

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 11:00-12:00 Ukulele Practice 12:30-4:00 Mah Jongg 1:00-3:00 Beg. Square Dance 3:00-4:00 Rumba Lessons 1:15-2:15 Better Breathers	9:00-1:00 Gems & Minerals 9:30-11:00 Paper Crafting 10:00-11:30 Yoga 11:30-12:30 Yoga 10:00-11:00 Rhythm Rockers 11:15-12:45 Paper Crafting 12:00-1:00 Al 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 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 1:00-2:00 Tai Chi 1:15-3:15 Bingo 6:00-7:15 CODA 6:00-8:00 Follies Rehearsal	9:30-10:30 Res. Exercise 10:45-11:45 Chair Yoga 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
2 CLOSED for Labor Day	3 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge	4 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	5 9:00-3:00 Nevada Legal (By appt) 10:30-12:30 Alignment Health	6 10:30-12:30 AETNA 11:00-12:30 Birthday Friday  1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups
9 10:00-1:00 Tech Help with Michelle	10 10:00-11:00 Menu Committee 10:30-12:30 Alignment Health 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: Technology on the Comstock	11 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-2:00 Tech Help with Raj	12 10:00-1:00 Tech Help with Michelle	13 1:00-2:00 Tech Help with Raj 6:00-8:30 Capitol Cutups
16 10:00-1:00 Tech Help with Michelle 6:30-8:00 Capital Quilters	17 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 StorySongs 1:00-2:30 Connections	18 9:00-10:00 Produce on Wheels 1:00-2:00 Tech Help with Raj 1:00-3:00 Smiles from Heaven	19 10:00-1:00 Tech Help with Michelle	20 10:30-1:00 Voter Registration 12:00-2:00 Governing Board 1:00-2:00 Tech Help with Raj
23 10:00-1:00 Tech Help with Michelle	24 Flu Vaccine Clinic 10:00-11:00 Food Commodities 10:30-12:30 Alignment Health 12:00-2:00 Tech Help w Mark 1:00-2:00 Advisory Council 3:00-4:00 Zampona Workshop	25 9:00-12:00 Capital Quilters 1:00-2:00 Tech Help w Mark 2:30-4:00 Alzheimer's Support Group	26	27 10:30-12:00 Parkinson's Support Group 1:00-2:00 Tech Help w Mark 6:00-8:30 Capitol Cutups
30 10:00-1:00 Tech Help with Michelle	Don & Nadine Dance Party & Potluck Saturday, September 7, 6-9pm Sunday Bingo Sunday, September 8 & September 22		Jewelry Sale October 3 & 4, 9-2pm 2024 Senior Follies: Ocean Commotion October 4 at 7pm & October 5 at 2pm	

Carson City Senior Center Menu

September 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
2 <u>CLOSED LABOR DAY!!!!</u>	3 <u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Sliced Pears Fortune Cookie	4 <u>Clam Chowder</u> Egg Salad Sandwich Berry Cup Yogurt Fruit Juice #12	5 <u>Honey Lemon Chicken</u> Penne Pasta Green Beans Garden Salad with Garbanzo Beans Sliced Peaches WW Bread #116	6 <u>HAPPY BIRTHDAY!</u> <u>BBQ Ribs</u> Baked Beans Corn Coleslaw Fruit Juice Cake & Ice Cream
9 <u>Shrimp Scampi</u> Linguine Pasta Steamed Broccoli Italian Chickpea Salad Fresh Apple Peach Crisp	10 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Applesauce #110	11 <u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt Peaches #103	12 <u>Sloppy Joe on WW Bun</u> Steamed Carrots Three Bean Salad Fruit Cup Cookie	13 <u>BBQ Chicken Sandwich</u> WW Bun Baked Beans Steamed Peas & Carrots Fresh Fruit
16 <u>Chili Cheese Baked Potato</u> Steamed Peas House Salad Fruit Cocktail Cookie	17 <u>Beef Stew</u> WW Egg Noodles House Salad Berry Cup #16	18 <u>Chicken Cacciatore</u> 4 Way Veggies Applesauce Garlic Breadstick Peach Crisp	19 <u>Italian Rice & Beef</u> Steamed Carrots House Salad Applesauce WW Roll #124	20 <u>Seafood Louie Salad</u> Three Bean Salad Sourdough Bread Fruit Juice
23 <u>Beef Stroganoff</u> Egg Noodles Chef Cut Veggies Orange Spinach Salad Fresh Apple #108	24 <u>Biscuits & Sausage Gravy</u> Omelet and Breakfast Veggies Fresh Fruit Muffin V8 Juice	25 <u>Hamburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136	26 <u>BBQ Chicken</u> Brown Rice Green Beans House Salad Berries on a cloud	27 <u>Beef Enchilada</u> Refried Beans Mexicorn Spanish Rice Apple Crisp
30 <u>Swedish Meatballs</u> Egg Noodles Steamed Veggies House Salad Fresh Fruit Brownie	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			