

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	9:00-1:00 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 Al 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 Al 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 Al 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 2:30-3:30 Chair Yoga 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	
	1 9:30-11:30 Paper Crafting 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge	2 9:00-10:00 Produce on Wheels 9:00-10:30 Care Chest 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	3 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	4 11:00-12:30 Birthday Friday <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> HAPPY BIRTHDAY! </div> 6:00-8:30 Capitol Cutups	
7 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	8 10:00-11:00 Menu Committee 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: The Pack that Walked like a Man	9 9:00-11:30 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	10 10:00-1:00 Tech Help with Michelle	11 12:30-1:30 Poetry with Glade Myler "A Drop in the Bucket" 6:00-8:30 Capitol Cutups	
14 10:00-1:00 Tech Help with Michelle	15 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 Jesse James Ziegler & Gailmarie Pahmeier	16 9:00-10:00 Produce on Wheels 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	17 10:00-1:00 Tech Help with Michelle	18 12:00-1:00 Governing Board 12:30-1:30 Author Talk: Marvin Castagna "Common Joe" (1 st GI Bill)	
21 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	22 10:00-11:00 Food Commodities 12:00-2:00 Tech Help w Mark	23 12:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	24 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	25 10:30-11:45 Parkinson's Support Group 1:30-2:30 Volunteer Appreciation (RSVP) 6:00-8:30 Capitol Cutups	
28 10:00-1:00 Tech Help with Michelle 12:30-1:30 Med Talk: Anti-Inflammatory Lifestyle	29 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 1:00-3:00 Advisory Council	30 12:00-2:00 Tech Help w Mark	Don & Nadine Dance Party Saturday, April 5 Sunday Bingo Sunday, April 13 and Sunday, April 27		

Carson City Senior Center Menu

April 2025

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Honey Lemon Chicken</u> Penne Pasta Brussel Sprouts Lentil Salad Sliced Peaches WW Bread #116	2 <u>Fish Sticks</u> Mac n Cheese Peas & Carrots Coleslaw Pineapple Chunks Brownie with Carmel Drizzle	3 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Applesauce #110	4 <u>HAPPY BIRTHDAY!</u> <u>Beef Enchilada</u> Refried Beans Mexicorn Spanish Rice Tropical Fruit Cup Cake & Ice Cream
7 <u>Shrimp Ceviche</u> WW Tostada Shell Shredded Lettuce Three Bean Salad Fresh Fruit Fig Bar	8 <u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103	9 <u>Sloppy Joe on WW Bun</u> Baked Beans Baby Carrot Fruit Cocktail #34	10 <u>Sweet Chili Chicken</u> Jasmine Rice Stir Fry Veggies House Salad Mandarin Oranges Pudding	11 <u>Loaded Italian Sub Sandwich</u> WW Hoagie Roll Lettuce & Tomato Coleslaw Grapes Fruit Juice Cookie
14 <u>Chili Cheese Baked Potato</u> Steamed Peas House Salad Fruit Cocktail Cookie	15 <u>Meatloaf</u> Mashed Potatoes Steamed Spinach House Salad Fruit Cup WW Roll #3	16 <u>Chicken Cacciatore</u> 4 Way Veggies Applesauce Garlic Breadstick Peach Crisp	17 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt WW Roll #152	18 <u>Tuna Salad</u> <u>WW Bread</u> Lettuce & Tomato House Salad Fruit Cup Fruit Juice
21 <u>Beef Stroganoff</u> Egg Noodles Chef Cut Veggie Orange Spinach Salad Fresh Apple #108	22 <u>Turkey Sandwich on WW Bread</u> Lettuce & Tomato Tomato Soup Three Bean Salad Sliced Pears Jell-O	23 <u>Swedish Meatballs</u> Egg Noodles Broccoli House Salad V8 Juice Cookie	24 <u>Cheeseburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136	25 <u>BBQ Chicken</u> Mashed Potatoes Green Beans House Salad Berries on a Cloud WW Roll
28 <u>Chicken Cordon Bleu</u> Rice Pilaf Peas House Salad Fresh Orange Apple Pie Delight	29 <u>Tuna Casserole</u> House Salad WW Bread Fruit Cup #177	30 <u>Beef Teriyaki</u> Jasmine Rice Broccoli Asian Chickpea Salad Mandarin Orange	<p>Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</p> <p>On-Site (Congregate) Lunch:</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 Most Days – instead of the day’s meal for on-site lunch only. (See weekly menu for availability.) 	