

Carson City Senior Center Menu

COFFEE PUNCH CARD - 20 CUPS FOR \$4.00. SEE FINANCE OFFICE.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.


AUGUST 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>SUB SANDWICH</u> PASTA VEGGIE SALAD MANDARIN ORANGES COOKIE	2 <u>CHICKEN CACCIATORE</u> LINGUINI GARDEN SALAD DICED PEARS GARLIC BREAD #97	3 <u>HAPPY BIRTHDAY</u> <u>ROAST BEEF</u> MASHED POTATOES W/ GRAVY BABY CARROTS WATERMELON BIRTHDAY CAKE ICE CREAM 
6 <u>CHEESE RAVIOLI</u> GREEN BEANS GARLIC BREADSTICK RASPBERRY JELLO W/PEARS	7 <u>CHICKEN PARMESAN</u> COLESLAW MARINATED TOMATOES FRUIT IN THE CLOUDS GARLIC BREAD	8 <u>CRANBERRY PORK</u> <u>LOIN</u> STUFFING PEAS PEACHES	9 <u>LIVER & ONIONS</u> <u>OR</u> <u>SAULISBURY STEAK</u> <u>W/GRAVY</u> RICE PILAFF BROCCOLI FRESH MELON COOKIE	10 <u>MACARONI & CHEESE</u> <u>W/HAM</u> SPINACH WALFORS SALAD CORNBREAD W/HONEY BUTTER #62
13 <u>MANICOTTI W/ SAUCE</u> ITALIAN VEGGIES GRAPES FRENCH BREAD W/MARGARINE VANILLA PUDDING	14 <u>JOE'S BBQ PORK RIBS</u> MACARONI SALAD THREE BEAN SALAD CORN BREAD W/HONEY BUTTER ICE CREAM	15 <u>COBB SALAD</u> CARROT/CELERY STICKS CHANTILLY FRUIT CUP ZUCCHINI MUFFIN	16 <u>SWEET & SOUR CHICKEN</u> <u>OVER RICE</u> ASIAN VEGGIES TOSSED SALAD MANDARIN ORANGES #11	17 <u>STUFFED PEPPER OVER</u> <u>LINGUINE</u> ROMAINE CAESAR SALAD APPLE GARLIC BREAD #61
20 <u>GREEK SALAD W/FETA</u> <u>CHEESE, OLIVES,</u> <u>PEPORINCINI & SALAMI</u> CANTALOUPE BREAD STICK ICE CREAM	21 <u>CHILI RELLENO</u> PEAS SPANISH RICE CINNAMON SPICED PEARS	23 <u>TURKEY W STUFFING</u> GREEN BEANS SWEET POTATO CRANBERRY SALAD STRAWBERRY SHORT CAKE	24 <u>MEAT LOAF</u> MASHED POTATOES W/GRAVY SPINACH TOMATO SALAD WW BREAD W/MARGARINE CHANTILLY CUP #3	25 <u>CHICKEN W/MUSHROOM</u> <u>SAUCE</u> RICE ORIENTAL VEGGIES ORANGE COOKIE
28 <u>FRENCH DIP AUS JUS</u> SWEET POTATO FRIES GARDEN SALAD AMBROSIA CAKE	29 <u>LEMON HERB BAKED</u> <u>COD</u> BROCOLLI STUFFED POTATO GARDEN SALAD WW BREAD W/MARGARINE ORANGE #10	31 <u>LASAGNA</u> ZUCHINNI GARLIC BREAD HONEYDEW MELON ICE CREAM		

NOTE: A number at the bottom of a menu item indicates that it has been approved by a Nutritionist.

SUGGESTED DONATION FOR AGE 60 & OVER IS \$2.25. THOSE UNDER 60 MUST PAY \$6.00.

