


**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 11:15-12:15 Ukulele Practice 12:30-4:00 Mah Jongg 12:00-2:00 Beg. Square Dance Lessons	9:00-1:00 Gems & Minerals 10:00-11:30 Yoga 11:30-12:30 Yoga 10:00-11:00 Mix-It-Up 12:00-1:00 AI 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 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 12:30-3:00 Game Day 1:00-3:00 La Tea Da Knitters 5:00-6:30 Capitol City Cloggers 6:30-8:00 AI 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 AI Anon 12:00-4:00 Mah Jongg 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
<b>Don &amp; Nadine Dance Party</b> Saturday, January 4  <b>Sunday Bingo</b> Sunday, January 12 and Sunday, January 26		<b>1</b>  <b>CLOSED</b>  <b>New Years Day</b>	<b>2</b>	<b>3</b> 9:00-10:30 Care Chest 11:00-12:30 Birthday Friday  6:00-8:30 Capitol Cutups
<b>6</b> 10:00-1:00 Tech Help with Michelle	<b>7</b> 9:30-11:30 Paper Crafting 10:30-12:30 Alignment Health 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge	<b>8</b> 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	<b>9</b> 10:00-1:00 Tech Help with Michelle	<b>10</b> 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups
<b>13</b> 10:00-1:00 Tech Help with Michelle	<b>14</b> 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Obscure History of the Eastern Sierra (Part 1)	<b>15</b> 9:00-10:00 Produce on Wheels 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven 1:00-3:00 !CARSON Training & Help	<b>16</b> 10:00-1:00 Tech Help with Michelle	<b>17</b> 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups
<b>20</b>  <b>CLOSED</b>  <b>Martin Luther King Jr. Day</b>	<b>21</b> 9:30-11:30 Paper Crafting 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 12:30-1:30 A Conversation with Kathy Nelson & George Perreault  Tax Prep Appointments - Call to schedule your tax appt!	<b>22</b> 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer's Support Group	<b>23</b> 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	<b>24</b> 10:30-11:45 Parkinson's Support Group 12:00-1:00 Governing Board 1:00-2:00 Tech Help with Raj
<b>27</b> 10:00-1:00 Tech Help with Michelle	<b>28</b> 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark	<b>29</b> 1:00-2:00 Tech Help with Raj 1:00-3:00 !CARSON Training & Help	<b>30</b> 10:00-1:00 Tech Help with Michelle 2:00-3:00 Doc Talks	<b>31</b> 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups

