


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 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
Don & Nadine Dance Party Saturday, November 2 Daylight Savings – Sunday, November 3 – Turn clocks BACK Sunday Bingo Sunday, November 10 and Sunday, November 24				1 9:00-4:00 Welfare Office Hours 10:30-12:30 AETNA 11:00-12:30 Birthday Friday  6:00-8:30 Capitol Cutups
4 10:00-1:00 Tech Help with Michelle	5 9:30-12:45 Paper Crafting 12:00-2:00 Tech Help w Mark 1:00-2:30 Connections ELECTION DAY	6 10:45-12:30 Capital Quilters 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 1:00-3:00 Smiles from Heaven	7 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 10:30-12:30 Alignment Health	8 9:00-4:00 Welfare Office Hours 11:00-12:30 Veteran's Day Lunch with Cake 11:45 Veteran's Photo w Lunch 6:00-8:30 Capitol Cutups
11 CLOSED Veteran's Day	12 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 12:00-4:00 Jane's Bridge 1:30-2:30 Living History: The Big Bang	13 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group	14 10:00-1:00 Tech Help with Michelle	15 9:00-4:00 Welfare Office Hours 10:30-1:00 Voter Registration 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups
18 10:00-1:00 Tech Help with Michelle	19 9:30-12:45 Paper Crafting 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 12:30-1:30 A Conversation with Poets 1:00-2:00 Advisory Council 1:00-2:30 Connections	20 9:00-10:00 Produce on Wheels 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	21 10:00-1:00 Tech Help with Michelle	22 10:30-12:00 Parkinson's Support Group
25	26 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge	27 9:00-12:00 Capital Quilters Closing at 1pm	28 CLOSED Thanksgiving Day	29 CLOSED Family Day

Carson City Senior Center Menu

November 2024

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
<p>Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</p> <p>On-Site (Congregate) Lunch Options:</p> <ul style="list-style-type: none"> • 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] 				<p>1 <u>HAPPY BIRTHDAY!</u> <u>Chicken Cordon Bleu</u> Rice Pilaf Steamed Broccoli House Salad Sliced Pears WW Roll Ice Cream & Cake</p>
<p>4</p> <p><u>Chili W/ Cornbread</u> Coleslaw Fresh Orange Fruit Juice Lemon Bar</p>	<p>5</p> <p><u>Chicken Parmesan</u> Fettucine Noodles Green Beans Tossed Salad Pineapple Chunks</p>	<p>6</p> <p><u>Beef Stew</u> WW Egg Noodles House Salad Fruit Cup #16</p>	<p>7</p> <p><u>Pork Chop w/</u> <u>Mushroom Gravy</u> Baked Potato Steamed Peas Berries with Yogurt</p>	<p>8 #3</p> <p><u>Meatloaf</u> Mashed Potatoes w/Pan Gravy Steamed Spinach Fresh Fruit WW Roll Veteran’s Day Cake</p>
<p>11</p> <p>CLOSED VETERANS DAY</p>	<p>12 #124</p> <p><u>Italian Rice & Beef</u> Steamed Carrots House Salad W/ Garbanzo Beans Applesauce WW Roll</p>	<p>13</p> <p><u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Sourdough Bread Brownie</p>	<p>14 #39</p> <p><u>Spaghetti w/ Meat</u> <u>Sauce</u> Zucchini Colorful Salad Mandarin Oranges 7 Grain Bread</p>	<p>15</p> <p><u>Chicken Gumbo</u> Red Beans & Rice House Salad Chantilly Cup Cookie</p>
<p>18</p> <p><u>Tropical Turkey</u> <u>Lettuce Wrap</u> Three Bean Salad Fresh Apple Fruit Juice Brownie</p>	<p>19 #32</p> <p><u>Chicken Pasta</u> <u>Primavera</u> Steamed Broccoli House Salad Citrus Delight Garlic Breadstick</p>	<p>20</p> <p><u>Lentil Soup</u> Tuna Salad Sandwich Yellow Squash Slices Fruit Cup #50</p>	<p>21</p> <p><u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks House Salad Fortune Cookie</p>	<p>22</p> <p><u>Meatball Sub</u> WW Bun Corn Coleslaw Fresh Fruit Fruit Juice</p>
<p>25</p> <p><u>Herbed Baked</u> <u>Chicken</u> Mashed Sweet Potatoes Steamed Peas Applesauce WW Bread #73</p>	<p>26</p> <p><u>Beef Tacos</u> Ranch Style Beans Mexicorn Tropical Fruit Cup #55</p>	<p>27</p> <p>THANKSGIVING CELEBRATION! <u>Turkey with Gravy</u> Mashed Potatoes Stuffing Mixed Veggies Cranberry Sauce WW Roll Pumpkin Pie</p>	<p>28</p> <p>CLOSED THANKSGIVING</p>	<p>29</p> <p>CLOSED FAMILY DAY</p>