ACTIVITIES AUGUST 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Bingo August 12 & 26</p>		<p>1 Watercolor 9-12 Sr. Service Network 9-10:30 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Zumba 4:30-5:30 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>2 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 11-12:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Intro to Comp 1-3 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p>3 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers 12:30-3:30 Bunco 1-4 Zumba 4:30-5:30 Capitol Cutups Sq. Dance 7-9:30</p> <p><i>HAPPY BIRTHDAY!</i></p>
<p>6 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Intro to Comp 9:30-11:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Adv. Line Dance 2:30-4 Zumba 4:25 – 5:25 Capitol Quilters 6:30-8</p>	<p>7 RPEN 2-4 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 11-12:30 VisionScope Mtg. 11:15-1 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4</p>	<p>8 Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exercise 9:30-10:30 NV Legal Svcs 10-2 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 11-2 SHIP Mtg. 1-3 Intro to Comp 9:30 – 11:30 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Zumba 4:30-5:30 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>9 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 11-12:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p>10 Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers 12:30-3:30 Intro to Comp 9:30 – 11:30 Bunco 1-4 Zumba 4:30-5:30 Capitol Cutups Sq. Dance 7-9:30</p>
<p>13 Resistance Exercise 9-10 Intro to Comp 9:30 – 11:30 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Zumba 4:25 – 5:25 Adv. Line Dance 2:30-4</p>	<p>14 AARP Driver Safety 9:30-2 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 11-12:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare Counseling (appts.) 1:30-4 Parkinson's Supp. Grp. 2-3 Advisory Board 4:00-5:30 Tai Chi 2-4</p>	<p>15 Watercolor 9-12 Intro to Comp 9:30 – 11:30 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>16 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 11-12:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 NMSS Mtg. 1-2:30 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 NMSS Mtg. 6-7:30 Barbershop 7-9</p>	<p>17 Resistance Exercise 9:30-10:30 Cribbage 9-12 Intro to Comp 9:30 – 11:30 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers 12:30-3:30 Bunco 1-4 Zumba 4:30-5:30 Capitol Cutups Sq. Dance 7-9:30</p>
<p>20 Resistance Exercise 9-10 Intro to Comp 9:30 – 11:30 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Adv. Line Dance 2:30-4 Zumba 4:25 – 5:25 Capitol Quilters 6:30-8</p>	<p>21 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 11-12:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Tai Chi 2-4</p>	<p>22 Capitol Quilters II 9-11 Watercolor 9-12 Resistance Exercise 9:30-10:30 Intro to Comp 9:30 – 11:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Zumba 4:30-5:30 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>23 Social Security 8:30-12:30 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 11-12:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 Barbershop 7-9</p>	<p>24 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers 12:30-3:30 Bunco 1-4 Zumba 4:30-5:30 Capitol Cutups Sq. Dance 7-9:30</p>
<p>27 Resistance Exercise 9-10 Ping Pong 9:30-12 Rhythm Rockers 10-11 Beg/Inter Line Dance 11-12:45 Lapidary 11-3 Mex Train Dominos 12:30-3:30 Better Breathers 1:15-2:15 Mah Jongg 1-3:30 Adv. Line Dance 2:30-4 Zumba 4:25 – 5:25</p>	<p>28 Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 11-12:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Medicare Counseling (appts.) 1:30-4 Tai Chi 2-4</p>	<p>29 Watercolor 9-12 Resistance Exercise 9:30-10:30 Blood Pressure 10:30-11:30 Lapidary 11-3 Ping Pong 9:30-2 Mah Jongg 1-3:30 La Tea Da Knitters 1-4 Bridge 1-4 Better Breathers 1:15-2:15 Zumba 4:30-5:30 Al Anon 6-8 Merry Go Rounds 6:30-9</p>	<p>30 Social Security 8:30-12:30 Medicare Counseling (walk-ins) 10-1:30 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 11-12:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Line Dance 2-3 Co-Dependent Anon 5:45-7:45 Great Basin Gems 6:30-8:30 Barbershop 7-9</p>	<p>31 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Blood Pressure 10:30-11:30 Pegs & Jokers 12:30-3:30 Bunco 1-4 Zumba 4:30-5:30 Capitol Cutups Sq. Dance 7-9:30</p>