

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	
2 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	3 11:00-12:30 Blind Support Group 5:30-7:00 Life & Legacy Planning	4 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 10:00-12:00 Farmers Market Coupons 10:30-12:00 Life & Legacy Planning 1:00-3:00 Smiles from Heaven	5 9:00-3:00 Nevada Legal (By appt) 10:00-12:00 Farmers Market Coupons 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making	6 10:00-12:00 Farmers Market Coupons 10:30-11:30 Scams & Seniors 11:00-12:30 Birthday Friday 12:30-1:30 A Conversation with Alan Gubanich, Nevada Bird Expert 6:00-8:30 Capitol Cutups	
9 10:00-1:00 Tech Help with Michelle	10 10:00-11:00 Menu Committee 12:00-4:00 Jane’s Bridge 1:30-2:30 Living History: The Wedding of the Waters 5:30-7:00 Life & Legacy Planning	11 9:00-11:30 Capital Quilters 10:30-12:00 Life & Legacy Planning 1:00-2:00 Diabetes Support Group	12 1:00-4:00 Wire Wrapping, Jewelry Making	13 6:00-8:30 Capitol Cutups	
16 6:30-8:00 Capital Quilters	17 10:30-12:30 JAC Bus Pass Renewals 12:30-1:30 A Conversation with Brad McMullen, Folklife 2:00-3:00 Med Talk: Nutrition The Art of Cooking for One 5:30-7:00 Life & Legacy Planning	18 9:00-10:00 Produce on Wheels 10:30-12:00 Life & Legacy Planning 10:30-12:30 JAC Bus Pass Renewals 1:00-3:00 Smiles from Heaven	19 	20 11:00-12:30 Michael Salogga’s Retirement Event 6:00-8:30 Capitol Cutups	
23	24 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 5:30-7:00 Life & Legacy Planning	25 10:30-12:00 Life & Legacy Planning 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer’s Support Group	26 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making	27 10:30-11:45 Parkinson’s Support Group 12:00-1:00 Governing Board	
30 10:00-1:00 Tech Help with Michelle	Don & Nadine Dance Party: Saturday, June 7, 6-9 p.m. Sunday Bingo: Sunday, June 8 and Sunday, June 22				

Carson City Senior Center Menu

June 2025

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Lemon Baked Fish</u> Brown Rice Peas Tossed Salad Grapes WW Bread #161	3 <u>Egg Salad Sandwich</u> <u>on WW Bread</u> Lettuce, Onion, Tomato, Pickle Three Bean Salad Fruit Cup Fruit Juice	4 <u>Shepherd's Pie</u> Steamed Broccoli House Salad Fresh Fruit Cookie	5 <u>Creamy Cilantro</u> <u>Pork</u> Jasmine Rice Green Beans Beet Salad Fresh Apple Pudding	6 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Chantilly Cup WW Bread Cake & Ice Cream #3
9 <u>Italian Sub Sandwich</u> <u>on WW Hoagie Roll</u> Lettuce, Onion, Tomato, Pickle Applesauce Cup Fresh Orange Pudding Cup	10 <u>Pork Chow Mein</u> House Salad WW Bread Tropical Fruit Cup #122	11 <u>Beef Fajita</u> Spanish Rice Ranch Style Beans Spinach Chopped Salad Pineapple Chunks #17	12 <u>Chicken Cranberry</u> <u>Walnut Salad</u> Fruit Juice Carrot Sticks Fruit Cup Cookie	13 <u>Shrimp Gumbo</u> Rice W/ Red Beans Steamed Broccoli House Salad Fresh Orange Cornbread
16 <u>Chicken w/ Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt Peaches #103	17 <u>BLT on WW Bread</u> V8 Juice House Salad Yogurt Fresh Orange	18 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt Cherry Crisp #152	19 <u>CLOSED</u> <u>JUNETEENTH!!!</u>	20 <u>Hot Dog on WW Bun</u> Corn Potato Chips Macaroni Salad Fresh Fruit Muffin Michael Salogga's Retirement Event
23 <u>Cheeseburger on</u> <u>WW Bun</u> Lettuce, Onion, Tomato, Pickle Baked Beans Lettuce & Tomato Salad Fresh Orange Pudding #136	24 <u>Baked Pork Chop</u> <u>with Mushroom</u> Gravy Baked Potato with Sour Cream Steamed Carrots Tossed Salad Mixed Berry Cup Cookie	25 <u>BBQ Chicken</u> Acorn Squash Cucumber Salad Biscuit Chantilly Cup #72	26 <u>Tomato Soup</u> Turkey Sandwich on WW Bread Lettuce, Onion, Tomato, Pickle Three Bean Salad Sliced Pears Jell-O	27 <u>Steak Strips</u> <u>Smothered in Onion</u> <u>Gravy</u> Italian Veggie Blend House Salad Fresh Apple WW Roll Brownie
30 <u>Chicken Caesar</u> <u>Salad</u> Yogurt Fruit Juice Citrus Delight WW Roll	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 Daily – instead of the day's meal (on-site lunch only) [excludes Birthday Friday, Holiday and select meals]. Lunch Served: 11-12:30pm, Monday – Friday 			