## Carson City Senior Center Menu JANUARY 2013

## MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Monday	Tuesday	Wednesday	Thursday	Friday
Ivionuay	CENTER IS CLOSED	MACARONI & CHEESE W/HAM  STEAMED SPINACH MIXED FRUIT BREAD W/MARGARINE #62	BEEF ENCHILADA W/RED SAUCE  SPANISH RICE PINTO BEANS RAISINS PINEAPPLE	ROASTED TURKEY  MASHED POTATOES & GRAVY MIXED VEGGIES CRANBERRIES CAKE & ICE CREAM
7 PULLED PORK SANDWICH BAKED BEANS BROCCOLI SALAD PEARS #34	8  MANICOTTI  ITALIAN VEGETABLES GRAPES BREAD/MARGARINE	9 <u>MEATLOAF W/GRAVY</u> MASHED POTATOES THREE BEAN SALAD MIXED FRUIT	TOMATO SOUP  HALF HAM & CHEESE SANDWICH ORANGE SCONE	MANDARIN ORANGE GLAZED CHICKEN  OVER RICE ORIENTAL VEGETABLES FRUIT CUP PUDDING
CHILI RELLENO  SPANISH RICE ZUCCHINI SPICED PEARS PUDDING	LASAGNA  BREAD STICK PEAS BANANA SHERBET	16  SEASONED SALMON PATTY ON A BUN  W/LETTUCE & ONION MIXED VEGETABLES SLICED APPLES	17  HONEY APRICOT CHICKEN  WILD LONG GRAIN RICE GREEN BEANS ORANGE #168	JOE'S BBQ RIBS  BAKED BEANS AMBROSIA POKE CAKE
MARTIN LUTHER KING DAY CENTER CLOSED	22  ITALIAN SAUSAGE SANDWICH  W/PEPPERS & ONIONS DINNER SALAD FRUIT CUP	23  STUFFED BELL PEPPER OVER LINGUINE  ROMAINE CAESAR SALAD APPLE JUICE BREAD #61	24  SWEET & SOUR PORK  OVER RICE  STIR FRY VEGETABLES  MANDARIN ORANGES  TAPIOCA PUDDING	LEMON BAKED COD  HALF TWICE BAKED POTATO BROCCOLI W/CHEESE SAUCE CINNAMON APPLESAUCE BREAD W/MARGARINE #6
EGGPLANT PARMESSAN  DINNER SALAD AMBROSIA BREAD W/MARGARINE COOKIE	CHICKEN & VEGETABLE NOODLE SOUP  HALF TURKEY & CHEESE SANDWICH APPLE ICE CREAM & PIE	CHEESE RAVIOLI W/MARINARA SAUCE  GREEN BEANS MIXED FRUIT BREAD STICK SHERBET	31  ROAST BEEF OPEN-FACE SANDWICH  BAKED CHIPS CARROT & CELERY STICKS PEARS  FED DONATION FOR AGE	

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 JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Watercolor 9-12 Sr. Svc. Network 9-11 Resistance Exer. 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 Al Anon 6-8 Merry Go Rounds 6:30-9	Medicare (walk-ins) 10-1:30 Rhythm Rockers 10-11 Scrapbooking 10-2 Yoga 10-11:30 VisionScope 10:30-12 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9	Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
7 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 Capitol Quilters 6:30-8	Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to Comp 1-3 Medicare (by appt.) 1:30-4 Parkinson's Supp. Grp. 2-3 RPEN Mtg. 2-4 Tai Chi 2-4 Radon Pres. 6:30-8	9 Watercolor 9-12 Resistance Exer. 9:30-10:30 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 Al Anon 6-8 Merry Go Rounds 6:30-9	SSA Mtg. 9:30-11 Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Intro to Comp 1-3 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9	Governing Board 7-8 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
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	Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to Comp 1-3 Advisory Board 1:30-3 Medicare (by appt.) 1:30-4 Tai Chi 2-4	Matercolor 9-12 Resistance Exer. 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	Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Intro to Comp 1-3 NMSS Mtg. 1-2:30 Bingo 1-4 Co-Dependent Anon 5:45-7:45 NMSS Mtg. 6-7:30 Barbershop 7-9	18 Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
MARTIN LUTHER KING DAY	Ping Pong 9:30-1 Rhythm Rockers 10-11 Yoga 10-11:30 Al Anon 12-1:30 Casual Canasta 12:30-3:30 Pinochle 12:30-4 Intro to Comp 1-3 Medicare (by appt.) 1:30-4 Tai Chi 2-4	Watercolor 9-12 Capitol Quilters II 9-11 Resistance Exer. 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	24 Social Security 8:30-12:30 Rhythm Rockers 10-11 Medicare (walk-ins) 10-1:30 Scrapbooking 10-2 Yoga 10-11:30 Casual Canasta 12:30-3:30 Al Anon 12-1:30 Intro to Comp 1-3 Bingo 1-4 Co-Dependent Anon 5:45-7:45 Barbershop 7-9	Resistance Exercise 9:30-10:30 Cribbage 9-12 Ping Pong 9:30-12 Pegs & Jokers 12:30-3:30 Bunco 1-4 Capitol Cutups Sq. Dance 7-9:30
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