

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 12:00-4:00 Game Day 12:15-2:30 Karaoke Party 12:30-4:00 Mah Jongg 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 10:00-11:30 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: Bible Alive 10:00-12:00 Bridge Lessons 12:00-3:00 La Tea Da Knitters 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:00-4:00 Euchre 12:30-1:15 The Church Ladies 1:00-4:00 Dup. Bridge Game 4:30-5:30 Beg. Clogging 5:30-6:30 Cap. City Cloggers 6:30-8:00 Al Anon	9:00-9:45 Pilates Mat Class 9:00-12:00 Scrapbooking 9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 10:00-11:30 Yoga 10:00-12:30 Cribbage 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 6:00-8:30 Capitol Cutups	
Special Events & Activities					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Don & Nadine Dance Party – October 3 at 6:00 p.m. Sunday Bingo – Sun., October 11 & Sun., October 25			1 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle (By appt)	2 9:00-11:00 Tech Help with Jim (By appt) 11:00-12:30 Birthday Friday	
5 9:00-11:00 Tech Help with Riley (by appt) 10:30-12:30 Medicare Store 11:15-12:30 Music with Lunch Ukulele & Hula 1:00-4:00 Tech Help with Riley (by appt) 6:30-8:00 Capital Quilters	6 9:00-11:00 Mobile Harvest 10:00-11:30 Healing with Nutrition 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 11:00-12:30 Blind Support Grp	7 9:00-10:30 Care Chest 1:00-3:00 Smiles from Heaven	8 10:00-1:00 Tech Help with Michelle (By appt)	9 9:00-11:00 Tech Help with Jim (By appt)	
12 9:00-11:00 Tech Help with Riley (by appt) 9:00-3:00 Sewing Class 10:30-12:30 Flu Shot Clinic 1:00-4:00 Tech Help with Riley (by appt)	13 10:00-11:00 Menu Committee 10:00-11:30 Healing with Nutrition 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 History Program: Soiled Doves of the Silver State	14 9:00-11:30 Capital Quilters 10:30-12:30 The Medicare Store 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven	15 10:00-1:00 Tech Help with Michelle (By appt) 2:00-3:30 Memoir Writing	16 9:00-11:00 Tech Help with Jim (By appt) 9:00-3:00 Sewing Class 1:30-2:30 Let’s Chat Holidays Seven Tips for a Stress-Free Season	
19 CLOSED Staff Training Day	20 10:00-11:30 Healing with Nutrition 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 A Talk with Alan Gubanich of the NW Nevada Bird Alliance	21 10:30-12:30 The Medicare Store 11:00-12:00 African Elephants 1:00-3:00 Smiles from Heaven	22 10:00-1:00 Tech Help with Michelle (By appt) 2:00-3:30 Memoir Writing	23 9:00-11:00 Tech Help with Jim (By appt) 9:00-3:00 Sewing Class 10:30-11:45 Parkinson’s Support Group 12:00-1:00 Governing Board	
26 9:00-11:00 Tech Help with Riley (by appt) 9:00-3:00 Sewing Class 10:30-12:30 Medicare Store 1:00-4:00 Tech Help with Riley (by appt)	27 10:00-11:30 Healing with Nutrition 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 1:00-2:00 Advisory Council	28 9:00-11:30 Capital Quilters 10:30-12:30 CC Library 1:00-3:00 Smiles from Heaven 1:30-2:30 Medicare 101 Class 2:30-4:00 Alzheimer’s Support Group	29 10:00-1:00 Tech Help with Michelle (By appt) 10:30-12:30 Mountainview Health & Rehab. 11:00-12:30 Wear Halloween Costumes during Lunch 2:00-3:30 Memoir Writing	30 CLOSED Nevada Day Observed	

Carson City Senior Center Menu

October 2026

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
Milk: On-site (Congregate) - 8oz served daily; Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch: - Lunch Served: 11-12:30 pm, Mon – Fri - To-Go Lunch Available Daily – Bring your containers. - Entrée salad available most days instead of the day's meal for on-site lunch only. (See weekly menu for availability.)			1 <u>Chicken Teriyaki</u> Fried Rice House Salad Fresh Orange Cookie #95	2 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Fruit Cup WW Bread Cake & Ice Cream #3
5 <u>Hawaiian Pork & Rice</u> Stir Fry Veggies House Salad Tropical Fruit WW Roll	6 <u>Taco Casserole</u> Spanish Rice Seasoned Zucchini Cantaloupe #131	7 <u>Crispy Chicken Sandwich W/ LTOP</u> Tuscan Beans Corn on the Cob Fruit Juice WW Bun	8 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad WW Roll Banana #110	9 <u>Chicken Broccoli Rice</u> Beet Salad Steamed Peas Mango Cup Pudding
12 <u>Turkey Chili</u> Rye Bread House Salad Bread Pudding #77	13 <u>Sausage, Egg & Cheese Bagel Sandwich</u> Breakfast Potatoes Watermelon Tomato Juice	14 <u>Chicken Cacciatore</u> Cali Veggies Applesauce Garlic Breadstick Peach Crisp	15 <u>Italian Beef Bake</u> Peas & Carrots Spinach Salad Yogurt #152	16 <u>Salmon</u> Long Grain Wild Rice Broccoli House Salad with Garbanzo Beans WW Roll
19 <u>CLOSED STAFF IN SERVICE DAY</u>	20 <u>Meatball Sub on WW Hoagie</u> Coleslaw Fresh Fruit Cucumber Salad	21 <u>Creamy Tuscan Pork</u> Shell Pasta Italian Veggies Fruit Juice WW Garlic Breadstick	22 <u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad WW Bread Yogurt #103	23 <u>Cheeseburger w/ LTOP</u> WW Bun Baked Beans House Salad Fresh Orange Pudding #136
26 <u>Chicken Parmesan</u> Cali Veggie Blend Orange Spinach Salad Fruit Cocktail Garlic Breadstick #126	27 <u>Garlic Ginger Glazed Pork</u> Mashed Sweet Potato Steamed Green Beans Pineapple Chunks WW Roll	28 <u>Lemon Baked Fish</u> Brown Rice Peas Tossed Salad Grapes WW Bread #161	29 <u>HALLOWEEN WEAR COSTUMES</u> <u>BLT on Croissant</u> 3 Bean Salad Cottage Cheese Cranberry Juice Pudding	30 <u>CLOSED NEVADA DAY</u>