




**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 Ukulele Practice 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 10:00-11:30 Yoga 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 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 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
3 10:00-1:00 Tech Help with Michelle	4 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 12:00-4:00 Jane's Bridge	5 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 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	6 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	7 11:00-12:30 Birthday Friday <div style="text-align: center;">  </div> 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups
10 10:00-1:00 Tech Help with Michelle	11 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Going for the Gold	12 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj 1:30-2:00 CPR Class 2:00-3:00 Doc Talks – Heart Health 3:00-2:30 CPR Class	13	14 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups <div style="text-align: center;">  </div>
17 CLOSED <div style="text-align: center;">  </div>	18 9:30-11:30 Paper Crafting 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge 12:30-1:30 A Conversation with Robin Holabird	19 9:00-10:00 Produce on Wheels 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	20 10:00-1:00 Tech Help with Michelle	21 12:00-1:00 Governing Board 1:00-2:00 Tech Help with Raj
24	25 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark	26 2:30-4:00 Alzheimer's Support Group	27 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	28 10:30-11:45 Parkinson's Support Group 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups

Don & Nadine Dance Party
Saturday, February 1

Sunday Bingo
Sunday, February 9 and Sunday, February 23

AARP Tax Prep
Mondays & Wednesdays, February 3 – April 9

Carson City Senior Center Menu

February 2025

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Egg Salad Sandwich</u> WW Bread Lettuce & Tomato Carrot Sticks Yogurt Cup Fruit Cup Fruit Juice	4 <u>Turkey Cobb Salad</u> V8 Juice Fresh Apple Cookie	5 <u>Loaded Italian Sub Sandwich</u> WW Hoagie Roll Lettuce & Tomato Applesauce Cup Fresh Orange Fruit Cup Pudding Cup	6 <u>Chicken Caesar Salad</u> Yogurt Cup Fruit Juice Graham Crackers Peanut Butter	7 <u>HAPPY BIRTHDAY!</u> <u>Tuna Salad Sandwich</u> on WW Bread Lettuce & Tomato Celery Sticks Peanut Butter Fresh Orange Applesauce Cup Cake & Ice Cream
10 <u>Loaded Ham Sandwich</u> WW Bread Lettuce & Tomato Yogurt Cup Fruit Cup Apple Slices w/ Peanut Butter Fresh Fruit	11 <u>Chicken Cranberry Walnut Salad</u> Fruit Juice Carrot Sticks Fruit Cup Rice Krispy Treat	12 <u>BLT W/ WW Bread</u> Lettuce & Tomato V8 Juice Applesauce Cup Fresh Orange Pudding Cup	13 <u>Chicken Salad</u> Apple Slices w/ Peanut Butter Yogurt Cup Jello-O	14 <u>Salami & Turkey Sliders</u> WW Roll Fruit Juice Applesauce Cup Fresh Fruit Graham Crackers Peanut Butter
17 <u>CLOSED</u> <u>PRESIDENTS</u> <u>DAY</u>	18 <u>Lemon Baked Fish</u> Brown Rice Peas Tossed Salad Grapes WW Bread #161	19 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt #152	20 <u>SW BBQ Chicken Burger</u> Baked Beans Steamed Peas & Carrots Pineapple Chunks #150	21 <u>Steak Strips</u> <u>Smothered in Onion</u> <u>Gravy</u> Italian Veggie Blend House Salad Fresh Apple WW Roll
24 <u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Peaches Yogurt #103	25 <u>Shrimp Scampi</u> Linguine Pasta Steamed Broccoli Italian Chickpea Salad Fresh Apple	26 <u>Hamburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136	27 <u>Fish Taco</u> Frijoles Charros Corn Fresh Fruit Fruit Cup Pudding #168	28 <u>Meatloaf</u> Mashed Potatoes Steamed Spinach House Salad WW Roll Fruit Cup Apple Crisp #3

Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.

On-Site (Congregate) Lunch Options:

- **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 & Holiday Meals, & unavailable Feb 3-14].
- **Lunch Served:** 11-12:30pm, Monday – Friday