



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 12:30-4:00 Mah Jongg 1:15-2:15 Better Breathers	9:00-3:00 Gems & Minerals 10:00-11:30 Yoga 10:00-12:00 Paper Crafting 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 9:00-3:00 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 12:30-3:00 Game Day 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	9:00-3:00 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 AI 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, May 4, 6-9pm Sunday Bingo Sunday, May 12 & Sunday, May 26		1 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	2 9:00-3:00 Nevada Legal (By appt)	3 11:00-12:30 Birthday Friday  1:00-2:00 Tech Help with Raj 6:30-9:00 Capitol Cutups	
6 10:00-1:00 Voter Registration 10:00-2:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	7 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group	8 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	9 10:00-2:00 Tech Help with Michelle SENIOR CELEBRATION AT CASINO FANDANGO 8-12PM	10 10:00-1:00 ATRIO Health 1:00-2:00 Tech Help with Raj	
13 10:30-12:30 Carson City Library 10:00-2:00 Tech Help with Michelle	14 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-4:00 Jane's Bridge 1:30-2:30 History Slide Show	15 9:00-10:00 Produce on Wheels 10:00-12:00 Nation's Finest 1:00-3:00 Smiles from Heaven	16	17 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 6:30-9:00 Capitol Cutups	
20 10:00-2:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	21 10:30-12:30 Alignment Health 12:30-1:30 A Conversation with Frank Joe, Stewart Indian School 1:00-2:30 Connections	22 9:00-12:00 Capital Quilters 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer's Support Group	23	24 10:00-1:00 ATRIO Health 1:00-2:00 Tech Help with Raj	
27 	28 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-4:00 Jane's Bridge 1:00-2:00 Advisory Council	29 1:00-2:00 Tech Help with Raj	30	31 1:00-2:00 Tech Help with Raj	

Carson City Senior Center Menu

May 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested donation: \$2.25 - 60 & over Fee: \$6.00 – 59 & under</p> <p>Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</p> <p>On-Site (Congregate) Lunch Options:</p> <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, Salad Meals, & Holiday Meals]. • Lunch Served: 11-12:30pm, Mon – Fri 		<p>1</p> <p><u>Sloppy Joe on WW Bun</u> Baked Beans Baby Carrots Fruit Cocktail #34</p>	<p>2</p> <p><u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103</p>	<p>3</p> <p><u>HAPPY BIRTHDAY!</u> <u>Spaghetti w/ Meat Sauce</u> Steamed Peas House Salad Diced Pears WW Roll Cake & Ice Cream</p>
<p>6</p> <p><u>Fish Taco</u> Coleslaw Three Bean Salad Sliced Peaches Cookie</p>	<p>7</p> <p><u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Applesauce #110</p>	<p>8</p> <p><u>Honey Lemon Chicken</u> Penne Pasta Green Beans Garden Salad Sliced Peaches WW Bread #116</p>	<p>9</p> <p><u>Pork Chow Mein</u> Chopped Spinach Pineapple Chunks WW Bread</p>	<p>10</p> <p><u>Swedish Meatballs W/ Egg Noodles</u> Steamed Cali Veggies House Salad Fruit Juice Cookie</p>
<p>13</p> <p><u>Biscuit & Sausage Gravy</u> Omelet and Breakfast Veggies Fresh Fruit Muffin</p>	<p>14</p> <p><u>Italian Sausage W/ Peppers & Onions</u> WW Egg Noodles Broccoli Mixed Greens Salad Fresh Fruit #9</p>	<p>15</p> <p><u>Lentil Soup</u> Tuna Salad Sandwich on WW Bread Steamed Carrots Spiced Applesauce Cookie</p>	<p>16</p> <p><u>Sauerbraten</u> Baked Yam House Salad w/Garbanzo Beans Cinnamon Applesauce #31</p>	<p>17</p> <p><u>Caribbean Chicken</u> Aztec Rice Stir Fry Veggies Orange Spinach Salad Cookie</p>
<p>20</p> <p><u>Chicken Cordon Bleu</u> Rice Pilaf Peas House Salad Fresh Orange Brownie</p>	<p>21</p> <p><u>Turkey Sandwich on WW Bread</u> Tomato Soup Three Bean Salad Sliced Pears Jell-O</p>	<p>22</p> <p><u>Beef Stroganoff</u> Egg Noodles Chef Cut Veggies Orange Spinach Salad Fresh Apple #108</p>	<p>23</p> <p><u>Chicken Broccoli Rice</u> Beet Salad Fruit Cup Muffin #38</p>	<p>24</p> <p><u>Meatloaf</u> Mashed Potatoes Corn House Salad w/Garbanzo Beans WW Roll Cherry Crisp</p>
<p>27</p> <p><u>CLOSED MEMORIAL DAY</u></p>	<p>28</p> <p><u>BBQ Chicken</u> Mashed Potatoes Green Beans House Salad Berries on a Cloud</p>	<p>29</p> <p><u>Beef Teriyaki</u> Jasmine Rice Broccoli Asian Chickpea Salad Mandarin Oranges WW Bread #27</p>	<p>30</p> <p><u>Hamburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136</p>	<p>31</p> <p><u>Mambo Pork Roast</u> Corn Muffins Broccoli House Salad Melon Cup</p>