

**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 1:00-3:00 Beg. Square Dance 3:00-4:00 Rumba 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	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
2 1:00-4:00 Vaccine Clinic hosted by N4	3 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 12:30-1:30 A Conversation with Patty Cafferata 1:00-2:30 Connections	4 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 10:45-12:30 Capital Quilters 11:00-12:00 Scams & Seniors 1:00-3:00 Smiles from Heaven	5 9:00-4:00 Holiday Craft Sale 9:00-3:00 Nevada Legal (By appt) 12:00-2:00 Tech Help w Mark	6 9:00-4:00 Holiday Craft Sale 10:30-12:30 AETNA 11:00-12:30 Birthday Friday  1:00-2:30 Christmas Show 6:00-8:30 Capitol Cutups
9 10:00-11:30 Critical Thinking	10 10:00-11:30 Critical Thinking 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:30-2:30 Living History: Scandalous Tales	11 9:00-11:30 Capital Quilters 10:00-11:30 Critical Thinking 1:00-2:00 Diabetes Support Group	12 10:00-11:30 Critical Thinking 12:00-2:00 Tech Help w Mark	13 10:00-11:30 Critical Thinking 12:30-2:30 Viewing of 2024 Follies Production of Ocean Commotion 6:00-8:30 Capitol Cutups
16	17 9:30-11:30 Paper Crafting 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 1:00-2:30 Connections	18 9:00-10:00 Produce on Wheels 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	19 12:00-2:00 Tech Help w Mark	20 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups
23	24 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 11:00-12:30 Christmas Lunch Celebration 12:00-1:00 Tech Help w Mark Closing at 1pm	25 CLOSED 	26 12:00-2:00 Tech Help w Mark	27 10:30-11:45 Parkinson's Support Group
30	31 10:30-12:30 Alignment Health 11:00-12:30 New Year's Eve Lunch Celebration 12:00-1:00 Tech Help w Mark Closing at 1pm	Don & Nadine Dance Party Saturday, December 7 Sunday Bingo Sunday, December 8 and Sunday, December 22		

Carson City Senior Center Menu

December 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Lentil Soup</u> Tuna Salad Sandwich Steamed Carrots WW Bread Lemon Bar V8	3 <u>Caribbean Chicken</u> Aztec Rice Orange Spinach Salad Bean Combo Baked Apples W/ Raisin Nut Filling #118	4 <u>Italian Bake Beef</u> Pea and Carrots Spinach Salad Strawberry Yogurt #152	5 <u>Cranberry Chicken</u> Brown Rice Broccoli House Salad Mandarin Oranges	6 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed Potatoes Cali Blend Veggies House Salad WW Roll Ice Cream & Cake
9 <u>Clam Chowder</u> Turkey Sandwich Baby Carrots Spinach Salad Fruit Cup Cookie #43	10 <u>Southwest BBQ</u> <u>Chicken Burger</u> Baked Beans House Salad Fresh Orange Pudding	11 <u>Creamed Beef</u> Herbed Veggie Medley Baked Potato Pineapple Whole Wheat Bun	12 <u>Lemon Baked Fish</u> Seasoned Zucchini Potato Fingerlings House Salad WW Roll Fresh Fruit #26	13 <u>Beef Enchilada</u> Spanish Rice Refried Beans Mexicorn Tropical Fruit Pudding
16 <u>Honey Apricot</u> <u>Chicken</u> Wild & Long Rice Peas House Salad Fresh Oranges WW Bread	17 <u>Chicken Cacciatore</u> Chef Cut Veggie Blend House Salad w/ Garbanzo Beans Fresh Fruit Breadstick Cookie	18 <u>Herb Crusted Pork</u> <u>Chop</u> Baked Yams Green Beans Sliced Pears WW Roll Pudding #179	19 <u>Shrimp Alfredo</u> Fettucine Noodles Broccoli House Salad Fresh Fruit Garlic Breadstick Tiramisu	20 <u>Swiss Steak</u> Baked Potato Sour Cream Herbed Veg Medley WW Roll Applesauce #44
23 <u>Seafood Louie Salad</u> On Romaine Fresh Fruit Three Bean Salad Sourdough Cookie	24 <u>Christmas Party</u> <u>Brown Sugar Honey</u> <u>Glazed Ham</u> Mashed potatoes w/ Gravy Mushroom Strata Green Beans Apple Pie	25 <u>CLOSED</u> <u>Christmas</u>	26 <u>Spaghetti w/ Meat</u> <u>Sauce</u> Zucchini Colorful Salad Mandarin Oranges 7 Grain Bread #39	27 <u>Hamburger W/</u> <u>LTOP</u> WW Bun Baked Beans House Salad Fresh Fruit #136
30 <u>Chicken w/ Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad Peach Yogurt Peaches 7 Grain Bread #103	31 <u>Happy New Year</u> <u>BBQ Ribs</u> Baked Beans Coleslaw Fresh Fruit Rice Crispy Treat	Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch Options: <ul style="list-style-type: none"> To-Go Lunch Available Daily – Bring your containers. Entrée Salad Available Daily – instead of the day's meal (on-site lunch only) [excludes Birthday Friday]. Suggested donation: \$2.25 - 60 & over; Fee: \$6.00 – 59 & under		