

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 9:30-11:30 Paper Crafting 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 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	
1  CLOSED  LABOR DAY	2 9:00-11:00 Mobile Harvest 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 2:00-3:00 Hands Only CPR	3 9:00-10:30 Care Chest 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	4 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	5 11:00-12:30 Birthday Friday 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups	
8 10:00-1:00 Tech Help with Michelle	9 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	10 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	11 10:00-1:00 Tech Help with Michelle 10:30-12:30 Senator Rosen’s Staff Office Hours	12 11:00-12:00 Medicare 101 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups	
15 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	16 10:00-12:30 Flu Shot Clinic 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane’s Bridge 12:30-1:30 A Talk with Caleb Cage	17 9:00-10:00 Produce on Wheels 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	18 10:00-1:00 Tech Help with Michelle 2:00-4:00 What is Chat GPT & How Can I Use It?	19 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups	
22 10:00-1:00 Tech Help with Michelle	23 10:00-11:00 Food Commodities 12:00-2:00 Tech Help w Mark 1:00-3:00 Advisory Council 2:00-3:00 Nutrition Talk: Anti-Inflammatory Diet	24 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer’s Support Group	25 10:00-1:00 Tech Help with Michelle	26 10:30-11:30 Scams & Seniors: Carson City Sheriff 10:30-11:45 Parkinson’s Support Group 12:00-2:00 Tech Help with Kathleen 12:30-1:30 Meet the Author: Robert Drews	
29 10:00-1:00 Tech Help with Michelle	30 12:00-2:00 Tech Help w Mark	Don & Nadine Dance Party - Saturday, September 6, 6-9 p.m.			

# Carson City Senior Center Menu

## September 2025

Menu subject to change without notice.

Suggested donation for age 60 & over is \$2.25. Those under 60 must pay \$6.00.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <u><b>CLOSED LABOR DAY!!!!</b></u>	<b>2</b>  <u><b>Honey Garlic Chicken</b></u> Jasmine Rice 4 Way Vegetable Blend House Salad Mandarin Oranges	<b>3</b>  <u><b>Beef Stroganoff</b></u> Egg Noodles Baked Squash Orange Spinach Salad Fresh Fruit #108	<b>4</b>  <u><b>Pork Chow Mein</b></u> Steamed Chopped Spinach Sliced Pineapple WW Bread #122	<b>5</b> <u><b>HAPPY BIRTHDAY!</b></u>  <u><b>Salmon</b></u> Rice Pilaf Steamed Broccoli House Salad with Garbanzo Beans Fruit Cup Cake & Ice Cream
<b>8</b>  <u><b>Shredded Chicken Nachos</b></u> Black Beans Spanish Rice Mexicorn Pico de Gallo Blend Fruit Cocktail	<b>9</b>  <u><b>Baked Pork Chop</b></u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Applesauce #110	<b>10</b>  <u><b>Tomato Bisque Soup</b></u> Chicken Caesar Salad Celery Sticks with Peanut Butter Fruit Juice	<b>11</b>  <u><b>Shrimp Scampi</b></u> WW Pasta Steamed Broccoli Italian Chickpea Salad Peach Crisp	<b>12</b>  <u><b>Southwest BBQ Chicken Burger</b></u> WW Bun Baked Beans Steamed Peas & Carrots Pineapple Chunks #150
<b>15</b>  <u><b>Cubed Steak in Red Wine Sauce</b></u> Mashed Potatoes Brussell Sprouts House Salad Fresh Orange	<b>16</b>  <u><b>Chicken Cacciatore</b></u> 4 Way Veggies Applesauce Garlic Breadstick Peach Crisp	<b>17</b>  <u><b>Beef Stew</b></u> WW Egg Noodles House Salad Berry Cup #16	<b>18</b>  <u><b>Tahitian Chicken</b></u> Rice Casserole Braised Red Cabbage Tangerine Cup WW Bread #28	<b>19</b>  <u><b>Seafood Louie Salad</b></u> Three Bean Salad Sourdough Bread Fruit Juice Rice Krispy Treat
<b>22</b>  <u><b>Hamburger w/ LTOP</b></u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136	<b>23</b>  <u><b>Chicken Cranberry Walnut Salad</b></u> Fruit Juice Fruit Cup	<b>24</b>  <u><b>BBQ Chicken</b></u> Brown Rice Green Beans House Salad Berries on a Cloud	<b>25</b>  <u><b>Seafood Chowder</b></u> Egg Salad Sandwich Berry Cup Yogurt Fruit Juice #12	<b>26</b>  <u><b>Beef Enchilada</b></u> Refried Beans Mexicorn Spanish Rice Apple Crisp
<b>29</b>  <u><b>Swedish Meatballs</b></u> Egg Noodles Steamed Veggies House Salad Fresh Fruit Brownie	<b>30</b>  <u><b>Loaded Italian Sub Sandwich</b></u> WW Hoagie Roll Lettuce & Tomato Applesauce Cup Fresh Orange Fruit Cup	<b>Milk:</b> <ul style="list-style-type: none"> <li>On-site (Congregate) - 8oz served daily.</li> <li>Meals on Wheels - half gallon delivered weekly</li> </ul> <b>On-Site (Congregate) Lunch Options:</b> <ul style="list-style-type: none"> <li><b>To-Go Lunch Available Daily</b> – Bring your containers.</li> <li><b>Entrée Salad Available</b> – instead of the day's meal (on-site lunch only) [see posted menu in Dining Room for excluded days].</li> <li><b>Lunch Served:</b> 11-12:30 pm, Mon – Fri</li> </ul>		