

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	9:00-1:00 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	10:00-12:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 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 1:00-4:00 CUBE Bridge 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 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	
Don & Nadine Dance Party: April 4 Sunday Bingo Returns – April 12 & 26 Jewelry Sale – April 30 & May 1		1 9:00-10:30 Care Chest 10:30-1:00 Capital Quilters 11:00-11:45 Music with Lunch: Lew & Friends 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven	2 9:00-3:00 Nevada Legal (By appt) 10:00-1:00 Tech Help with Michelle	3 9:00-12:00 The Medicare Store 10:30-11:30 Health Talk Fall Prevention 11:00-12:30 Birthday Friday 1:00-4:00 Clay Workshop 6:00-8:30 Capitol Cutups	
6 9:30-2:30 Driver's Safety	7 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 11:00-12:30 Blind Support Group	8 9:00-11:30 Capital Quilters 11:00-12:00 1Care Hospice 1:00-3:00 Tech Help with Jim 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven	9 10:00-1:00 Tech Help with Michelle 11:00-1:00 Doug See Medicare	10 9:00-12:00 The Medicare Store 10:30-11:30 Carson Tahoe Health Talk: Stroke Prevention & Recovery	
13	14 10:00-11:00 Menu Committee 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 Living History: Giants of the Sierra 5:30-6:30 Medicare 101	15 10:00-12:30 CC Fire Dept: Silver State Heroes 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven	16	17 9:00-12:00 The Medicare Store 12:00-1:00 Governing Board 1:00-4:00 Clay Workshop 6:00-8:30 Capitol Cutups	
20 10:00-11:30 Critical Thinking: What They Know About You and How to Push Back	21 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 12:30-1:30 A Talk with Amy Smith & June Saraceno 2:00-3:00 Kim Harris as Lizzie Borden	22 9:00-11:30 Capital Quilters 10:30-12:30 Senator Rosen's Office Staff Visit 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	23 10:00-1:00 Tech Help with Michelle 10:30-11:30 Carson City Roadrunners RV Club	24 9:00-12:00 The Medicare Store 10:30-11:45 Parkinson's Support Group 2:00-3:00 Volunteer Appreciation Party - Disco	
27	28 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 12:00-4:00 Jane's Bridge 1:00-2:00 Advisory Council 6:30-7:30 Living History: Difficult Times... Extraordinary Lives	29 1:00-3:00 Tech Help with Jim 1:00-3:00 Smiles from Heaven	30 9:00-2:00 Jewelry Sale 10:00-1:00 Tech Help with Michelle		

Carson City Senior Center Menu

April 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
<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>Entrée Salad Available Most Days – instead of the day’s meal for on-site lunch only. (See weekly menu for availability.)</p>		<p>1</p> <p><u>Chicken w/ Orange Sauce</u> Mashed Potatoes Mixed Veggies WW Bread Yogurt #103</p>	<p>2</p> <p><u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans WW Roll Applesauce #110</p>	<p>3</p> <p><u>HAPPY BIRTHDAY!</u> <u>Seafood Louie Salad</u> Fruit Cup Sourdough Bread Cake & Ice Cream</p>
<p>6</p> <p><u>Honey Lemon Chicken</u> Penne Pasta Squash Sliced Peaches WW Bread #116</p>	<p>7</p> <p><u>Korean Rice Bowl</u> Ground Turkey Stir Fry Vegetables Orange Cookie</p>	<p>8</p> <p><u>Sloppy Joe on WW Bun</u> Baked Beans Steamed Carrots Fruit Cocktail #34</p>	<p>9</p> <p><u>Pork Ragu</u> Egg Noodle Pasta Broccoli Fresh Fruit Breadstick</p>	<p>10</p> <p><u>Swedish Meatballs W/ Egg Noodles</u> Peas & Carrots Fruit Juice Cookie</p>
<p>13</p> <p><u>Tuna Salad Sandwich on WW Bread</u> House Salad Applesauce Cookie</p>	<p>14</p> <p><u>Turkey Fajitas</u> Peppers & Onions Spanish Rice Ranch Style Beans Pineapple Chunks #17</p>	<p>15</p> <p><u>Sausage Links</u> Scrambled Eggs Garlic Parm Potatoes Fruit Juice WW Bread</p>	<p>16</p> <p><u>Sauerbraten</u> Baked Yam Hot German Slaw Applesauce #31</p>	<p>17</p> <p><u>Pork Chow Mein</u> Stir Fry Vegetables w/Lima Beans Pineapple Chunks WW Bread</p>
<p>20</p> <p><u>Chicken Broccoli Rice</u> Beet Salad Fruit Cup Muffin #38</p>	<p>21</p> <p><u>Garlic Lemon Pork</u> Baked Potato Peas Fruit Juice WW Roll</p>	<p>22</p> <p><u>Beef Stroganoff</u> Egg Noodles Squash Grapes #108</p>	<p>23</p> <p><u>Fish Taco</u> Coleslaw Sliced Peaches Cookie</p>	<p>24</p> <p><u>Meatloaf</u> Mashed Potatoes Corn WW Roll Cherry Crisp</p>
<p>27</p> <p><u>Cajun Smothered Pork</u> Rice & Red Beans Corn, Peppers, & Onions Apple</p>	<p>28</p> <p><u>Italian Sub Sandwich</u> Hoagie Roll House Salad Tomato Juice Banana</p>	<p>29</p> <p><u>Southwest Penne & Chicken</u> Squash Garlic Breadstick Citrus Delight #169</p>	<p>30</p> <p><u>Hamburger w/ LTOP</u> WW Bun Baked Beans House Salad Grapes Pudding #136</p>	