

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 Capital City Strummers 12:30-4:00 Mah Jongg 12:15-2:30 Karaoke Party 12:00-4:00 Game Day	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 10:30-12:45 MMB Insurance 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	9:00-11:00 Duplicate Practice 9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 11:30-3:30 CUBE Bridge 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:30-4:00 Euchre 12:00-3:00 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 1:00-4:00 Wire Wrapping 1:15-3:15 Bingo 6:00-7:15 CODA	9:00-12:00 The Medicare Store 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 1:00-4:00 Wire Wrapping	

Special Events & Activities				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help with Kathleen 11:00-12:30 Blind Support Group 12:00-2:00 Tech Help w Mark 2:00-3:00 Nutrition Talk	3 9:00-10:30 Care Chest 10:30-1:00 Capital Quilters 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven	4 9:00-4:00 Holiday Craft Sale 9:00-3:00 Nevada Legal (By appt)	5 9:00-4:00 Holiday Craft Sale 10:00-11:00 Donuts & Decision 11:00-12:30 Birthday Friday 12:30-1:30 Glade Myler Book Reading 6:00-8:30 Capitol Cutups Happening Tomorrow: Christmas Show, Holiday Craft Sale & Dance Party
8	9 10:00-11:00 Menu Committee 10:00-12:00 Tech Help with Kathleen 12:00-2:00 Tech Help w Mark 1:30-2:30 Living History: You'll Never Escape the Fruitcake	10 9:00-11:30 Capital Quilters 11:00-12:00 1Care Hospice 12:00-2:00 Tech Help w Mark 1:00-2:00 Diabetes Support Group	11 10:30-12:30 Senator Rosen's Office Hours	12 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
15	16 12:00-2:00 Tech Help w Mark 1:30-2:30 Holiday Show: The Grinch and Other Holiday Favorites	17 10:30-12:45 Reach for Joy Grocery Distribution 12:00-2:00 Tech Help w Mark 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	18	19 10:30-11:45 Parkinson's Support Group 12:00-1:00 Governing Board 12:00-2:00 Tech Help with Kathleen 6:00-8:30 Capitol Cutups
22	23 10:00-11:00 Food Commodities 12:00-2:00 Tech Help w Mark 12:00-4:00 Jane's Bridge	24 9:00-11:30 Capital Quilters 12:00-1:00 Tech Help w Mark Closing at 1pm	25 CLOSED Christmas	26
29	30 12:00-2:00 Tech Help w Mark	31 12:00-1:00 Tech Help w Mark Closing at 1pm	Holiday Craft Sale Dec 4 & 5, 9-4pm, Dec 6, 12-4pm Christmas Show - Sat., December 6, 1pm Don & Nadine Dance Party Saturday, December 6, 6-9 p.m. Sunday Bingo – Sun., Dec 14 & 28 Doors open at 11am, play starts at 1pm	

Carson City Senior Center Menu

December 2025

Menu subject to change without notice.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Chicken In Orange</u> <u>Sauce</u> Mashed Potatoes Mixed Veggies Garden Salad Yogurt Peaches 7 Grain Bread #103	2 <u>Pork Fried Rice</u> Stir Fry Veggies Spinach Salad Fortune Cookie Applesauce	3 <u>Beef Enchilada</u> Spanish Rice Refried Beans Mexicorn House Salad	4 <u>Tandoori Chicken</u> Penne Pasta Mixed Veggies Herbed Diced Potatoes House Salad	5 <u>HAPPY BIRTHDAY!</u> <u>Meatloaf</u> Mashed Potatoes Steamed Spinach Chantilly Cup WW Bread Ice Cream & Cake #3
8 <u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Sourdough Bread Brownie	9 <u>Shepherd's Pie</u> Spinach Salad Muffin Fresh Fruit #29	10 <u>Turkey Chili</u> Corn Bread Mixed Green Salad Ambrosia #13	11 <u>Greek Grilled</u> <u>Chicken Pita</u> Broccoli Salad Fruit Cup Pudding	12 <u>Creamy Tuscan Pork</u> Brown Rice Steamed Peas House Salad Fresh Fruit
15 <u>Southwest BBQ</u> <u>Chicken Burger</u> Baked Beans House Salad Pineapple Chunks Pudding #150	16 <u>Fish Sticks</u> Mac n Cheese 4-Way Veggie Blend House Salad Fruit Juice	17 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Mixed Green Salad Diced Pears WW Roll #110	18 <u>Shrimp Scampi</u> Pasta Steamed Broccoli House Salad Fresh Apple WW Roll	19 <u>Chicken Caesar Salad</u> Sliced Peaches Fruit Juice Peach Crisp
22 <u>Honey Apricot</u> <u>Chicken</u> Wild & Long Rice Cali Veggie Blend Fresh Orange WW Bread #183	23 <u>Sloppy Joe on WW</u> <u>Bun</u> Steamed Carrots Three Bean Salad Baked Bananas #155	24 <u>Christmas Party</u> <u>Brown Sugar Honey</u> <u>Glazed Ham</u> Mashed potatoes w/ Gravy Mushroom Strata Green Beans Apple Pie	25 <u>CLOSED</u> <u>CHRISTMAS!</u>	26 <u>Herb Baked Chicken</u> Linguine Pasta Mixed Veggies Carrot Salad Fruit Juice
29 <u>Stuffed Cabbage</u> <u>Casserole</u> Steamed Carrots Fruit Juice House Salad WW Roll	30 <u>Lemon Baked Fish</u> Peas Brown Rice House Salad WW Bread Grapes #161	31 <u>Spaghetti with Meat</u> <u>Sauce</u> Normandy Blend Veggies Spinach Salad Fresh Fruit Garlic Breadstick	Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch: <ul style="list-style-type: none"> 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 the weekly menu for availability. 	