


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 11:30-12:30 Yoga 10:00-11:00 Rhythm Rockers 12:00-1:00 AI Anon 12:00-4:00 Canasta 6:00-8:00 Follies Rehearsal	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 AI 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 AI Anon 12:00-4:00 Mah Jongg 12:00-4:00 Canasta 1:15-3:15 Bingo 6:00-7:15 CODA 6:00-8:00 Follies Rehearsal	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	
1 10:00-1:00 Voter Registration 6:30-8:00 Capital Quilters	2 10:30-12:30 Alignment Health 11:00-2:00 Blind Support Group 12:00-2:00 Tech Help with Mark	3 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	4 CLOSED 	5 10:30-12:30 AETNA 11:00-12:30 Birthday Friday HAPPY BIRTHDAY! 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups	
8 10:00-1:00 Tech Help with Michelle	9 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: Tales Along El Camino Sierra 2:30-4:00 Disc. Andean Music	10 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group	11 1:45-3:15 Silver THINK Series	12 11:00-11:45 Music Performance Bumps in the Road	
15 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	16 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 1:00-2:30 Connections 2:30-4:00 Discover Andean Music	17 9:00-10:00 Produce on Wheels 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	18 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle 1:45-3:15 Silver THINK Series	19 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups	
22 10:00-1:00 Tech Help with Michelle	23 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 11:00-11:45 Music Perform. Andean Music 12:00-4:00 Jane's Bridge 12:00-2:00 Tech Help w Mark 12:30-1:30 A Conversation with Clare Frank 1:00-2:00 Advisory Council	24 9:00-12:00 Capital Quilters 1:00-2:00 Tech Help with Raj 2:30-4:00 Alzheimer's Support Group	25 10:00-1:00 Tech Help with Michelle 1:45-3:15 Silver THINK Series	26 1:00-2:00 Tech Help with Raj	
29 10:00-1:00 Tech Help with Michelle	30 12:00-2:00 Tech Help with Mark	31 1:00-2:00 Tech Help with Raj	Don & Nadine Dance Party & Potluck Saturday, July 6, 6-9pm Sunday Bingo Sunday, July 14 & Sunday, July 28		

Carson City Senior Center Menu

July 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
1 <u>Chicken In Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad Peach Yogurt Peaches 7 Grain Bread #103	2 <u>Chicken Caesar Salad</u> Sliced Peaches V8 Juice Pudding	3 <u>Hot Dog On A Bun</u> Baked Beans Corn Chips House Salad Brownie	4 <u>CLOSED</u> <u>4th of July</u>	5 #3 <u>Happy Birthday Celebration</u> <u>Meatloaf</u> Mashed Potatoes w/ Pan Gravy Steamed Spinach House Salad Chantilly Fruit Cup WW Roll Ice Cream & Cake
8 <u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Sourdough Bread Brownie	9 <u>Shepherd's Pie</u> Spinach Salad Muffin Fresh Fruit #29	10 <u>Beef Stroganoff</u> Egg Noodles Steamed Mixed Veggies Orange Spinach Salad Pineapple Chunks #108	11 <u>Greek Grilled Chicken Pita</u> Broccoli Salad Fruit Cup Pudding	12 <u>Creamy Tuscan Pork</u> Brown Rice Steamed Peas Tropical Salad Fresh Fruit
15 <u>Southwest BBQ Chicken Burger</u> Baked Beans House Salad Pineapple Chunks Pudding #150	16 <u>Biscuits & Sausage Gravy</u> Omelet and Breakfast Veggies Fresh Fruit Muffin V8 Juice	17 #110 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad Diced Pears WW Roll	18 <u>Shrimp Scampi</u> Pasta Steamed Broccoli Lentil Salad Peach Crisp Fresh Apple	19 <u>Beef Enchilada</u> Spanish Rice Refried Beans Mexicorn House Salad Diced Pears Churro
22 <u>Honey Apricot Chicken</u> Wild & Long Rice Cali Veggie Blend Fresh Oranges WW Bread #183	23 <u>Sloppy Joe on WW Bun</u> Steamed Carrots Three Bean Salad Cookie #155	24 <u>Tropical Chicken Lettuce Wrap</u> Fruit Cup House Salad w/Chickpeas V8 Juice Fig Bar	25 <u>Pork Fried Rice</u> Stir Fry Veggies Mandarin Oranges Spinach Salad Fortune Cookie	26 <u>Herb Baked Chicken</u> Linguine Pasta Steamed Spinach Carrot Salad Berry Cup
29 <u>Stuffed Cabbage Casserole</u> Steamed Carrots Fruit Juice House Salad WW Roll	30 <u>Lemon Baked Fish</u> Peas Brown Rice House Salad WW Bread Grapes #161	31 <u>Tandoori Chicken</u> Penne Pasta Herbed Diced Potatoes House Salad Mandarin Oranges	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 – instead of the day's meal (on-site lunch only) [excludes Birthday Friday, Salad Meals, & Holiday Meals]. Lunch Served: 11-12:30pm, Mon – Fri	