

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
Don & Nadine Dance Party Saturday, August 2, 6-9 p.m. Follies Presents "Follies for All Seasons" Fri. Aug 15, Sat. Aug 16, Sun. Aug 17				1 11:00-12:30 Birthday Friday 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
4 6:30-8:00 Capital Quilters	5 10:00-12:00 Tech Help with Kathleen 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:30-3:00 Hazard Mitigation Workshop	6 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 10:30-12:00 Hazard Mitigation Workshop 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	7 9:00-3:00 Nevada Legal (By appt) 1:00-4:00 Wire Wrapping, Jewelry Making 4:00-5:30 Estate Planning	8 12:00-1:00 Governing Board 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
11	12 10:00-11:00 Menu Committee 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: National Parks	13 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	14 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making 4:00-5:30 Estate Planning	15 11:00-12:30 Follies Presale Raffle Tickets in Lobby 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
18 6:30-8:00 Capital Quilters	19 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 12:30-1:30 A Conversation with Eric Brooks	20 9:00-10:00 Produce on Wheels 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	21 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making 4:00-5:30 Estate Planning	22 10:30-11:45 Parkinson's Support Group 12:00-2:00 Tech Help with Kathleen
25	26 10:00-11:00 Food Commodities 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark 1:00-3:00 Advisory Council 1:30-2:30 Living History: National Parks	27 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	28 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 1:00-4:00 Wire Wrapping, Jewelry Making 4:00-5:30 Estate Planning	29 12:00-2:00 Tech Help with Kathleen 1:00-2:00 Emergency Preparedness for Seniors 6:00-8:30 Capitol Cutups

Carson City Senior Center Menu

August 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
Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch: <ul style="list-style-type: none"> Lunch Served: 11-12:30pm, Mon – Fri To-Go Lunch Available Daily – Bring your containers. Entrée Salad Available Most Days – instead of the day's meal for on-site lunch only. (See weekly menu for availability.) 				1 <u>HAPPY BIRTHDAY!</u> <u>Chicken Cordon Bleu</u> Rice Pilaf California Veggie Blend House Salad Fruit Cup Cake & Ice Cream
4 <u>Swiss Steak</u> Baked Potato Yellow Squash House Salad Fresh Orange WW Roll	5 <u>Chicken Caesar Salad</u> Yogurt Cup Fruit Juice Grapes	6 <u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Asian Salad Pineapple Chunks Fortune Cookie	7 <u>Beef Vegetable Soup</u> Tuna Mac Salad Tropical Fruit Cup WW Roll Cookie #19	8 <u>Chicken Broccoli Rice</u> Beet Salad Muffin Fresh Fruit Pudding #38
11 <u>Beef Taco</u> Spanish Rice Refried Beans MexiCorn Fresh Fruit Churro	12 <u>Chicken Tetrazzini</u> Steamed Carrots Broccoli Salad WW Roll Pudding #47	13 <u>Clam Chowder</u> Turkey Sandwich Peas, Carrots, & Corn Spinach Salad Fresh Fruit #43	14 <u>Spaghetti W/ Meat Sauce</u> Steamed Peas House Salad Pineapple Chunks WW Roll	15 <u>BBQ Pork Ribs</u> Baked Beans Corn Coleslaw Fresh Fruit WW Roll
18 <u>Turkey, Bacon, & Avocado Sandwich</u> Potato Salad Melon Delight Fruit Juice Cookie	19 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans House Salad WW Roll Fresh Banana	20 <u>Sloppy Joe on WW Bun</u> Baked Beans Steamed Carrots Fruit Cocktail Cookie #34	21 <u>Tuna Casserole</u> Colorful Salad Mango Chunks WW Bread Pudding Swirl #177	22 <u>Chicken Pasta Primavera</u> Steamed Broccoli Garlic Breadstick Citrus Delight Pudding #32
25 <u>Shrimp Scampi</u> Linguine Pasta Tuscan Beans Steamed Broccoli Diced Pears	26 <u>BBQ Chicken</u> Baked Acorn Squash Cucumbers Salad Chantilly Cup Biscuit #72	27 <u>Southwest Pork Salad</u> Fruit Cup V8 Juice Pudding WW Roll	28 <u>Chicken Mushroom Marsala</u> Rice Pilaf Mixed Veggies Spinach Salad Diced Pears	29 <u>Lemon Baked Fish</u> Brown Rice Squash Tossed Salad WW Bread Grapes #79