



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 12:00-2:00 Beg. Square Dance Lessons 12:00-4:00 Game Day	9:00-9:45 Chair Yoga 9:00-1:00 Gems & Minerals 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 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 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 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 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	
<b>3</b> 9:30-2:30 AARP Drivers Safety 10:00-1:00 Tech Help with Michelle	<b>4</b> 9:30-11:30 Paper Crafting 10:30-11:30 Carson Tahoe Health: Medicare Advantage 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge	<b>5</b> 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 10:45-12:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	<b>6</b> 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	<b>7</b> 10:30-11:30 Scams & Seniors Sheriff's Office 11:00-12:30 Birthday Friday  6:00-8:30 Capitol Cutups	
<b>10</b> 10:00-1:00 Tech Help with Michelle	<b>11</b> 10:00-11:00 Menu Committee 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Daring and Dangerous Donner Summit	<b>12</b> 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group 1:30-3:30 Exploring the Meaning of Your Life	<b>13</b> 10:00-1:00 Tech Help with Michelle	<b>14</b> 10:30-11:30 Hospice Q&A 6:00-8:30 Capitol Cutups	
<b>17</b> 10:00-1:00 Tech Help with Michelle 	<b>18</b> 9:30-11:30 Paper Crafting 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 12:30-1:30 A Conversation with Jill Derby 2:00-3:00 Med Talk: Nourishing Traditions: Connecting Through Food	<b>19</b> 9:00-10:00 Produce on Wheels 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven 1:30-3:30 Exploring the Meaning of Your Life	<b>20</b> 10:00-1:00 Tech Help with Michelle	<b>21</b> 12:00-1:00 Governing Board	
<b>24</b> 10:00-1:00 Tech Help with Michelle	<b>25</b> 10:00-11:00 Food Commodities 12:00-2:00 Tech Help w Mark 1:00-3:00 Advisory Council	<b>26</b> 12:00-2:00 Tech Help w Mark 1:30-3:30 Exploring the Meaning of Your Life 2:30-4:00 Alzheimer's Support Group	<b>27</b> 10:00-1:00 Tech Help with Michelle	<b>28</b> 10:30-11:45 Parkinson's Support Group 6:00-8:30 Capitol Cutups	
<b>31</b>	<b>Don &amp; Nadine Dance Party</b> Saturday, March 1		<b>AARP Tax Prep</b> Mondays & Wednesdays, Feb. 3 – Apr. 9		
	<b>Sunday Bingo</b> Sunday, March 9 and Sunday, March 23				

# Carson City Senior Center Menu

## March 2025

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
3  <u>Honey Lemon Chicken</u> Penne Pasta Green Beans Garden Salad Sliced Peaches WW Bread #116	4  <u>Salisbury Steak</u> Baked Potato Vegetable Medley Diced Peaches Cookie	5  <u>Lemon Baked Fish</u> Brown Rice Steamed Veggies House Salad Fresh Orange WW Roll #79	6  <u>Sweet &amp; Sour Pork</u> Jasmine Rice Stir Fry Veggies Mandarin Oranges Fortune Cookie	7 <u>HAPPY BIRTHDAY</u> <u>Spaghetti with Meat Sauce</u> Broccoli House Salad w/Garbanzo Beans Fresh Fruit WW Roll Cake & Ice Cream
10  <u>Veggie Omelet &amp; Bacon</u> Cottage Cheese Fresh Fruit WW English Muffin Fruit Juice	11  <u>Chicken w/ Orange Sauce</u> Rice Mixed Veggies Garden Salad Yogurt	12  <u>Baked Pork Chops</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Applesauce #110	13  <u>Seafood Bake</u> 4 Way Veggies House Salad Fresh Apple Pudding	14  <u>Chicken Broccoli Rice</u> Beet Salad Fruit Cup Muffin #38
17  <u>Rueben Sandwich</u> Rye Bread Coleslaw Potato Chips Fruit Juice  <u>DRESS UP DAY!</u> Best/Most <b>Green</b> During on-site lunch	18  <u>Swiss Steak</u> Egg Noodles Steamed Veggies Orange Spinach Salad WW Bread Fresh Fruit #69	19  <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt #152	20  <u>Chicken Parmesan</u> Fettucine Pasta Steamed Cali Veggies Fresh Fruit Three Bean Salad Cookie	21  <u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Sourdough Bread Brownie
24  <u>Beef Stir Fry</u> Brown Rice Beet Salad Mandarin Oranges #23	25  <u>Turkey Sandwich</u> Tomato Soup Three Bean Salad Sliced Pears Jell-O	26  <u>BBQ Chicken</u> Mashed Potatoes Green Beans House Salad Berries on a Cloud	27  <u>Cheeseburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136	28  <u>Chicken Cacciatore</u> 4 Way Veggies Applesauce Garlic Breadstick Peach Crisp
31  <u>Chicken Teriyaki</u> Jasmine Rice Steamed Veggies House Salad Fruit Cocktail	<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></p> <ul style="list-style-type: none"> <li>• <b>To-Go Lunch Available Daily</b> – Bring your containers.</li> <li>• <b>Entrée Salad Available Daily</b> – instead of the day’s meal (on-site lunch only) [excludes Birthday Friday &amp; Holiday Meals].</li> <li>• <b>Lunch Served:</b> 11-12:30pm, Monday – Friday</li> </ul>			