

**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 Mix-It-Up 11:00-12:00 Line Dancing 11:15-12:45 Capital City Strummers 12:30-4:00 Mah Jongg 12:15-2:30 Karaoke Party 12:00-4:00 Game Day	9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 10:00-11:00 Bible Study with Jim & Monica 10:00-11:30 Yoga 10:30-12:45 MMB Insurance 11:30-12:30 Yoga 12:00-1:00 Al Anon 12:00-4:00 Canasta 1:00-2:30 Connections	9:00-11:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 1:00-3:00 La Tea Da Knitters 5:00-6:30 Capitol City Cloggers 6:30-8:00 Al Anon	9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 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 Game Day 12:00-4:00 Canasta 1:00-2:00 Tai Chi Beginners 1:15-3:15 Bingo 2:30-3:30 Chair Yoga 6:00-7:15 CODA	9:00-4:00 Welfare Office Hours 9:30-10:30 Res. Exercise 10:45-11:45 Chair Yoga 12:00-1:00 Overeaters Anon. 12:30-4:00 2 Table Bridge 12:30-4:00 Mah Jongg 1:00-4:00 Bunco

## Special Events & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Jewelry Sale:</b> Thursday, May 1 & Friday, May 2, 9-2 p.m.  <b>Don &amp; Nadine Dance Party:</b> Saturday, May 3, 6-9 p.m.  <b>Sunday Bingo:</b> Sunday, May 11 and Sunday, May 25			<b>1</b> 9:00-2:00 Jewelry Sale 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	<b>2</b> 9:00-2:00 Jewelry Sale 11:00-12:30 Birthday Friday  6:00-8:30 Capitol Cutups
<b>5</b> 10:00-1:00 Tech Help with Michelle 9:30-2:30 Driver's Safety 6:30-8:00 Capital Quilters	<b>6</b> 9:30-11:30 Paper Crafting 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark	<b>7</b> 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	<b>8</b> 10:00-1:00 Tech Help with Michelle	<b>9</b> 6:00-8:30 Capitol Cutups
<b>12</b> 10:00-1:00 Tech Help with Michelle	<b>13</b> 10:00-11:00 Menu Committee 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:30-2:30 Living History: No Limits... No Boundaries... Tenacious Women of the Eastern Sierra	<b>14</b> 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	<b>15</b> 10:00-1:00 Tech Help with Michelle	<b>16</b> 12:00-1:00 Governing Board
<b>19</b> 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	<b>20</b> 9:30-11:30 Paper Crafting 12:00-2:00 Tech Help w Mark 12:30-1:30 A Conversation with Bob Nylan: Frontier Baseball in Nevada	<b>21</b> 9:00-10:00 Produce on Wheels 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	<b>22</b> 10:00-1:00 Tech Help with Michelle	<b>23</b> 10:30-11:45 Parkinson's Support Group 6:00-8:30 Capitol Cutups
<b>26</b> <b>CLOSED</b>  <b>MEMORIAL DAY</b> <small>★ REMEMBER AND HONOR ★</small>	<b>27</b> 10:00-11:00 Food Commodities 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:00-3:00 Advisory Council	<b>28</b> 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	<b>29</b>	<b>30</b>

# Carson City Senior Center Menu

## May 2025

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:</b> <ul style="list-style-type: none"> <li>Lunch Served: 11-12:30pm, Mon – Fri</li> <li>To-Go Lunch Available Daily – Bring your containers. <ul style="list-style-type: none"> <li>Entrée Salad Available Most Days – instead of the day's meal for on-site lunch only. (See weekly menu for availability.)</li> </ul> </li> </ul> Suggested donation for age 60 & over is \$2.25. Those under 60 must pay \$6.00.			<b>1</b>  <u>Cheeseburger W/</u> <u>LTOP</u> Baked Beans House Salad Fresh Fruit Cherry Crisp #136	<b>2</b> <b><u>HAPPY BIRTHDAY!</u></b> <u>Chicken Mushroom</u> <u>Marsala</u> Egg Noodles Spinach Salad Diced Pears Mixed Veggies WW Roll Cake & Ice Cream
<b>5</b>  <u>Creamy Lemon</u> <u>Chicken</u> Rotini Pasta Green Beans House Salad Fresh Apple WW Roll Cookie	<b>6</b>  <u>Biscuit &amp; Sausage</u> <u>Gravy</u> Omelet and Breakfast Veggies Fresh Fruit Muffin V-8 Juice	<b>7</b>  <u>Chicken Broccoli Rice</u> Peas Beet Salad Mango Cup Muffin #38	<b>8</b>  <u>Baked Pork Chop W/</u> <u>Mushroom Gravy</u> Baked Potato & Sour Cream Carrots Tossed Salad Mixed Berry Cup Cookie #159	<b>9</b>  <u>Baked Tilapia W/</u> <u>Butter Sauce</u> Brown Rice Tuscan Beans Steamed Cali Blend Fresh Orange WW Roll
<b>12</b>  <u>Salisbury Steak</u> Mashed Potatoes Green Beans Fresh Fruit Lentil Salad WW Roll Lemon Bar	<b>13</b>  <u>Chicken Tetrizzini</u> Steamed Veggies Broccoli Salad WW Roll Pudding #47	<b>14</b>  <u>Lemon Baked Fish</u> Brown Rice Steamed Garden Veggies Asian Chickpea Salad Fresh Orange WW Roll #79	<b>15</b>  <u>Sweet &amp; Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie Fresh Fruit	<b>16</b>  <u>Chicken Caesar Salad</u> Sliced Peaches V8 Juice Pudding
<b>19</b>  <u>Chicken Pasta</u> <u>Primavera</u> Steamed Broccoli House Salad Citrus Delight Garlic Breadstick #32	<b>20</b>  <u>Hawaiian Pork</u> Jasmine Rice Stir Fry Veggies Tropical Fruit Cup Walnut & Cranberry Waldorf Salad Pineapple Delight	<b>21</b>  <u>Chicken Cordon Bleu</u> Brown Rice Steamed Peas & Carrots House Salad Diced Peaches	<b>22</b>  <u>Clam Chowder</u> Turkey Sandwich Peas, Carrots, & Corn Spinach Salad Fresh Fruit #43	<b>23</b>  <u>Spaghetti W/ Meat</u> <u>Sauce</u> Steamed Italian Veggies House Salad Pineapple Chunks WW Roll
<b>26</b>  <b><u>CLOSED</u></b> <b><u>MEMORIAL DAY</u></b>	<b>27</b>  <u>BBQ Chicken</u> Steamed Veggies Garden Salad Chantilly Cup Apple Crisp WW Roll #72	<b>28</b>  <u>Meatloaf</u> Mashed Potatoes Peas Mixed Berry Cup WW Roll Cookie	<b>29</b>  <u>Tuna Casserole</u> Colorful Salad Mango Chunks WW Bread Pudding Swirl #177	<b>30</b>  <u>Chef Salad</u> Veggie Loaded Minestrone Soup Fresh Fruit Apple Crisp