

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 Carson City Strummers 12:30-4:00 Mah Jongg 12:15-2:30 Karaoke Party 12:00-4:00 Game Day 1:00-2:00 Tai Chi Beginners	9:00-9:45 Pilates Mat Class 9:00-1:00 Gems & Minerals 9:30-11:30 Paper Crafting 10:00-11:00 Mix-It-Up 10:00-11:00 Bible Study with Jim & Monica 10:00-11:30 Yoga 11:30-12:30 Yoga 12:00-1:00 Al Anon 12:00-4:00 Canasta 12:00-4:00 Game Day 1:00-2:30 Connections	9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 10:00-12:00 Bridge Lessons 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:00-4:00 Euchre 12:00-3:00 La Tea Da Knitters 12:30-1:15 The Church Ladies 1:00-4:00 Dup. Bridge Game 5:00-6:30 Cap. City Cloggers 6:30-8:00 Al Anon	9:00-9:45 Pilates Mat Class 9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 10:00-11:30 Yoga 10:00-12:30 Cribbage 9:00-12:00 Scrapbooking 11:45-12:45 Chair Yoga 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. 12:00-4:00 Game Day 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
Jewelry Sale – April 30 & May 1 Sunday Bingo – May 10 & May 24 Farmer’s Market Coupon Distribution – May 27, 28, & 29, 10-12 p.m. JAC Bus Pass Renewals – June 16, 11:00-1:00 p.m., and June 17, 9:00-11:00 a.m.		Don & Nadine Dance Party – May 2		1 9:00-11:00 Tech Help with Jim (By appt) 9:00-2:00 Jewelry Sale 11:00-12:30 Birthday Friday 6:00-8:30 Capitol Cutups
4 10:00-11:30 Critical Thinking: What They Know About You and How to Push Back (April’s Rescheduled Talk) 6:30-8:00 Capital Quilters	5 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help w Ray (By appt) 10:30-12:45 MMB Insurance 11:00-12:30 Blind Support Grp 2:00-3:00 Music Performance: In Tune Tales Goes to the Movies	6 9:00-10:30 Care Chest 1:00-3:00 Smiles from Heaven	7 9:00-3:00 Nevada Legal (By appt) 9:00-3:00 Trip to the Museum 10:00-1:00 Tech Help with Michelle (By appt) 2:00-4:00 Genealogy Workshop	8 9:00-11:00 Tech Help with Jim (By appt)
11	12 10:00-11:00 Menu Committee 10:00-12:00 Tech Help w Ray (By appt) 10:30-12:45 MMB Insurance 12:30-1:30 A Talk with Sydney Martinez 1:30-2:30 Living History	13 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven 2:00-4:00 Paint Party	14 10:00-1:00 Tech Help with Michelle (By appt)	15 9:00-11:00 Tech Help with Jim (By appt) 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups
18 10:00-11:30 Critical Thinking: Smoke, Mirrors, and Bad Logic - How Fallacies Hijack Your Thinking 6:30-8:00 Capital Quilters	19 10:00-12:00 Tech Help w Ray (By appt) 10:30-12:45 MMB Insurance 5:30-6:30 Medicare 101	20 1:00-3:00 Smiles from Heaven	21 10:00-1:00 Tech Help with Michelle (By appt)	22 9:00-11:00 Tech Help with Jim (By appt) 10:30-11:45 Parkinson’s Support Group
25 CLOSED Memorial Day	26 10:00-12:00 Tech Help w Ray (By appt) 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 1:00-2:00 Advisory Council 6:30-7:30 Living History: Unexpected Turns... Unforgettable Memories	27 9:00-11:30 Capital Quilters 10:00-12:00 Farmers Market Coupons 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer’s Support Group	28 10:00-12:00 Farmers Market Coupons 10:00-1:00 Tech Help with Michelle (By appt)	29 10:00-12:00 Farmers Market Coupons 6:00-8:30 Capitol Cutups

Carson City Senior Center Menu

Menu subject to change without notice.

Suggested donation for age 60 & over is \$2.25. Those age 13-59 must pay \$6.00, and under 12 must pay \$2.25.

Monday	Tuesday	Wednesday	Thursday	Friday
<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. <p style="text-align: center;">Entrée Salad Available Most Days – instead of the day’s meal for on-site lunch only. (See weekly menu for availability.)</p>				<p>1 <u>HAPPY BIRTHDAY!</u> <u>Baked Pork Chop W/ Mushroom Gravy</u> Baked Potato Steamed Carrots Tossed Salad Mixed Berry Cup Cake & Ice Cream #159</p>
<p>4 <u>Biscuit & Sausage Gravy</u> Omelet and Breakfast Veggies Fresh Fruit Muffin</p>	<p>5 <u>Pork Chow Mein</u> Steamed Spinach Sliced Pineapple WW Bread #122</p>	<p>6 <u>Chicken Pasta Primavera</u> House Salad Citrus Delight Steamed Broccoli Garlic Breadstick #32</p>	<p>7 <u>BLT on Croissant</u> House Salad Cottage Cheese 3 Bean Salad V8 Juice Pudding</p>	<p>8 <u>Creamy Tomato Turkey Pasta</u> Linguine Noodles Italian Veggies Fresh Fruit Garlic Breadstick</p>
<p>11 <u>Chicken Tetrazzini</u> Baby Carrots Broccoli Salad WW Roll Pudding #47</p>	<p>12 <u>Chinese Pork Stuffed Pepper Casserole</u> Stir Fry Veggies Crispy Noodles Mandarin Oranges</p>	<p>13 <u>Pesto Chicken Sandwich</u> WW Bun Candied Carrots Coleslaw</p>	<p>14 <u>Shrimp Scampi</u> Fettuccine Pasta Broccoli Lentil Salad</p>	<p>15 <u>Pepper Steak</u> Mashed Sweet Potatoes Green Beans W/ Mushrooms Garbanzo Salad Muffin #137</p>
<p>18 <u>Taco Casserole</u> Spanish Rice Baked Zucchini Melon Cup #131</p>	<p>19 <u>Chicken Caesar Salad</u> Fruit Juice Breadstick</p>	<p>20 <u>Ham & Veggie Casserole</u> Green Beans W/ Crispy Onions Fruit Juice Cookie</p>	<p>21 <u>Chicken Mushroom Marsala</u> Rice Pilaf Mixed Veggies Diced Pears WW Roll</p>	<p>22 <u>Spaghetti W/ Meat Sauce</u> Zucchini Colorful Salad Tropical Fruit Cup WW Bread #39</p>
<p>25 <u>CLOSED MEMORIAL DAY!!!!</u></p>	<p>26 <u>BBQ Chicken</u> Baked Squash Ranch Style Beans Cucumber Salad Chantilly Cup Biscuit #72</p>	<p>27 <u>Honey Sesame Pork</u> Jasmine Rice Cali Veggie Blend Fruit Juice WW Roll</p>	<p>28 <u>Tuna Casserole</u> Colorful Salad Fruit Cup WW Bread #177</p>	<p>29 <u>Creamy Lemon Chicken</u> Rotini Pasta Mixed Veggies Fresh Apple</p>