# Carson City Senior Center Menu

## January 2025

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Milk:</b> On-site (Congregate) - 8oz served daily. Meals on Wheels – half gallon delivered weekly.</p> <p><b>On-Site (Congregate) Lunch Options:</b> <b>To-Go Lunch Available Daily</b> – Bring your containers.</p> <p><b>Entrée Salad Available Daily</b> – instead of the day's meal (on-site lunch only) [excludes Birthday Friday &amp; construction].</p> <p><b>Suggested donation:</b> \$2.25 - 60 &amp; over <b>Fee:</b> \$6.00 – 59 &amp; under</p>		<p>1</p> <p><b><u>CLOSED</u></b> <b><u>HAPPY</u></b> <b><u>NEW YEAR</u></b></p>	<p>2</p> <p><b><u>Tuna Casserole</u></b> <b>Steamed Cali Veggies</b> <b>Pea Salad</b> <b>Mango Chunks</b> <b>WW Bread</b> #177</p>	<p>3</p> <p><b><u>HAPPY BIRTHDAY!</u></b> <b><u>Baked Pork Chops</u></b> <b>Mashed Sweet Potatoes</b> <b>Steamed Green Beans</b> <b>Mixed Green Salad</b> <b>WW Roll</b> <b>Banana Cake &amp; Ice Cream</b> #110</p>
<p>6</p> <p><b><u>Tomato Soup</u></b> <b>Turkey Sandwich</b> <b>Three Bean Salad</b> <b>Sliced Pears</b> <b>Jell-O</b></p>	<p>7</p> <p><b><u>Sweet and Sour Chicken</u></b> <b>Jasmine Rice</b> <b>Stir Fry Veggies</b> <b>Mandarin Oranges</b> <b>Spinach Salad</b></p>	<p>8</p> <p><b><u>Sloppy Joe on WW Bun</u></b> <b>Baked Beans</b> <b>Baby Carrot</b> <b>Fruit Cocktail</b> #34</p>	<p>9</p> <p><b><u>Honey Lemon Chicken</u></b> <b>Penne Pasta</b> <b>Brussel Sprouts</b> <b>Lentil Salad</b> <b>Sliced Peaches</b> <b>WW Bread</b> #116</p>	<p>10</p> <p><b><u>Chicken Broccoli Rice</u></b> <b>Beet Salad</b> <b>Steamed Peas</b> <b>Mango Cup</b> <b>Pudding</b></p>
<p>13</p> <p><b><u>Veggie Omelet &amp; Sausage Links</u></b> <b>Cottage Cheese</b> <b>Fresh Fruit</b> <b>WW English Muffin</b> <b>Fruit Juice</b></p>	<p>14</p> <p><b><u>Tuna Salad</u></b> <b>Minestrone Soup</b> <b>Pita Bread</b> <b>Cookie</b> #8</p>	<p>15</p> <p><b><u>Chicken Cacciatore</u></b> <b>Steamed Broccoli</b> <b>Applesauce</b> <b>Garlic Breadstick</b> <b>Peach Crisp</b></p>	<p>16</p> <p><b><u>Italian Beef Bake</u></b> <b>Peas &amp; Carrots</b> <b>Spinach Salad</b> <b>Yogurt</b> #152</p>	<p>17</p> <p><b><u>BBQ Chicken</u></b> <b>Rice Pilaf</b> <b>House Salad</b> <b>Fresh Pear</b> <b>Berries on a Cloud</b></p>
<p>20</p> <p><b><u>CLOSED</u></b> <b><u>MARTIN</u></b> <b><u>LUTHER</u></b> <b><u>KING JR DAY</u></b></p>	<p>21</p> <p><b><u>Chicken w/ Orange Sauce</u></b> <b>Mashed Potatoes</b> <b>Mixed Veggies</b> <b>Garden Salad</b> <b>WW Bread</b> <b>Peaches</b> <b>Yogurt</b> #103</p>	<p>22</p> <p><b><u>Fish Taco</u></b> <b>Coleslaw</b> <b>Green Beans</b> <b>Sliced Peaches</b> <b>Cookie</b></p>	<p>23</p> <p><b><u>Hamburger w/ LTOP</u></b> <b>WW Bun</b> <b>Baked Beans</b> <b>House Salad</b> <b>Fresh Orange</b> <b>Pudding</b> #136</p>	<p>24</p> <p><b><u>Meatloaf</u></b> <b>Mashed Potatoes</b> <b>Broccoli</b> <b>House Salad</b> <b>w/Garbanzo Beans</b> <b>WW Roll</b> <b>Apple Crisp</b></p>
<p>27</p> <p><b><u>Greek Salad</u></b> <b>Fresh Apple</b> <b>V8 Juice</b> <b>Rice Crispy Treat</b></p>	<p>28</p> <p><b><u>Shrimp Ceviche</u></b> <b>Whole Grain Tostada</b> <b>Fresh Orange</b> <b>Fig Bar</b></p>	<p>29</p> <p><b><u>Chicken Cobb Salad</u></b> <b>Grape Juice</b> <b>Applesauce Cup</b> <b>WW Roll</b> <b>Yogurt</b></p>	<p>30</p> <p><b><u>Loaded Turkey Sub</u></b> <b>WW Hoagie Roll</b> <b>Fruit Cup</b> <b>Carrot Sticks</b> <b>Apple Juice</b></p>	<p>31</p> <p><b><u>Seafood Louie Salad</u></b> <b>Fruit Juice</b> <b>Fresh Fruit</b> <b>Sourdough Bread</b></p>