


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 Rhythm Rockers 11:00-12:00 Line Dancing 11:00-12:00 Ukulele Practice 12:30-4:00 Mah Jongg 1:00-3:00 Beg. Square Dance 3:00-4:00 Rumba Lessons 1:15-2:15 Better Breathers	9:00-1:00 Gems & Minerals 9:30-11:00 Paper Crafting 10:00-11:30 Yoga 11:30-12:30 Yoga 10:00-11:00 Rhythm Rockers 11:15-12:45 Paper Crafting 12:00-1:00 Al Anon 12:00-4:00 Canasta	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 1:15-2:15 Better Breathers 5:30-6:30 Capitol City Cloggers 6:30-8:00 Al Anon	9:00-1:00 Gems & Minerals 10:00-11:00 Rhythm Rockers 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 Canasta 1:00-2:00 Tai Chi Beginners 1:15-3:15 Bingo 6:00-7:15 CODA	9:30-10:30 Res. Exercise 10:45-11:45 Chair Yoga 12:00-1:00 Overeaters Anon. 12:00-4:00 2 Table Bridge 12:30-4:00 Mah Jongg 1:00-4:00 Bunco+	
Special Events & Activities					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Sunday Bingo Sunday, October 13 & October 27	1 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:00-2:30 Connections	2 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	3 9:00-2:00 Jewelry Sale 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 10:30-12:30 Alignment Health	4 9:00-2:00 Jewelry Sale 9:00-4:00 Welfare Office Hours 10:30-12:30 AETNA 11:00-12:30 Birthday Friday  1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups Tonight & Saturday Senior Follies at the Bob Boldrick Theater	
	7 9:30-2:30 AARP Driver's Safety 10:00-1:00 Tech Help with Michelle	8 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Memories of Bonanza	9 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	10	11 9:00-4:00 Welfare Office Hours 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups This Weekend Don & Nadine Dance Party
14 6:30-8:00 Capital Quilters	15 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 Janice Oberding 1:00-2:30 Connections	16 9:00-10:00 Produce on Wheels 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	17	18 9:00-4:00 Welfare Office Hours 10:30-11:30 Medicare 101 Class 10:30-1:00 Voter Registration 12:30-1:30 Medicare Changes for 2025 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups	
21	22 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 1:00-2:00 Advisory Council	23 9:00-12:00 Capital Quilters 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer's Support Group	24 10:00-1:00 Tech Help with Michelle	25 CLOSED Nevada Day Observed	
28 10:00-1:00 Tech Help with Michelle	29	30	31 Happy Halloween!		

Carson City Senior Center Menu

October 2024

Menu subject to change without notice.

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

On-Site (Congregate) Lunch Options:

- **Lunch Served:** 11-12:30pm, Mon – Fri; **To-Go Lunch Available Daily** – Bring your containers.
- **Entrée Salad Available** – instead of the day's meal (on-site lunch only) [excludes Birthday Friday, other selected days]

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Southwest BBQ</u> <u>Chicken Burger on</u> <u>WW Bun</u> Baked Beans Peas & Carrots Pineapple Chunks #150	2 <u>Bratwurst</u> WW Hot Dog Bun Hot German Potato Salad German Slaw Spiced Applesauce Fresh Orange	3 <u>Cranberry Glazed</u> <u>Chicken</u> Brown Rice Spring Salad Green Beans Mandarin Oranges #163	4 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed potatoes w/ Gravy Peas House Salad WW Roll Ice Cream & Cake
7 <u>Meat Lasagna</u> Veggie Blend Spinach Salad Tropical Fruit Garlic Breadstick	8 <u>Lemon Pepper</u> <u>Tilapia</u> Tuscan Beans Rice Pilaf W/ Cali Veggie Blend Sliced Peaches WW Roll	9 <u>Split Pea Soup</u> Turkey Sandwich on WW Bread Cucumber Salad Fresh Orange #100	10 <u>Spaghetti w/ Meat</u> <u>Sauce</u> Zucchini House Salad Orange Mango Cup 7 Grain Bread #39	11 <u>Chicken Cordon Bleu</u> Peas & Carrots House Salad Sliced Pears WW Roll
14 <u>Chicken in Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies House Salad Peach Yogurt 7 Grain Bread #103	15 <u>Country Fried Steak</u> Mashed Potatoes Cali Veggie Blend Fruit Cocktail WW Roll	16 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans House Salad Fresh Banana WW Roll #110	17 <u>Shrimp Scampi</u> Pasta Steamed Broccoli Carrot Salad Fresh Orange	18 <u>Beef Enchilada</u> Spanish Rice Refried Beans Mexicorn Tropical Fruit Cup Churro
21 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Strawberry Yogurt #152	22 <u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Fresh Peaches Sourdough Bread	23 <u>Swiss Steak</u> Veggie Blend Baked Potato House Salad WW Roll	24 #183 <u>Honey Apricot</u> <u>Chicken</u> Cali Veggie Blend Wild & Long Grain Rice Fresh Orange WW Roll	25 <u>NEVADA DAY</u> <u>CLOSED!!!!</u>
28 <u>Vegetable Beef Soup</u> Tuna Macaroni Salad Tropical Fruit Cup V8 Juice WW Roll	29 <u>Sweet & Sour</u> <u>Chicken</u> Steamed Brown Rice Peas & Carrots Spinach Salad #11	30 <u>Beef Taco</u> Ranch Style Beans Mexicorn Cranberry Nut Salad Fresh Fruit Brownie with Caramel Drizzle	31 <u>Herb Crusted Pork</u> <u>Chops</u> Baked Yams Green Beans Sliced Pears WW Roll #179 Halloween Costumes Encouraged!	Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.