


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					
<b>1</b> 10:00-2:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	<b>2</b> 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group 12:00-4:00 Jane's Bridge	<b>3</b> 9:00-10:30 Care Chest 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	<b>4</b> 9:00-2:00 Jewelry Sale 10:00-2:00 Nevada Legal (By appt) 10:00-2:00 Tech Help with Michelle 1:00-2:00 Chair Yoga	<b>5</b> 9:00-2:00 Jewelry Sale 11:00-12:30 Birthday Friday  1:00-2:00 Tech Help with Raj 6:30-9:00 Capitol Cutups	
<b>8</b> 9:00-10:00 Produce on Wheels 10:30-12:30 Carson City Library 10:00-2:00 Tech Help with Michelle	<b>9</b> 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:30-1:30 History Program 1:00-2:00 Tech Help with Carson High Students	<b>10</b> 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	<b>11</b> 10:00-2:00 Tech Help with Michelle 1:00-2:00 Chair Yoga	<b>12</b> 10:00-1:00 ATRIO Health 6:30-9:00 Capitol Cutups	
<b>15</b> 9:00-10:00 Produce on Wheels 9:30-2:30 AARP Driver's Safety 10:00-2:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	<b>16</b> 10:30-12:30 Alignment Health 12:00-4:00 Jane's Bridge 12:30-1:30 A Conversation with Brian Crane 1:00-2:30 Connections	<b>17</b> 10:00-12:00 Nation's Finest 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	<b>18</b> 10:00-2:00 Tech Help with Michelle	<b>19</b> 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 12:30-1:30 Poetry Reading with Glade Myler 1:00-2:00 Tech Help with Raj 6:30-9:00 Capitol Cutups	
<b>22</b> 10:00-2:00 Tech Help with Michelle	<b>23</b> 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 1:00-2:00 Advisory Council	<b>24</b> 9:00-12:00 Capital Quilters 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer's Support Group	<b>25</b> 10:00-2:00 Tech Help with Michelle 1:00-2:00 Tech Help with Carson High Students	<b>26</b> 10:00-1:00 ATRIO Health 1:00-2:00 Tech Help with Raj 2:00-4:00 Volunteer Appreciation 6:30-9:00 Capitol Cutups	
<b>29</b> 10:00-2:00 Tech Help with Michelle	<b>30</b> 12:00-4:00 Jane's Bridge	<b>Jewelry Sale</b> Thursday, April 4 & Friday, April 5, 9-2pm <b>Don &amp; Nadine Dance Party &amp; Potluck</b> Saturday, April 6, 6-9pm <b>Sunday Bingo</b> Sunday, April 14 & Sunday, April 28			

# Carson City Senior Center Menu

## April 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <u>Chicken Pasta Primavera</u> House Salad Citrus Delight Garlic Bread #32	<b>2</b>  <u>Beef Stir Fry</u> Steamed Brown Rice Beet Salad Mandarin Oranges Pudding	<b>3</b>  <u>Cabbage &amp; Ham Stew</u> Diced Potatoes House Salad with Garbanzo Beans Diced Peaches WW Roll	<b>4</b>  <u>Seafood Louie Salad</u> V8 Juice Tropical Fruit Three Bean Salad Sourdough Bread Pudding	<b>5</b> <b>HAPPY BIRTHDAY!</b> <u>Beef Stroganoff</u> Egg Noodles Steamed Mixed Veggies Orange Spinach Salad Pineapple Chunks Ice Cream and Cake #108
<b>8</b>  <u>Beef Enchilada</u> Spanish Rice Steamed Corn Refried Beans House Salad Churro	<b>9</b>  <u>Chicken Parmesan</u> Fettucine Noodles Green Beans Tossed Salad Pineapple Chunks #184	<b>10</b>  <u>Shepherd's Pie</u> Spinach Salad Muffin Fresh Fruit #29	<b>11</b>  <u>Lemon Baked Cod</u> Brown Rice Steamed Garden Veggies House Salad Fresh Fruit Cherry Crisp	<b>12</b>  <u>Chicken Cordon Bleu</u> Rice Pilaf Steamed Peas House Salad Fresh Apple
<b>15</b>  <u>Spaghetti w/ Meat Sauce</u> Steamed Peas House Salad Diced Pears WW Roll	<b>16</b>  <u>Tahitian Chicken</u> Rice Casserole Braised Cabbage Fresh Orange Cookie	<b>17</b>  <u>Clam Chowder</u> <u>Turkey Sandwich</u> Steamed Lima Beans Fresh Fruit Pudding WW Roll	<b>18</b>  <u>Swiss Steak</u> Egg Noodles Mixed Veggies Orange Spinach Salad Fresh Banana WW Roll #69	<b>19</b>  <u>Baked Pork Chop W/ Mushroom Gravy</u> Baked Potato with Sour Cream Carrots House Salad Berry Cup #159
<b>22</b>  <u>Shrimp Scampi</u> WW Pasta Steamed Spinach Tropical Fruit V8 Juice	<b>23</b>  <u>Country Fried Steak</u> Mashed Potatoes Corn Beet Salad Fresh Fruit Cookie	<b>24</b>  <u>Meatball Sandwich</u> WW Hoagie Roll Coleslaw Fruit Cup Fruit Juice	<b>25</b>  <u>Chef Salad</u> Lentil Soup Mandarin Oranges Muffin #59	<b>26</b>  <u>Beef Taco</u> Ranch Style Beans Mexicorn Tropical Fruit #55
<b>29</b>  <u>Chicken Caesar Salad</u> Yogurt Berry Parfait Fresh Banana Cookie	<b>30</b>  <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Fruit Cup WW Bread #3	<p style="text-align: center;"><b>Suggested donation: \$2.25 - 60 &amp; over</b>  <b>Fee: \$6.00 – 59 &amp; under</b></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>		