

**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 11:00-11:30 Ukulele Practice 12:30-4:00 Mah Jongg 1:15-2:15 Better Breathers	9:00-1:00 Gems & Minerals 10:00-11:30 Yoga 10:00-12:00 Paper Crafting 11:30-12:30 Yoga 10:00-11:00 Rhythm Rockers 12:00-1:00 Al Anon 12:00-2:00 Paper Crafting 12:00-4:00 Canasta	9:00-11:00 Duplicate Practice 9:00-1:00 Gems & Minerals 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 1:15-3:15 Bingo 1:30-2:30 Chair Yoga 6:00-7:15 CODA	9:30-10:30 Res. Exercise 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
<b>3</b> 9:30-2:30 AARP Driver's Safety 10:00-1:00 Voter Registration 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	<b>4</b> 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group 1:00-2:00 Tech Help with Mark	<b>5</b> 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	<b>6</b> 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	<b>7</b> 10:30-12:30 AETNA 11:00-11:45 Music Performance Bumps in the Road 11:00-12:30 Birthday Friday  1:00-2:00 Tech Help with Raj
<b>10</b> 10:00-1:00 Tech Help with Michelle	<b>11</b> 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-4:00 Jane's Bridge 1:00-2:00 Tech Help with Mark 1:30-2:30 Those That Survived: A Chautauqua Presentation	<b>12</b> 9:00-11:30 Capital Quilters 10:30-12:30 Carson City Library 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	<b>13</b> 10:00-1:00 Tech Help with Michelle 1:45-3:15 Silver THINK Series	<b>14</b> 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups
<b>17</b> 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	<b>18</b> 10:30-12:30 Alignment Health 1:00-2:00 Tech Help with Mark 1:00-2:30 Connections	<b>19</b> 	<b>20</b> 10:00-1:00 Tech Help with Michelle 1:45-3:15 Silver THINK Series	<b>21</b> 9:00-10:00 Produce on Wheels 10:00-11:00 Scams & Seniors: Carson City Sheriff's Office 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 1:00-2:00 Tech Help with Raj
<b>24</b>	<b>25</b> 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-4:00 Jane's Bridge 12:30-1:30 A Conversation with Donna Inversin, Historic V&T Trail 1:00-2:00 Advisory Council 1:00-2:00 Tech Help with Mark 2:30-4:00 Discover Andean Music	<b>26</b> 9:00-12:00 Capital Quilters 9:00-1:00 JAC Bus Pass Renewals 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer's Support Group	<b>27</b> 9:00-1:00 JAC Bus Pass Renewals 10:00-1:00 Tech Help with Michelle 1:45-3:15 Silver THINK Series	<b>28</b> 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups

**Don & Nadine Dance Party & Potluck**  
Saturday, June 1, 6-9pm

**Sunday Bingo**  
Sunday, June 9 & Sunday, June 23

# Carson City Senior Center Menu

## June 2024

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suggested donation: \$2.25 - 60 &amp; over</b>		<b>Fee: \$6.00 – 59 &amp; under</b>		
<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</b> – instead of the day’s meal (on-site lunch only) [excludes Birthday Friday, Salad Meals, &amp; Holiday Meals].</li> <li>• <b>Lunch Served:</b> 11-12:30pm, Mon – Fri</li> </ul>				
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b><u>Chicken Caesar Salad</u></b> Diced Peaches V8 Juice Pudding Fig Bar</p>	<p><b><u>Shrimp Scampi</u></b> Fettucine Pasta Broccoli House Salad Fruit Cup</p>	<p><b><u>Flounder In Cilantro</u></b> <b><u>Sauce</u></b> Spanish Rice Black Beans Mixed Green Salad Fruit Cup #93</p>	<p><b><u>Chicken Pasta</u></b> <b><u>Primavera</u></b> House Salad Citrus Delight Garlic Breadstick #32</p>	<p><b><u>HAPPY BIRTHDAY!</u></b> <b><u>Country Fried Steak</u></b> Mashed Potatoes Peas Mixed Berry Cup WW Roll Cake &amp; Ice Cream</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b><u>Stuffed Pepper</u></b> <b><u>Casserole</u></b> Fettucine Noodles House Salad W/ Garbanzo Beans Fruit Cocktail Cookie</p>	<p><b><u>Chicken Tetrzzini</u></b> Cooked Baby Carrots Broccoli Salad WW Roll Pudding #47</p>	<p><b><u>Sweet &amp; Sour Pork</u></b> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie</p>	<p><b><u>Chicken Broccoli</u></b> <b><u>Rice</u></b> Beet Salad Mango Cup Muffin #38</p>	<p><b><u>Seafood Louie Salad</u></b> Three Bean Salad Fruit Juice Diced Peaches Sourdough Bread Fig Bar</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b><u>Chili Cheese Baked</u></b> <b><u>Potato</u></b> Steamed Carrots Muffin Yogurt Fruit Juice #37</p>	<p><b><u>Baked Tandoori</u></b> <b><u>Chicken</u></b> Buttered Potato Chunks Italian Vegetable Blend House Salad Fig Bar</p>	<p><b><u>CLOSED</u></b> <b><u>JUNETEENTH</u></b></p>	<p><b><u>Chicken Mushroom</u></b> <b><u>Marsala</u></b> Rice Pilaf Mixed Veggies w/ Lima Beans Spinach Salad Diced Pears</p>	<p><b><u>Spaghetti W/ Meat</u></b> <b><u>Sauce</u></b> Steamed Italian Veggies House Salad Pineapple Chunks WW Bread #39</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b><u>Egg Salad Sandwich</u></b> <b><u>on WW Bread</u></b> Lentil Soup Lettuce &amp; Tomato Diced Peaches Yogurt Fig Bar</p>	<p><b><u>BBQ Chicken</u></b> Steamed Cali. Veggies Garden Salad Chantilly Cup Apple Crisp WW Roll #72</p>	<p><b><u>Herb Crusted Pork</u></b> <b><u>Chops</u></b> Mashed Sweet Potatoes Corn Fresh Banana Cookie</p>	<p><b><u>Tuna Casserole</u></b> Three Bean Salad Mango Chunks House Salad WW Bread Pudding Swirl #177</p>	<p><b><u>Thai Chicken Curry</u></b> Jasmine rice Stir Fry Veggies Cucumber Salad Tropical Fruit Cup Fig Bar</p>