

**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>Don &amp; Nadine Dance Party</b> Saturday, July 5 6-9 p.m.	<b>1</b> 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark	<b>2</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>3</b> 9:00-3:00 Nevada Legal (By appt) 1:00-4:00 Wire Wrapping, Jewelry Making	<b>4</b> <b>CLOSED</b> Birthday Friday celebrated on the 11 <sup>th</sup> !
<b>7</b> 9:30-2:30 Driver's Safety	<b>8</b> 10:00-11:00 Menu Committee 12:00-4:00 Jane's Bridge 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Death Valley Scotty and His Benefactor Bessie Johnson	<b>9</b> 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	<b>10</b> 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making	<b>11</b> 11:00-12:30 Birthday Friday 6:00-8:30 Capitol Cutups
<b>14</b> 6:30-8:00 Capital Quilters	<b>15</b> 12:00-2:00 Tech Help w Mark 12:30-1:30 A Conversation with Wild Nevada with Chris Orr	<b>16</b> 9:00-10:00 Produce on Wheels 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	<b>17</b> 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making	<b>18</b> 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups
<b>21</b>	<b>22</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>23</b> 12:00-2:00 Tech Help w Mark 11:00-12:30 Ice Cream Party during lunch Sponsored by Pay It Forward Project 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	<b>24</b> 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making	<b>25</b> 10:30-11:45 Parkinson's Support Group 12:30-1:30 A Conversation with Mark Maynard
<b>28</b>	<b>29</b> 12:00-2:00 Tech Help w Mark	<b>30</b> 12:00-2:00 Tech Help w Mark	<b>31</b> 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making	<b>Sunday Bingo:</b> Sunday, July 13 and Sunday, July 27

# Carson City Senior Center Menu

## July 2025

Menu subject to change without notice.

Suggested donation for age 60 & over is \$2.25. Those under age 13-59 must pay \$6.00, and under 12 must pay \$2.25.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk:</b> <b>On-site (Congregate):</b> 8oz served daily  <b>Meals on Wheels:</b> half gallon delivered weekly	<b>1</b> <u>Honey Lemon</u> <u>Chicken</u> Penne Pasta Brussel Sprouts Garden Salad Sliced Peaches WW Bread #116	<b>2</b> <u>Tuna Salad</u> Minestrone Soup WW Pita Bread Cookie #8	<b>3</b> <u>Pulled Pork Sandwich</u> WW Hoagie Roll Peas Coleslaw Fruit Juice	<b>4</b> <u>CLOSED</u> <u>FOURTH of JULY</u>
<b>7</b> <u>Black Bean Soup</u> Chicken Salad Sandwich Cucumber Salad Tropical Fruit #35	<b>8</b> <u>Cheeseburger</u> WW Bun Baked Beans Lettuce, Tomato, Onion, Pickle House Salad Fresh Orange Pudding #136	<b>9</b> <u>Sweet Chili Pork</u> Brown Rice Stir Fry Veggies Asian Sesame Salad Mandarin Oranges Fortune Cookie	<b>10</b> <u>Chicken Parmesan</u> Fettucine Noodles Steamed Broccoli House Salad Sliced Peaches Cookie	<b>11</b> <u>HAPPY BIRTHDAY!</u> <u>Beef Enchilada</u> Spanish Rice Mexicorn Refried Beans House Salad Fresh Fruit Cake & Ice Cream
<b>14</b> <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Banana #110	<b>15</b> <u>Chicken Pesto Pasta</u> <u>Salad</u> Fruit Juice Tropical Fruit Cup Three Bean Salad WW Roll	<b>16</b> <u>Chicken Cacciatore</u> Steamed Broccoli Applesauce Garlic Breadstick Peach Crisp	<b>17</b> <u>Sloppy Joe on WW</u> <u>Bun</u> Baked Beans Baby Carrot Fruit Cocktail #34	<b>18</b> <u>Shrimp Ceviche</u> Whole Grain Tostada Shredded Lettuce Fresh Orange V8 Juice Fig Bar
<b>21</b> <u>Chicken w/ Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103	<b>22</b> <u>Tomato Soup</u> Turkey Sandwich on WW Hoagie Lettuce, Tomato, Onion Sliced Pears V-8 Juice Jell-O	<b>23</b> <u>Beef Stir Fry</u> Brown Rice Beet Salad Mandarin Oranges #23 Ice Cream/Root Beer Floats sponsored by Pay it Forward Project	<b>24</b> <u>Seafood Louie Salad</u> Three Bean Salad Sourdough Bread Fresh Fruit	<b>25</b> <u>Meatloaf</u> Mashed Potatoes Broccoli House Salad w/Garbanzo Beans WW Roll Apple Crisp
<b>28</b> <u>Chef Salad</u> Lentil Soup Mandarin Oranges Oatmeal Square #59	<b>29</b> <u>Chili Cheese Baked</u> <u>Potato</u> Three Bean Salad Fresh Apple Fruit Juice Cornbread	<b>30</b> <u>Honey Apricot</u> <u>Chicken</u> Cali Blend Veggies Long Grain Rice WW Roll Fresh Grapes #183	<b>31</b> <u>Garlic Ginger Glazed</u> <u>Pork</u> Mashed Sweet Potato Steamed Green Beans Pineapple Chunks WW Roll	<b>On-Site (Congregate)</b> <b>Lunch:</b> <ul style="list-style-type: none"> <li><b>Lunch Served:</b> 11-12:30pm, Mon – Fri</li> <li><b>To-Go Lunch</b> Available Daily: Bring your containers.</li> </ul>