Health 12:00-4:00 Jane’s Bridge 1:00-2:30 Connections	20 10:00-12:00 Nation’s Finest 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	21 1:00-2:00 Chair Yoga	22 10:00-1:00 ATRIO Health 1:00-2:00 Tech Help with Raj 6:30-9:00 Capitol Cutups	
25	26 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:30-3:30 Omicron Master 1:00-2:00 Advisory Council	27 9:00-12:00 Capital Quilters 11:00-12:00 Medicare w/ Amy 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer’s Support Group	28 1:00-2:00 Chair Yoga 1:00-2:00 Tech Help with Carson High Students	29 1:00-2:00 Tech Help with Raj	

# Carson City Senior Center Menu

## March 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Suggested donation:</b> \$2.25 - 60 &amp; over; <b>Fee:</b> \$6.00 – 59 &amp; under</p> <p><b>Milk:</b> On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</p> <p><b>On-Site (Congregate) Lunch Options:</b></p> <ul style="list-style-type: none"> <li>• <b>To-Go Lunch Available Daily</b> – Bring your containers.</li> <li>• <b>Entrée Salad Available</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, Mon – Fri</li> </ul>				<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b><u>Happy Birthday!</u></b> <b><u>Chicken Cordon Bleu</u></b> Rice Pilaf Peas House Salad Diced Pears Ice Cream &amp; Cake</p>
<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><b><u>Asian Sesame Chicken</u></b> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie</p>	<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><b><u>Chili Cheese Baked Potato</u></b> Steamed Peas House Salad Fruit Cocktail Cookie</p>	<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;"><b><u>Black Bean Soup</u></b> Chicken Salad Sandwich Cucumber Salad Tropical Fruit #35</p>	<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;"><b><u>Lemon Baked Cod</u></b> Ultimate Potato Soup Italian Garbanzo Salad Fresh Fruit Cherry Crisp</p>	<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;"><b><u>Bratwurst on WW Hot Dog Bun</u></b> Hot German Potato Salad German Slaw Spiced Applesauce Mandarin Oranges #49</p>
<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;"><b><u>Chicken Gumbo</u></b> Red Beans &amp; Rice Colorful Salad Chantilly Cup Cookie #142</p>	<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;"><b><u>BLT on WW Bread</u></b> 3 Bean Salad Cottage Cheese Cranberry Juice Pudding</p>	<p style="text-align: center;"><b>13</b></p> <p style="text-align: center;"><b><u>Steak Strips</u></b> <b><u>Smothered Onion</u></b> <b><u>Gravy</u></b> Steamed Cali Veggies House Salad Sliced Pears WW Roll #115</p>	<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><b><u>Creamy Cilantro Pork</u></b> Mashed Sweet Potatoes Green Beans Fresh Apple Pudding</p>	<p style="text-align: center;"><b>15</b></p> <p style="text-align: center;"><b><u>Pesto Chicken</u></b> Linguine Pasta 4-way Veggies House Salad W/ Garbanzo Beans WW Roll</p>
<p style="text-align: center;"><b>18</b></p> <p style="text-align: center;"><b><u>Dirty Rice with Pork</u></b> Green Beans Chickpea Salad Diced Peaches Jell-O</p>	<p style="text-align: center;"><b>19</b></p> <p style="text-align: center;"><b><u>Lentil Soup</u></b> Tuna Salad Sandwich House Salad Melon Cup Cookie #50</p>	<p style="text-align: center;"><b>20</b></p> <p style="text-align: center;"><b><u>Shrimp Alfredo</u></b> Fettucine Noodles Steamed Peas &amp; Carrots Pineapple Chunks Pudding</p>	<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;"><b><u>Beef Teriyaki</u></b> Jasmine Rice Steamed Broccoli Fresh Pear WW Roll Brownie #27</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b><u>BBQ Chicken</u></b> Mashed Potatoes Tuscan Beans Fruit Cocktail V8 Juice WW Roll Apple Crisp</p>
<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><b><u>Sloppy Joe on WW Bun</u></b> Steamed Carrots Three Bean Salad Apple Crisp #155</p>	<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;"><b><u>Chicken Parmesan</u></b> Fettucine Noodles House Salad Sliced Peaches Cookie</p>	<p style="text-align: center;"><b>27</b></p> <p style="text-align: center;"><b><u>Sweet and Sour Pork</u></b> Brown Rice Steamed Broccoli Colorful Salad Fresh Banana WW Bread #51</p>	<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;"><b><u>Spaghetti w/ Meat Sauce</u></b> Steamed Peas House Salad Diced Pears WW Roll</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"><b><u>Fish Sticks</u></b> Mac n Cheese Coleslaw Pineapple Chunks Cookie</p>